

OUR FOUNDATION

Our Mission

To put Christian principles into practice through programs that build spirit, mind, and body for all.

Our Vision

To improve lives and strengthen character through youth development, healthy living and social responsibility driven by passionate staff and volunteers.

Our Values

Respect, Responsibility, Caring, and Honesty – Our values are celebrated by staff and members and provide a positive foundation for all Y programs and a healthy connection with others.

Our Commitment

To keep programs open for all. The Y is a nonprofit, charitable organization that serves the entire community. Donations support our scholarship program and Our Commitment.

Our Cause

Strengthening the foundation of communities.

YMCA OF ORANGE COUNTY
ymcaoc.org

KEEPING KIDS FIT TOGETHER

YMCA Noontime Sports for Schools

BENEFITS OF NOONTIME SPORTS

Students receive an additional 2-3 hours (120-180 minutes) of aerobic, bone and muscle strengthening exercise per week, helping kids reach the standard of 200 minutes every 10 days (CDE).

Schools receive needed assistance in providing organized, sports activities and learning opportunities in a cost-effective, easy-to-implement, fun program.

Families receive a value-added opportunity for their children to learn and be exposed to a variety of organized sports activities and skills.

Youth learn character values, leadership skills, appreciation for diversity and teamwork while having fun.

Everyone benefits from students getting more exercise, as regular physical activity has been linked to academic achievement, improved behavior and emotional well-being, and physical fitness.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEPING KIDS ACTIVE

Noontime Sports Programs for Elementary Schools
YMCA OF ORANGE COUNTY

Contact the Y Today about starting a noontime sports program at your school or district. We are your partner in keeping kids active and engaged during the school day.

Contact:
(714) 508-7634
contactYMCA@ymcaoc.org

YMCA OF ORANGE COUNTY

13821 Newport Ave., Ste 200
Tustin, CA 92780
(714) 508-7634

ymcaoc.org



The Need

The evidence is clear, youth need more outlets for physical activity and sports if we are to reduce the alarming trends regarding activity levels and childhood obesity. Below are just a few of the statistics:

- Only 25 percent of the state's 5th grade students achieved the fitness standards in 2005.
- Childhood obesity rates are higher in California than the national average. In the last 30 years, the number of children ages 6-11 that are overweight has tripled due to inadequate physical activity and poor diet.
- Overweight children are more likely to become overweight adults and are at risk for a variety of health issues including cardiovascular disease, behavior problems, and diabetes.
- 33 percent of boys and 39 percent of girls born in the year 2000 will develop diabetes if current trends continue.

The YMCA Noontime sports program focuses on keeping kids active – which has a number of cognitive and emotional benefits beyond the physical well.

Introduction

The Y has a strong tradition of working closely with local schools and community organizations in the promotion of youth development, healthy living, and social responsibility. The Y in Orange County has a rich history of providing programs and opportunities for children and families – from Afterschool programs to sports and swim lessons to fitness programs.

As a community leader and advocate for healthy, active lifestyles, the Y is reaching out to principals, teachers, community leaders and PTAs to offer Noontime Sports programs for students. The Y can assist you in meeting physical activity requirements for students by providing professional staff and a cost effective, easy-to-implement sports program that will keep kids active and having fun.

The YMCA Noontime Sports Program offers students the opportunity for physical activity through organized sports during lunch or recess hours, ensuring that kids keep active during this recreation time. Every minute kids are active counts toward the required 200 minutes every 10 days. The Noontime Sports program can be used to supplement existing PE programs, or can be implemented in the absence of regular PE programs.

Both national and state standards for physical activity emphasize these overarching goals for students: 1) development of motor skills and knowledge for a variety of physical activities, 2) participation in regular physical activity, and 3) social development through team and group activities.

While our program is not meant to replace traditional physical education or fully meet state and district requirements, it does touch upon many key standards by providing valuable and engaging opportunities for kids to stay active and learn sports and athletic skills from professional and caring staff in the most crucial formative years. Most of all, students learn that exercise is fun!

We look forward to serving you and
WORKING TOGETHER TO KEEP KIDS FIT.



Program Overview

Noontime sports programs can be customized to meet the specific goals of the school and the students. Provided is an overview of the basic program goals and model. The program model is based on research of benefits of sports and physical activity programs as well as years of experience working with local schools to implement the program.

Guidelines & Values

- Safety first
- Inclusion
- Fairness
- Positive Competition
- Fun



FAQs & Sample Activities

- Program held 2 or 3 days a week during lunch/recess periods for approximately 2 hours per day. Cost is \$75 per day.
- Professional, qualified YMCA staff deliver the program on school campus.
- Program activities are developmentally appropriate and customized based on age groups and student needs.
- Program focus is team sports (soccer, basketball, kickball, t-ball, flag football, track & field) and organized group activities (skills practice and drills, warm-ups, CHARACTER COUNTS! Education).
- 20:1 ratio of students to staff; supplemental school staff may be requested to assist with supervision of larger groups.
- Program is suggested as a supplement to regular physical education programs to ensure kids have outlets for exercise and skill development.

BELIEVE IN ME

For more information on starting a
YMCA Noontime Sports Program
at your school, please contact us
at contactYMCA@ymcaoc.org



Program Goals

- To increase the physical activity of students during the school-day.
- To teach physical awareness, athletic skills and healthy living principles.
- To introduce YMCA core values of caring, respect, responsibility, and fairness through sportsmanship, cooperation, and teamwork.
- To strengthen self-esteem, academic readiness, and emotional well-being through regular, fun physical activity.
- To enhance social skills through structured and cooperative games and activities.
- To provide safe and fun recreation that instills a life-long love of sports.
- To aid in the prevention of childhood obesity and type II diabetes by providing students with opportunities to be physically active and learn life-long appreciation for sports & physical fitness.