



LEARN

Y Licensed Child Care Monthly Newsletter • January 2012



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y Afterschool Calendar

- | | |
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| Jan. 2 | ALL DAY OUT
Hutto, Liberty Hill, Round Rock,
Taylor & Thrall ISDs
Care from 7:00 a.m. - 6:30 p.m. |
| Jan. 3 | ALL DAY OUT
Hutto ISD
Care from 7:00 a.m. - 6:30 p.m. |
| Jan. 7 | Health Expo
Twin Lakes Family YMCA
8:30 a.m. - 1:00 p.m. |
| Jan. 16 | ALL DAY OUT
Leander, Liberty Hill, Taylor
& Thrall ISDs
Care from 7:00 a.m. - 6:30 p.m. |
| Jan. 16 | SCHOOL HOLIDAY
Hutto & Round Rock ISDs
No Y Afterschool Care Provided |
| Jan. 25 | EARLY RELEASE
Leander ISD |
| Jan. 28 | Summer Camp Fair
Palmer Events Ctr. in Austin
10:00 a.m. - 5:00 p.m. |
| Feb. 1 | EARLY RELEASE
Round Rock ISD |

- ✓ Payments are due by the 1st monthly.
- ✓ Sign up for All Day Outs at your site's Parent Table & verify site locations.

ymcagwc.org

AFTERSCHOOL SNACK SHACK

Oh-So-Delicious Oatmeal

INGREDIENTS:

1 cup water; 1/2 cup rolled oats; dash of salt; 1/4 cup applesauce; pinch of cinnamon; 1 tsp. brown sugar.

DIRECTIONS:

Pour the water, oats and salt into a medium-size pot on your stove top. Heat the mixture until it boils and then turn the heat down to low. From there, use a wooden spoon to stir in the applesauce and cinnamon. Proceed to cook the mixture on low heat and continue to stir for five minutes. Then pour the oatmeal into a bowl and sprinkle the brown sugar on top. Allow the oatmeal to cool for a minute before digging in and enjoying. Of note, this recipe makes one serving.

recipe courtesy of www.kidshealth.org

JOB CENTER

We are currently hiring additional Y Afterschool Counselors at sites throughout Williamson county. Here are some of the benefits:

- ✓ Flexible Schedule & Paid Trainings
- ✓ Competitive Hourly Pay Rate
- ✓ Flexible & Manageable Weekly Schedule
- ✓ Annual Bonus Opportunities
- ✓ Tuition Assistance
- ✓ Child Care Discount
- ✓ "FREE" Y Membership
- ✓ Career Advancement Opportunities

If interested, call Leigh Collins at (512) 615-7847 or download an application at www.ymcagwc.org.

YMCA OF GREATER WILLIAMSON COUNTY Y Licensed Child Care

1812 N. Mays Street
Round Rock, TX 78664
P 512 615 5563

ymcagwc.org

QUOTATION STATION

"I think that somehow, we learn who we really are and then live with that decision."

- Eleanor Roosevelt
U.S. diplomat & reformer (1884-1962)

PARENT RESOURCE CORNER

Rekindle Your Winter Fitness

Cold weather and limited daylight can make everyone want to hang up their sneakers until spring. While this may be true, there are just too many health benefits provided by regular winter exercise to pass it up. Try to make it a priority to set aside 30 to 60 minutes per day for exercise, but don't be too hard on yourself if you miss a day. For extra motivation and support, pair up with someone or try some of these indoor activities at your local Y:

- If walking is your usual exercise, use a treadmill or indoor track.
- If you're a cyclist, use an indoor bike or join a challenging spin class.
- Team up with a partner for ballroom dancing or try indoor sports.
- Try a new group exercise class. Whether it's yoga, pilates or strength training, you are bound to meet new people and strike up friendships that will keep you connected and motivated.
- Try lap swimming or other water activities.
 - Take advantage of indoor time to incorporate regular weight training sessions into your routine two to three times per week.

Stop by your local Y today and take advantage of all we have to offer. And remember ... drink plenty of fluids while trying any of these activities!

NOTABLES

- **Austin Family Magazine Camp Fair**
Catch an early glimpse of what's in store this summer at Y Day Camp! This annual event is set for Saturday, Jan. 28 at the Palmer Events Center in Austin from 10:00 a.m. - 5:00 p.m.
- **Summer Camp Registration**
Mark your calendars and get ready to register for summer camp at the Y! While Y Family Member Registration begins on Feb. 4, Open Registration kicks off on Feb. 25. Log on to www.ymcagwc.org for further details.
- **Parent-Child Valentine's Dance**
This yearly dance for parents with children ages 5-15 is set for Saturday, Feb. 11 from 6:00 p.m. - 9:00 p.m. at the Twin Lakes Family YMCA in Cedar Park. Log on to www.ymcagwc.org for details.