

# Y-Zone

## Parent Handbook 2025-2026

**Y-Zone Philosophy:** The philosophy of Y-Zone is to provide a safe, healthy environment for children before and after school to enrich their spirit, mind and body.

**Character Development:** A common thread through YMCA's across the world is to actively develop good character in program participants. Y-Zone will emphasize the values of caring, honesty, respect and responsibility to all participants. We also emphasize the importance of why we should use the values here, at school, and at home.

**Y-Zone Goals:** Our goals are:

- ✓ **To partner with parents to ensure academic success of their children.**
- ✓ **To promote positive character development.**
- ✓ **To maintain safety and security of children during the hours before and after school.**
- ✓ **To partner with parents to promote the overall success and well-being of their children.**
- ✓ **To promote healthy eating and physical activity that is encouraging to our youth.**

**Y-Zone Rules:** All program participants are expected to follow these rules:

- ✓ **Be Caring**
- ✓ **Be Honest**
- ✓ **Be Respectful**
- ✓ **Be Responsible**

**Parent Expectations:** Parents of program participants are expected to:

- ✓ Communicate any issues regarding their children to Y-Zone staff.
- ✓ Complete and return all required paperwork to the Clinton Community YMCA courtesy desk.

**\*\*Parents are asked to email the site coordinator at [makers@clintoncommymca.org](mailto:makers@clintoncommymca.org) if you have any specific questions about your child, the program or need to notify the staff of changes to your childcare needs.**

**Hours of Operation:** On Monday through Friday, Y-Zone hours are 6:30 a.m. until the start of school and the conclusion of school until 6:00 p.m. There will be a \$5.00 charge for every 5 minutes your child is not picked up after 6:00 p.m. (Includes all levels of participants regardless of scholarship qualifications). If at all possible, please notify the YMCA @ (217) 935-8307 or email the staff at [info@clintoncommymca.org](mailto:info@clintoncommymca.org) if you know that you will be late picking your child up.

**Y-Zone Location:**

After School Y-Zone will be held at two separate sites. If your child attends Douglas or Lincoln School, your child's after school site will be at Lincoln School. If your child attends Clinton Elementary School, their site will be CES. ALL morning Y-Zone will take place at CES. Busing will be provided by the school district to and from school if your child attends Douglas or Lincoln School. **You must turn in Transportation forms to Douglas & Lincoln School 48 hours prior to your child attending.** You may get these forms at school registration.

**Arrival and Departure Procedures:**

Children must be physically signed in and out. Only persons on the pick-up authorization form will be allowed to take or drop off the children. Children may not be left prior to 6:30 a.m. and they must be picked up prior to 6:00 p.m.

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**"How To Register":**

- By Phone – Call the courtesy desk at (217) 935-8307 and the staff will gladly register your child.
  - All registrations over the phone require a payment method of either credit card or bank draft.
- In Person – Program registrations can be completed at the Welcome Center / courtesy desk which is located as soon as you enter the main entrance of the YMCA.
- Mail – Download and complete the registration form, waivers, and authorized pick up form then mail it to:

*Clinton Community YMCA  
417 S. Alexander Street  
Clinton, IL 61727*

The days and times that your child attends Y-Zone will be marked down each week. Payments will be deducted from your account the Monday following the week your child attended the program. Onsite staff will not accept payments under any circumstances.

- **Children will not be allowed to participate in the program if their payments are not current.** Failure to make timely payments may result in child being removed from the program.

**Cost:**

- Morning only 6:30am to start of school - \$11.00
  - After school only - \$15.00
  - Both morning and After School - \$22
- \*Rates can be adjusted throughout the year to meet any rising program costs*

10% discount for 2<sup>nd</sup> child (and 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup>,...) Only if not receiving any financial help.

If you need financial assistance, you can apply for CCRN (Child Care Resource Network) services. Information and forms can be found at <https://www.ccrn.com/>

**General Illness Guidelines:**

Children should not be sent to Y-Zone if they have any of the following conditions within 24 hours. Children must be symptom free without medication for 24 hours before returning to Y-Zone.

- ✓ Fever: if over 100.0 degrees or accompanied by other symptoms such as vomiting, diarrhea, etc.
- ✓ Respiratory problems: severe congestion or unexplained wheezing.
- ✓ Vomiting and/or diarrhea: which occurs more than once or is accompanied by other flu-like symptoms.
- ✓ Rash: if the cause of the rash is unknown or if the rash is not being treated, or if the rash is known to be contagious.
- ✓ Chicken pox: or other communicative diseases.
- ✓ Head Lice: must have approval from Health Department (free of charge) if child has missed Y-ZONE due to head lice.
- ✓ If a child becomes ill at Y-Zone, he or she will be isolated, and a parent will be contacted to come pick them up.

**Injuries:**

If your child is injured at Y-Zone, the staff will take whatever steps are necessary to obtain emergency medical care. These steps may include, but are not limited to the following:

- ✓ Attempts to contact parent or guardian.
- ✓ Attempts to contact any person listed as emergency contacts.
- ✓ Contact of ambulance or paramedic.
- ✓ Transportation of child to the nearest emergency room in the company of a staff member.

**Clothing:**

Clothing should be appropriate by the standards of the schools. In the event that children are wearing inappropriate clothing, parents will be contacted to bring other clothes or pick up the child. When the weather is nice we will do many activities outside. If your child comes in flip flops or shoes that shouldn't get dirty, please have them bring an extra pair. We can't promise that your child will return clean!

**Weather Appropriate Clothing:**

Please discuss with your child(ren) about when it is and isn't appropriate to wear or not wear their coats when the weather starts to change. Every child's inner body temperature is different and many parents have different rules for this. **We will not be responsible for making this decision.**

**Lost and Found:**

The Clinton Community YMCA and Y-Zone staff are not responsible for lost or stolen items. We will place lost item(s) in the schools lost and found bin.

**Safety:**

The health and safety of each child is a prime concern of the YMCA. Staff are trained in safety, First Aid and CPR. Our staff place an emphasis on preventative safety and supervise activities closely.

**No Firearms**

Posted on all entrances to facility "No Firearms". Firearms are prohibited on the premise.

**Discipline Policy:**

No child's behavior will be allowed to interfere with the overall success of the program and other participants. Praise and recognition of good behavior is built into our program. Consequences for deviant behavior are as follows:

- ✓ Warning
- ✓ Time Out (the age of the child)
- ✓ Extended Time Out
- ✓ Parent called and child removed from program for remainder of the day
- ✓ Child suspended for 3 days from program
- ✓ Child expelled from program for remainder of year

Y-Zone staff will record incidents of behavior that warrant 20 minute time-outs. The Y-Zone Site Coordinator reserves the right to skip over early consequences if behavior is severe enough to pose a risk to either the misbehaving Y-Zone child or others in the group. We try to give each child the opportunity to correct his or her own behavior.

**Refunds and credits will not be given for days suspended.**

**\*Discipline Policy is subject to change due to sites behavior.\***

**Homework Rules:**

After snack time, the children will go to their assigned tables. Staff will do backpack checks to see if the students have homework. If your child does not have homework they will have the choice of either reading books, working on age appropriate worksheets, or play board games and cards. There will be a staff member at each table to assist with any homework and study help needed. All children are expected to sit quietly during this time so the students who do have homework will be able to

focus on their schoolwork. If your child's teacher has told you that they need to receive additional help in a subject area, please see the site coordinator so we can help. That is what we are here for!! We are not able to see how the children are doing until the report cards are sent out so we need your help if you know something we can help with. All the staff do the best that they can to make sure the children are doing their best. Again, we want to partner with you, the parent, to make sure your child is successful in school!

**Medicine Policy:**

If your child requires medication, it is vital that you inform the staff of the medical need. All medication must be given directly to a Y-Zone staff member in the original prescription container. Fill out the Health History Form on the registration form and include all medications. Medication not in the original prescription container will not be accepted.

**\*\*Staff Background Check:**

The facilities in which Camp Osage uses engages and complies with the background check and clearance procedures through Illinois Department of Human Services CCAP currently available for license exempt CCAP providers. The YMCA does not hire any staff or volunteer who does not receive a clearance following the IDHS background check.

**Disclaimer:**

Both C.E.S and Lincoln Elementary and programs provided by the Y.M.C.A are not licensed or regulated by DCFS.

## Y-ZONE EXTREME DAYS

**On days when there is no school (except major holidays) Y-Zone Extreme will be available at the YMCA from 7 am until 6 pm. Cost is \$38.00 per day per child. You will have to pre-register for those days as we have limited spots available this year. Please bring the following on extreme days: Lunch, refillable water bottle, morning snack (we will provide afternoon snack), and swim stuff. Listed below are the tentative dates we will have an extreme day.**

**9/29, 10/13, 11/26, 12/22, 12/23, 12/29, 12/30, 12/31, 1/2, 1/5, 1/19, 2/13, 2/16, 3/23-3/27, 4/6,**

**Y-ZONE EMERGENCY EXTREME DAYS WILL NOT BE OFFERED THIS YEAR.**