

Our Mission: "To put Christian principles into practice, through programs that build healthy spirit, mind, and body for all."

How dose the Rides In System work?

Rides In begins at 7:00a.m. A YMCA counselor will be waiting in the front loop at the Cary Family YMCA to escort your child into the building.

Where do I go when I get to the YMCA? Ashley will be waiting for the Adams EA children in the game room.

How will my child get to the School?

At **7:55a.m.** on the do board the bus for Henry Adams Elementary. A YMCA bus will transport students from the Cary Family YMCA to Henry Adams Elementary School. Our buses are driven by YMCA certified drivers who are 21 years of age and have at least three years of driving experience. Drivers undergo a YMCA vehicle training program. Those driving a large bus must have a current CDL license with a passenger endorsement.



Is breakfast provided during Early Arrivals?

The YMCA does not provide breakfast for your child. However, children may bring their breakfast from home and eat it once they arrive at the EA program.

What if the start time for school is delayed due to inclement weather?

If schools are delayed, all morning YMCA programs are delayed by the same amount of time (i.e. if school starts 2 hours late, Early Arrivals will start 2 hours late).

2009 Early Arrivals Staff

The 2009 Early Arrivals (EA) leadership staff includes Nichole Hampton, Youth Director and Site Director, Ashley Roque.

Our 2009 format is based on the YMCA's core values and mission of building a healthy spirit, mind and body. Our activities are guided by the core values of Caring, Respect, Responsibility, Honesty and Faith. We feel these are tools children need to build a future with strong kids, strong families and strong communities.

Monday – Friday Schedule

Time	Activity
7:00-7:15a.m.	Rides In
7:15- 8:00a.m.	Game Room Activities
7:55a.m.	Board Bus for school
~8:15a.m.	Drop off at Henry Adams Elementary

CONTACT INFORMATION

Nichole Hampton Youth Director	469-9622 ext. 158 919-815-7397 = cell Nichole.Hampton@ymcatriangle.org
Adams YMCA EA and AFS Programs	815-2985
Cary Family YMCA	469-9622

WakeMed Moment

Fruit Smoothies

Fruit Smoothies can be made from all different kinds of fruits, liquids and flavorings. One serving of these smoothies will provide you with two fruit servings and a half serving from the milk group. This can be a good start for your breakfast or lunch, or use it as a snack!

Strawberry-Orange Smoothie

(2 servings)

- 1 cup low-fat vanilla or strawberry yogurt
- ¾ cup calcium fortified orange juice
- ½ cup frozen strawberries
- 1 sliced frozen banana

Place ingredients in blender and puree until smooth.



Basic Recipe

- 1 cup of frozen fruit
- 1 cup low-fat yogurt, non-fat milk, rice milk or soy milk
- ½ -1 cup ice cubes
- ½ -1 cup fruit juice*
- Additional flavoring optional: teaspoon of vanilla extract or honey, or a dash of cinnamon, nutmeg

Place all ingredients in blender and puree until smooth.

*If you're watching your calories, try sparkling water or non-caloric beverages instead of juice.

Questions & Concerns?

The YMCA of the Triangle welcomes parental feedback. Should you have concerns, comments or questions, please contact the director of your child's program. If your concern is of a confidential matter, please call 919 719 9690, ext 9500 and leave a message. Someone will return your call promptly.

One big community for fun, for health, for family, for life.

