



This school year we have a very exciting new focus. Thanks to grants and donations from the Rossi Family, Anthem Blue Cross, and Comcast we will be implementing the CATCH Kidsclub at all of our after school programs. CATCH is a physical fitness and nutrition program designed for both schools and after school programs. In October a trainer from the University of Texas will be providing YMCA staff with a comprehensive workshop on how to implement the program. Each program will receive a curriculum kit and equipment. Fitness instructors will spend two days a week at each site facilitating activities. YMCA staff will run the activities on the remaining days. This is a terrific opportunity to encourage active play in a fun, noncompetitive environment and we are confident that we will improve the fitness levels of the children who participate.