

# Homeschool Hub

## Northwest Cary YMCA



**2024/2025 Course Catalog**

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## Homeschool Hub - Program Overview

Here at the Homeschool Hub, we partner with you to support your child's homeschool education. We provide engaging courses that enrich your homeschool student's development through opportunities to learn and grow in collaborative, hands-on classes. Our classes are capped at 15 students, with the exception of our Explorers classes, which have a capacity of 10.

Official registration as a homeschooling student with the North Carolina Department of Education is required to participate in this program for all students 7 years old or older. We are unable to provide classes for students enrolled in public or private schools. If you are registering for our program prior to enrollment with the NCDOA, please put "pending" for your Homeschool ID Number when registering.

Our program aims to be an inclusive environment where all students can feel welcome and thrive. We train all of our teachers in meeting the needs of all types of learners, and we value parent partnerships to help meet the unique needs of each student.

Additionally, while the Y is a Christian organization, we utilize secular curriculum in our classes and serve families from a variety of faith traditions and cultural backgrounds.

Our program operates from the Northwest Cary YMCA/Crosspointe Church building at 6903 Carpenter Fire Station Rd, Cary, NC 27519. Most of our classes are held in the Crosspointe Church building, but we are also fortunate to have access to many shared spaces of the YMCA when needed.

### The Y Mission

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

Our Mission compels us to embrace, reflect and celebrate the richness of diversity within each other and the many communities we serve. In that Christian principles are caring and inclusive, we are respectful of various expressions of faith and serve families and individuals from all traditions, backgrounds and perspectives. Together, we work to ensure that everyone has the opportunity to reach their full potential with dignity at our YMCA.

### The Y's Diversity and Inclusion Statement

To fulfill our Mission and purpose of strengthening our community for all, the YMCA of the Triangle is committed to being a multicultural, anti-racist and inclusive organization, fully leveraging our collective resources and impact to address social inequities.

## Types of Classes

### Semester-Long Enrichment Classes

These classes are designed to build understanding of the course topic throughout the semester. Each class operates for 14 weeks, 2 hours per week. Classes are 1 hour long on Monday/Wednesday and 2 hours long on Tuesday and Thursdays. Monday/Wednesday classes meet two days per week and cannot be separated. Tuesday and Thursday classes meet one day per week.

Students must be enrolled in half-day blocks, and therefore on Monday/Wednesday students must choose either two classes (AM half-day or PM half-day) or 4 classes (full-day). Any registrations that do not align with these schedule requirements will be dropped two weeks prior to the start of the semester. Navigators (ages 13+) are exempt from this rule if their parent/guardian allows them to sign themselves in and out of the program.

### Lunch/Recess

Students who attend for a full day program have a supervised hour of Lunch/Recess included free of charge as part of their day. These students do not need to register for this product separately.

Half-Day students who would like to participate in Lunch/Recess can register for the waitlist. We will hold a lottery for these spots based on the number of spaces we have available at the beginning of the semester. There is a small fee for this add on registration.

### High School Hybrid Classes

These academic classes provide rigorous high-school level content, and are designed to provide the equivalent of year-long high-school courses. Courses have both an in-person and an online component, and students will be expected to attend class regularly and complete work outside of class.

### Age Cohorts

Our classes are multi-age, but are divided among 4 different age cohorts. We do have some flexibility for students at the border between groups (age 6, 9 and 13). These students may take classes in either of the cohorts appropriate for their age, depending on what is in their best interest both socially and academically. If you have a question about what cohort is best for your student, feel free to reach out to Megan Runion to discuss.

There are no age exceptions for our High School Hybrid classes. Additionally, some classes are restricted to a narrower grade or age range to best meet the developmental needs of our students. **Please pay close attention to the class descriptions for more information.**

- Explorers - Ages 4-6
- Pathfinders - Ages 6-9
- Trailblazers - Ages 9-13
- Navigators - Ages 13-17

## 2024/2025 Calendar

Fall Semester	
Tuesday, August 27, 2024	Fall Family Open House
Wednesday, August 28, 2024	First Day of Fall Semester
Monday, September 2, 2024	Closed for Labor Day
Friday, September 6, 2024	End of Fall Drop/Add Window
Thursday, September 12, 2024	High School Hybrid Parent Night
Wednesday, October 9-18, 2024	Fall Break
Monday, November 11, 2024	Closed for Veterans Day
November 25-29, 2024	Thanksgiving Break
Wednesday, December 18, 2024	Fall Student Showcase (All Classes)
Thursday, December 19, 2024	Last Day of Fall Semester
Spring Semester	
Tuesday, January 21, 2025	Spring Family Orientation
Wednesday, January 22, 2025	First Day of Spring Semester
Wednesday, February 5, 2025	End of Spring Drop/Add Window
Monday, February 17, 2025	Closed for Presidents' Day
Wednesday, March 26-April 11, 2025	Spring Break
Wednesday, May 14, 2025	Spring Student Showcase (All Classes)
Thursday, May 15, 2025	Last Day of Spring Semester

## Daily Schedule

### Monday/Wednesday Class Schedule

	Explorers	Elementary, Upper School
8:15-8:50	Rides-In	Rides-In
8:50-9:00	Transition to Classroom	Transition to Classes
9:00-9:55	Morning Session	Period 1
10:00-10:55		Period 2
10:55-11:00	Half Day AM Dismissal	Half Day AM Dismissal
11:00-11:55	Lunch/Recess	Lunch/Recess
11:55-12:00	Half Day PM Arrival	Half Day PM Arrival
12:00-12:55	Afternoon Session	Period 3
1:00-1:55		Period 4
1:55-2:15	Rides-Out	Rides-Out

### Tuesday/Thursday Class Schedule

	Enrichment Classes	High School Hybrid
8:15-8:50	Rides-In	
8:50-9:00	Transition to Classroom	Transition to Classes
9:00-10:55	AM Class	AM Class
10:55-11:00	Half Day AM Dismissal	Half Day AM Dismissal
11:00-11:55	Lunch/Recess	Lunch/Recess
11:55-12:00	Half Day PM Arrival	Half Day PM Arrival
12:00-1:55	PM Class	PM Class
1:55-2:30	Rides Out (ends at 2:15)	

# Fall 2024 Schedule

## Monday/Wednesday

	Explorers	Ages 6-9				Ages 6-13	Ages 9-13				Ages 13+	
9:00-9:55	<b>Morning Session</b> Ms Anita Ms. Stephanie	Visual Math Janny Frazier	Board Game Strategy Jason Foster	Dinosaurs Laura Waddey	Artistic Math Jagriti Sachania	Discovery Labs Renee Banko	Blast the Blank Page Laura Peleschak	<b>Cupcake Decorating</b> Meg Stone	Persuasive Writing Kemai McClain	Visual Math Laxmi Gokulram	Let's Dance! Lauren Johnson	Theater Chelsea Knapp
10:00-10:55		<b>Art 1/2</b> Mrs. D	Intro to Ballet Laura Waddey	Stories Around the World Lauren Johnson	Visual Journaling Laura Peleschak	Discovery Labs Renee Banko	Chorus Chelsea Knapp	Energy and Electricity Laxmi Gokulram	Hands on Equations Janny Frazier	Force and Motion Jagriti Sachania	Persuasive Writing Kemai McClain	Physical Education Dan Taylor
12:00-12:55	<b>Afternoon Session</b> Ms Anita Ms. Laura	Brain Games Meg Stone	Scientist Toolbox Jagriti Sachania	Physical Education Dan Taylor	<b>Contemporary Creativity</b> Laura Peleschak	Discovery Labs Renee Banko	Theater Games/ Improv Chelsea Knapp	<b>Art 5/6</b> Mrs. D	Writers Workshop Kemai McClain	Epic Engineering Laxmi Gokulram	Cardmaking Tina Hammer	Hands on Equations Janny Frazier
1:00-1:55		<b>Art 3/4</b> Mrs. D	Real World Geometry Janny Frazier	Exploring our Community Kemai McClain	Graphic Novels Laura Peleschak	Discovery Labs Renee Banko	Performance Theater Chelsea Knapp	Force and Motion Jagriti Sachania	Physical Education Dan Taylor	Energy and Electricity Laxmi Gokulram	Human Body Systems Tina Hammer	<b>Kitchen Survival</b> Meg Stone

**Bold** classes are priced as Specialty Classes

Classes in *Italics* are year-long High School Hybrid classes

## Tuesday

	Explorers	Ages 6-9		Ages 6-13	Ages 9-13				Ages 13+			
9:00-10:55	<b>Morning Session</b> Ms Anita	Graphic Novels Laura Peleschak	"But Why?" Science Laxmi Gokulram	Discovery Labs Stephanie Mausolf	Music Workshop Stephanie Curri	Artistic Math Jagriti Sachania	Novel Writing Kemai McClain		Strategic Play Meg Stone	Current Events Nancy Walters	Physical Science Laurina Sigmon	<i>High School Biology</i> Barbara Cameron
12:00-1:55	<b>Afternoon Session</b> Ms Anita	Visual Math Laxmi Gokulram	Force and Motion Jagriti Sachania	Discovery Labs Stephanie Mausolf	<b>Sketchbook Studio</b> Mrs. D	Basketball Brendan Cody	Cultural Exploration and World History Kemai McClain	Graphic Novels Laura Peleschak	Study Skills Nancy Walters	<i>Pre-Algebra</i> Laurina Sigmon	<i>Algebra 1</i> Angela Mickler	<i>High School Chemistry</i> Barbara Cameron

## Thursday

	Explorers	Ages 6-9		Ages 6-13	Ages 9-13			Ages 13+					
9:00-10:55	<b>Morning Session</b> Ms Anita Ms. Laura	"But Why?" Science Laxmi Gokulram	<b>Road Trip: National Parks</b> Mrs. D	Discovery Labs Stephanie Mausolf	Board Game Strategy Jason Foster	Creepy Crawlers Laurina Sigmon	<b>Intermediate Cooking</b> Meg Stone	Creativity Studio Aimee Walker	<b>Hand Sew a Quilt</b> Barbara Cameron  *Ages 9+	<i>Contemporary Literature</i> Nancy Walters	<b>Intermediate Cooking</b> Meg Stone	Career Exploration /Internship Prep Megan Runion	<i>Spanish 1</i> Chelsea Knapp
12:00-1:55	<b>Afternoon Session</b> Ms Anita Ms. Laura	Nature Exploration Laxmi Gokulram	Illustrative Writing Kemai McClain	Discovery Labs Stephanie Mausolf	Video Game Design Laurina Sigmon		<b>Beginner Cooking</b> Meg Stone	Creativity Studio Barbara Cameron	<b>Mixed Media Art</b> Aimee Walker		<i>Geometry</i> Angela Mickler	<i>US History</i> Nancy Walters	<i>Spanish 2</i> Chelsea Knapp

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# Spring 2025 Schedule

## Monday/Wednesday

	Explorers	Ages 6-9				Ages 6-13	Ages 9-13				Ages 13+	
9:00-9:55	<b>Morning Session</b> Ms Anita Ms Tori Ms. Stephanie	Scientist Toolbox *ages 6-7 Jagriti Sachania	Board Game Strategy Jason Foster	Young Birders Laura Waddey	Stories Around the World Lauren Johnson	Discovery Labs Renee Banko	Blast the Blank Page Laura Peleschak	Cupcake Decorating Meg Stone	Persuasive Writing Kemai McClain	Scientist Toolbox *ages 8-11 Laxmi Gokulram	Hands on Equations Janny Frazier	Theater Chelsea Knapp
10:00-10:55		Art 1/2 Mrs. D	Intro to Ballet Laura Waddey	Exploring our Community Kemai McClain	Visual Journaling Laura Peleschak	Discovery Labs Renee Banko	Chorus Chelsea Knapp	Physical Education Dan Taylor	Hands on Equations Janny Frazier	Fundamentals of Electronics Laxmi Gokulram	Let's Dance Lauren Johnson	Coding and Robotics Jagriti Sachania
12:00-12:55	<b>Afternoon Session</b> Ms Anita Ms Stephanie Ms. Laura	Bubbles and Potions Jagriti Sachania	Visual Math Janny Frazier	Epic Engineering Laxmi Gokulram	Contemporary Creativity Laura Peleschak	Discovery Labs Renee Banko	Theater Games/ Improv Chelsea Knapp	Art 5/6 Mrs. D	Writers Workshop Kemai McClain	Vocab Quest: Exploring Roots and Affixes Meg Stone	Meteorology Coming Soon	Physical Education Dan Taylor
1:00-1:55		Art 3/4 Mrs. D	Physical Education Dan Taylor	Illustrative Writing Kemai McClain	Graphic Novels Laura Peleschak	Discovery Labs Renee Banko	Performance Theater Chelsea Knapp	Real World Geometry Janny Frazier	Dry Ice, Bubbles, and Chemical Reactions Jagriti Sachania	Epic Engineering Laxmi Gokulram	Astronomy Coming Soon	Kitchen Survival Meg Stone

## Tuesday

	Explorers	Ages 6-9			Ages 6-13	Ages 9-13			Ages 13+			
9:00-10:55	<b>Morning Session</b> Ms Anita	Hands on Math Meg Stone	"But Why?" Science Laxmi Gokulram		Discovery Labs Coming Soon	Music Workshop Stephanie Curri	Writers' Workshop Kemai McClain	Graphic Novels Laura Peleschak		Current Events Nancy Walters	Environmental Science Laurina Sigmon	<i>High School Biology</i> Barbara Cameron
12:00-1:55	<b>Afternoon Session</b> Ms Anita	Illustrative Writing Kemai McClain	Stories Around the World Laura Peleschak	Nature Exploration Laxmi Gokulram	Discovery Labs Coming Soon	<b>Sketchbook Studio</b> Mrs. D	Basketball Brendan Cody	Coding and Robotics Jagrithi Sachania	Life Skills Nancy Walters	<i>Pre-Algebra</i> Laurina Sigmon	<i>Algebra 1</i> Angela Mickler	<i>High School Chemistry</i> Barbara Cameron

## Thursday

	Explorers	Ages 6-9		Ages 6-13	Ages 9-13			Ages 13+			
9:00-10:55	<b>Morning Session</b> Ms Anita Ms. Laura	"But Why?" Science Laxmi Gokulram	<b>Global Passport Art</b> Mrs. D	Discovery Labs Stephanie Mausolf	Board Game Strategy Jason Foster	Creepy Crawlers Laurina Sigmon	<b>Intermediate Cooking</b> Meg Stone	<i>Contemporary Literature</i> Nancy Walters	<b>Intermediate Cooking</b> Meg Stone	Career Exploration/ Internship Prep Part 2 Kemai McClain	<i>Spanish 1</i> Chelsea Knapp
12:00-1:55	<b>Afternoon Session</b> Ms Anita Ms. Laura	Nature Exploration Laxmi Gokulram	Visual Math Coming Soon	Discovery Labs Stephanie Mausolf	Video Game Design Laurina Sigmon	Big Ideas of US History- Founding Principles Kemai McClain	<b>Beginner Cooking</b> Meg Stone	Creative Writing Nancy Walters	<b>Teen Art</b> Aimee Walker	<i>US History</i> Nancy Walters	<i>Spanish 2</i> Chelsea Knapp

**Bold** classes are priced as Specialty Classes

Classes in *Italics* are year-long High School Hybrid classes

## Explorers Program - Ages 4-6

Our Explorers program is intended for our Pre-K through Kindergarten students. [Families who register for Explorers will complete a brief survey](#) that teachers will use to assign students to developmentally appropriate primary classes. Our Explorers classes have a maximum student/teacher ratio of 1:10.

Primary classes will serve as a "Homeroom" group, and these classes will participate in Circle Time together each morning and afternoon. For the rest of the day, students will have a choice about what activities they complete and will work with a variety of peers and teachers.

Primary classes will be assigned prior to our Fall and Spring Open House, but both teachers and families may request a change to a student's primary class placement during the first two weeks of the semester. It is important to us that all students are in an environment that is a good fit!

### Daily Schedule

8:15-8:50	Morning Arrival/Rides In
8:50-9:00	Transition to Classrooms
9:00-9:30	Morning Circle Time
9:30-10:10	AM Activity Choice 1
10:10-10:50	AM Activity Choice 2
10:50-11:00	Return to Primary Classroom - Transition to Lunch/Recess or Mid-Day Dismissal
11:00-12:00	Lunch/Recess - All Explorers
12:00-12:30	Afternoon Circle Time
12:30-1:10	PM Activity Choice 1
1:10-1:50	PM Activity Choice 2
1:50-2:00	Return to Primary Classroom - Transition to Afternoon Dismissal
2:00-2:15	Afternoon Dismissal

## Activity Choices

Teachers will prepare a variety of activities related to the week's theme, and students will have the opportunity to select the activities they would like to complete each day. Activities may include: Math Games, STEM Challenges, Discovery Centers, Nature Exploration, Art, Music, Spanish, Physical Education, Science Experiments, Group Cooperative Games, and more! AM and PM Activity Choices will be different to ensure variety for our full day students. Primary teachers will assist students if they have trouble selecting an activity.

## Primary Learning Objectives

- Early Literacy Skills (rhyming, beginning consonants, concepts of print, letter/sound identification, listening comprehension, early writing skills)
- Early Math Skills (one to one correspondence, counting, making groups of ten, addition and subtraction within ten)
- Social Skills (collaboration with peers, turn taking, oral communication)
- Developmental Skills (cutting, writing, jumping, running, singing, painting, building, etc.)
- Building each child's curiosity, love of learning, and knowledge about the world through experience and play

## Pathfinders (Ages 6-9) - Course Descriptions and Supply Lists

Class Name	Semester	Pricing	Description	Required Supplies
Art - 1st/2nd Grade	Fall, Spring, or Both	Specialty	Students will develop their basic art knowledge and further develop techniques in art. Children will explore the great world of art using oil pastels, paper and paint. This unique learning experience places an emphasis on having fun while exploring creativity. Additionally the students will develop an understanding of the 7 elements of art.	
Art - 3rd/4th Grade	Fall, Spring, or Both	Specialty	Students will explore interests, will learn to see themselves as artists, will explore a variety of media, and will learn the fundamental skills and concepts related to art. Students' focus of study will be the elements of art. Children will explore the world of both two and three dimensional media, such as pencil, colored pencil, paint, and clay.	
Artistic Math	Fall	Regular ESA+ Eligible	In this class, students will explore the connections between mathematical concepts and art. Students will complete art projects during each class, discussing and building understanding of the math as they go.	Graph Paper Notebook Pencils, Colored Pencils
Board Game Strategy	Fall, Spring, or Both	Regular ESA+ Eligible	In Board Game Strategy we won't just be playing board games. We will be: learning how to play the games correctly, discussing board game strategy and also learning how to play these games with other people both appropriately and positively. Students will learn much more than they think as they are playing games. Some things they will learn could include: Math/Reading/Strategy/Pivoting/Character Education and Emotional Intelligence	
Brain Games	Fall	Regular ESA+ Eligible	This fun-filled class is designed for early elementary students who THRIVE when working on challenging brain games, logic puzzles, and other problem-solving activities. Materials that will be utilized may include board games, card games, logic puzzles with a matrix, and group hands-on challenges.	
Bubbles and Potions	Spring	Regular ESA+ Eligible	Dive into the whimsical world of "Bubbles and potions", where creativity meets science! In this interactive class, participants will explore the enchanting art of potion-making using safe, everyday ingredients. Through hands-on experiments, students will create colorful bubbles, fizzing potions and magical mixtures that spark curiosity and imagination. This class will encourage teamwork and foster a love for exploration! Join us for bubbly adventures filled with fun, laughter and a dash of scientific wonder! This class combines elements of chemistry and creativity, encouraging students to explore various ingredients while understanding the importance of safety in a lab.	Safety goggles Stop watch
"But Why?" Science	Fall, Spring, or Both	Regular ESA+ Eligible	This hands-on science class will allow students to explore a variety of science concepts as they discover the answers to commonly asked questions about the world around us.	
Contemporary Creativity	Fall, Spring, or Both	Specialty	Students will study contemporary artists (currently alive), and make art pieces inspired by each artist. Activities will include artist study, discussing art, art elements and techniques, and assembling a portfolio.	
Dinosaurs	Fall	Regular ESA+ Eligible	In this hands-on class students will delve into the prehistoric world of dinosaurs. We will cover everything from how dinosaurs lived, their basic biology, and how modern-day paleontologists learn new information about dinosaurs.	

Discovery Labs	Fall, Spring, or Both	Regular ESA+ Eligible	Our Discovery Labs serve as spaces to inspire creativity, imagination, and collaboration (if desired). This is an ideal environment for students with lots of big ideas, who thrive when following their own curiosity outside of the structure of a traditional classroom. Additionally, quiet rooms for independent homeschool work or projects will also be available. Some materials will be provided, but students may also bring the materials they need for their projects. Current labs include an Art Studio, the Construction Zone - Legos and other building materials, an Animation Studio, a Break Room (Sensory/Movement/Board Games), The Library - Quiet reading, writing, or research, The STEM Lab (science, engineering, and math projects), The Den - puzzles, quiet activities, and the company of our Guinea Pig visitors. If students need support, our Discovery Labs teacher works with each individual student to develop a plan for their time each day, to help them stay engaged and learning within this flexible environment. Students may sign up for as many of these hours as they would like to attend and are not limited to one session per day.	
Epic Engineering	Fall, Spring, or Both	Regular ESA+ Eligible	In this fun hands-on building class, students will be introduced to the mathematical and physics principles that are utilized in engineering. Students will complete challenges, either independently or with a partner, to learn and explore these concepts for themselves. Through this class, students will develop their understanding of the Engineering Process, building their perseverance as they think, plan, build, test, and then improve their designs.	
Exploring our Community	Spring	Regular ESA+ Eligible	In this class, students will explore the community around them. Concepts covered will include geography, history, culture, natural resources, and change over time. This class will focus specifically on the Triangle area.	
Global Passport Art	Spring	Specialty ESA+ Eligible	Students will embark on a creative art exploration of Europe and the Far East as they make art from countries around the world.	
Graphic Novels	Fall, Spring, or Both	Regular ESA+ Eligible	Using the TOON Books series, students will explore the entertaining, yet powerful, genre of graphic novels by analyzing literary elements and practicing comic drawing skills. Activities include author/illustrator studies, drawing, reading selected texts, and making our own graphic novels and comics panels.	two pocket folder with prongs
Hands on Math	Spring	Regular ESA+ Eligible	In this class students will develop their understanding of the way our number system works, through hands-on experimentation, problem solving, and games and activities that build critical thinking skills.	
Illustrative Writing	Fall, Spring, or Both	Regular ESA+ Eligible	Students will write stories inspired by their own art. Skill-building activities will include: art techniques and materials exploration, grammar and vocabulary, storytelling and narration, artist and author studies, and discussing art. Prerequisite: students must be able to read at least 1-2 sentences.	
Introduction to Ballet	Fall, Spring, or Both	Regular	Calling all young dance enthusiasts! This class is a fun, relaxed introduction to ballet. Each 2 hour class will be divided into warm-up exercises, stretching, ballet technique and terminology, and we'll end each class with movement and dance games.	Clothing that does not restrict movement, canvas ballet shoes
Nature Exploration	Fall, Spring or Both	Regular ESA+ Eligible	Utilizing our beautiful outside spaces, students will explore the world around them. Students will develop their observational and critical thinking skills as they practice noticing, asking questions, and designing experiments or researching to find the answers. Students will journal (both writing and drawing) about what they observe and discover. This class will meet outside in most types of weather, so weather appropriate clothing is required, (including rain boots and rain jacket on days with light rain).	Journal (student choice), coloring and writing utensils

Physical Education	Fall, Spring, or Both	Regular	Building good habits of health and wellness. Physical education will focus on body weight exercises, running form, and plyometrics. Children will learn fun games that focus on individual mastery and teamwork. The cool down will include nutrition education and self care.	Activity appropriate clothing. Water bottle
Real World Geometry	Fall	Specialty ESA+ Eligible	In this class, students will learn the basics of geometry through hands-on projects and activities. Students will explore the ways geometry can be found in the world all around them, and the way it is used in everything we do! Each student will have the opportunity to put what they have learned into practice using real materials and tools to build a model structure that they will bring home at the end of the semester.	
Road Trip: National Parks	Fall	Specialty ESA+ Eligible	Take an art exploration trip across the National Parks of the USA! Students will explore the many regions of the US from coastlines to mountains and everything in between and make some incredible art along the way!	
Scientist's Toolbox	Fall, Spring, or Both	Regular ESA+ Eligible	Become a scientist as we work through a variety of labs touching on all subjects of science! Focus of the coursework will be teaching students the Scientific Method and how to apply it.	
Stories Around the World	Fall, Spring, or Both	Regular ESA + Eligible	Students will travel around the world and learn about a variety of places through the experiences of characters featured in children's literature. Students will journal about their experiences as they learn more about the cultures and geography of the countries they visit. Students will also develop their understanding of literary analysis by discussing the books they read, including the characters' traits, as well as the plot and setting of each story.	
Force and Motion	Fall	Regular ESA+ Eligible	In this hands-on science class, students will examine the ways that principles of physics are applied in engineering through hands-on experimentation. Students will explore force and motion as they learn about simple machines and their real world practical uses.	
Visual Journaling	Fall, Spring, or Both	Regular ESA+ Eligible	Students will observe and document their lives, and the world around them. Art and writing will combine to create a unique personal journal, highlighting student strengths, interests, and perspectives. Activities will include learning about art techniques, writing, self-reflection, and finding inspiration in the works of professional writers and artists.	mixed media sketchbook that is MAX SIZE 5.5x8.5in., 90lb paper minimum, 30 sheets minimum.  Example: <a href="https://tinyurl.com/462ex3t5">https://tinyurl.com/462ex3t5</a>
Visual Math	Fall, Spring, or Both	Regular ESA+ Eligible	In this fun hands-on math class, students will develop their understanding of our number system and other foundational math concepts by exploring the way math works.	
Young Birders	Spring	Regular ESA+ Eligible	Did you know that more than 475 species of bird call North Carolina home? In this class young birders will learn to identify many of our common wild birds by both sight and sound through games in the classroom and on birding walks outdoors. We'll use hands-on activities to learn how birds fly, figure out what wild birds need in order to thrive, and make bird feeders to bring home.	

## Trailblazers (Ages 9-13) - Course Descriptions and Supply Lists

Class Name	Semester	Pricing	Description	Required Supplies
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Art - Grades 5/6	Fall, Spring, or Both	Specialty	Learners will focus on the elements and principles of art and design. Deeper exploration of the elements and principles will help to create the backbone of a student's art experience. Students will develop observation and technical skills in drawing, painting, printmaking, sculpture, and various other art mediums.	
Artistic Math	Fall	Regular ESA+ Eligible	In this class, students will explore the connections between mathematical concepts and art. Students will complete art projects during each class, discussing and building understanding of the math as they go.	Graph Paper Notebook Pencils, Colored Pencils
Basketball	Fall, Spring, or Both	Regular	This class will provide basketball instruction with dribbling, shooting, passing and defense. It will also cover an enjoyable fitness program that includes circuit training and active running games. This class will be a solid balance of basketball instruction, fitness training and active entertaining games.	Appropriate clothing/shoes
Beginner Cooking	Fall, Spring, or Both	Specialty	Students will be introduced to and become familiarized with basic kitchen equipment and tools, as well as basic cooking techniques for everyday cuisine. We will address food prep (chopping, blending, measuring, mixing, etc.) use of a skillet and stock pot, oven baking, and more. Students will create and enjoy many different types of everyday foods. This class is very teacher-guided every step of the way. Students must be able to adhere to safety requirements involving the use of knives and heat sources!	Apron (optional)
Big Ideas of US History - Founding Principles	Spring	Regular ESA+ Eligible	"We the people of the United States, in order to form a more perfect union..." Schoolhouse Rock may be able to teach our students the words to our Constitution's preamble, but it can't help them develop a deep understanding of what the words mean or how they are applied today. Join us for this discussion based class that will focus on reading and analyzing primary source documents and learning more about the context that surrounded the authors who crafted our founding documents. Students will examine our history from multiple perspectives and engage in "Socratic" type seminars, where respectful discourse will be both taught and required.	Device that can connect to the internet for viewing sources and additional research
Blast the Blank Page	Fall, Spring, or Both	Regular ESA+ Eligible	Students will learn about the writing process to overcome the fear of the blank page. Using mentor texts and writing exercises to participate in the writing process, students will create a finished piece of writing in any genre of their choice.	1in binder with lined paper + 5 divider pages OR 5 subject notebook; if desired/ideal -- electronic device with writing app (i.e., Word, Notes); speech-to-text devices are allowed
Board Game Strategy	Fall, Spring, or Both	Regular ESA+ Eligible	In Board Game Strategy we won't just be playing board games. We will be: learning how to play the games correctly, discussing board game strategy and also learning how to play these games with other people both appropriately and positively. Students will learn much more than they think as they are playing games. Some things they will learn could include: Math/Reading/Strategy/Pivoting/Character Education and Emotional Intelligence	
Chorus	Fall, Spring, or Both	Regular	Students will grow as musicians while singing together. We will work on music theory, sight singing and singing in harmony. We will also use a few other instruments, such as drums and bells to aid our learning. There will be a short performance near the end of the semester.	Folder, pencil



Coding and Robotics	Spring	Specialty ESA+ Eligible	In this class, students will utilize LEGO® Education SPIKE™ Prime materials and curriculum to stretch their problem solving and critical thinking skills as they explore a variety of STEM concepts and experiences. Materials will be provided for students to use within the classroom. No prior experience with coding or robotics are required.	
Creepy Crawlers	Fall, Spring, or Both	Regular ESA+ Eligible	Join us in as we investigate insects, amphibians, and reptiles! As part of this class, we will be designing a trapline for sampling different species of animals on the YMCA property. We will discuss the different (live) animals found, as well as learn how to safely sample populations, take data on animal species found, and represent that data in a fun format for our family and friends. Students will leave with an appreciation for the diversity of species in suburban areas and can even apply some of these sampling methods at home.	
Cultural Exploration & World History	Fall	Regular ESA+ Eligible	This class will take students on a trip to explore the communities and cultures that exist in our world. Starting in Asia and working our way back around the globe to the USA we will discuss how the people live in different countries including their religion, customs, language, art, and food. Then we will look at the history that led to the vibrant society around us. Students will be encouraged to explore the different similarities and differences between the cultures and to use their critical thinking to assess how culture is created and passed down.	Folder, writing utensils (pens, pencils), scissors, glue stick, 3 different colored highlighters, notecards; if desired/ideal: laptop or mobile device & Bluetooth keyboard
Cupcake Decorating	Fall, Spring, or Both	Specialty	In this sweet class, students will bake and decorate cupcakes in fun themes that would be the perfect addition to any cookout or party. Students do NOT need any prior decorating skills, but students should feel comfortable completing basic cooking tasks with adult guidance.	Apron (optional)
Discovery Labs	Fall, Spring, or Both	Regular ESA+ Eligible	Our Discovery Labs serve as spaces to inspire creativity, imagination, and collaboration (if desired). This is an ideal environment for students with lots of big ideas, who thrive when following their own curiosity outside of the structure of a traditional classroom. Additionally, quiet rooms for independent homeschool work or projects will also be available. Some materials will be provided, but students may also bring the materials they need for their projects. Current labs include an Art Studio, the Construction Zone - Legos and other building materials, an Animation Studio, a Break Room (Sensory/Movement/Board Games), The Library - Quiet reading, writing, or research, The STEM Lab (science, engineering, and math projects), The Den - puzzles, quiet activities, and the company of our rotating class bunny visitors. If students need support, our Discovery Labs teacher works with each individual student to develop a plan for their time each day, to help them stay engaged and learning within this flexible environment. Students may sign up for as many of these hours as they would like to attend and are not limited to one session per day.	
Dry Ice, Bubbles, and Chemical Reactions	Spring	Regular ESA+ Eligible	Let's learn some chemistry! In this class, we will use dry ice, bubbles, and all sorts of chemical reactions to learn the fundamentals of chemistry. There will be fizzing, popping, heating up, and changing colors. The focus will be on engaging hands-on exploration and learning how to set up experiments; organize and analyze results; and ask new questions.	
Energy and Electricity	Fall	Regular ESA+ Eligible	In this hands-on science class, students will examine the way energy changes forms and affects everything around us, especially when it comes to electricity!	
Force and Motion	Fall	Regular ESA+ Eligible	In this hands-on science class, students will examine the ways that principles of physics are applied in engineering through hands-on experimentation. Students will explore force and motion as they learn about simple machines and their real world practical uses.	

Fundamentals of Electronics	Spring	Regular ESA + Eligible	<p>Electronics can feel like a complicated subject, but learning it through simple experiments makes it engaging and accessible for children. This class will build a foundation that will help kids understand more complex circuits in the future.</p> <p>Each experiment introduces children to the fundamentals of electronics while encouraging problem-solving and critical thinking. By learning about components like resistors, capacitors, transistors, and diodes, kids will gain confidence with the basic building blocks of electronics and develop skills that are valuable in both everyday life and future STEM learning.</p>	
Graphic Novels	Fall	Regular ESA+ Eligible	Students will explore the entertaining, yet powerful, genre of graphic novels by analyzing literary elements. Activities include author/illustrator studies, reading selected texts, and making our own graphic novels.	2 pocket folder, single subject notebook
Hands on Equations	Fall, Spring, or Both	Regular ESA+ Eligible	The Hands-On Equations Learning System is a manipulatives-based instructional system that provides young children with an introduction to algebraic linear equations. In this class, students will explore the balanced relationship between two sides of an equation and how equations can help us solve real world problems. This class is appropriate for students at 4th - 5th grade level (this is not an advanced class).	None
Intermediate Cooking	Fall, Spring, or Both	Specialty	Students who have either completed the Beginner Cooking class or who have prior cooking experience and feel pretty comfortable in the kitchen will be a good fit for this class. While the beginner class is teacher-guided every step of the way, this intermediate class is designed to allow students to move a little more at their own pace, rather than having to wait on the whole group to move on to each step. Because of this, students must have the ability to read a recipe independently. We will utilize a variety of kitchen skills to prepare and enjoy many different snacks, treats, and meals. Students will also practice individual responsibility by keeping their cooking stations tidy during the cooking process and by helping to clean at the end of the cooking time.	Apron (optional)
Music Workshop	Fall, Spring, or Both	Regular	Students will learn the basics of music theory (using either the piano, ukulele, voice, or guitar as their primary instrument) and song-writing by participating in group activities and taking turns participating in a 20-30 minute individual or duet lesson on their chosen instrument each week. This combination of individual attention and group collaboration will allow students to explore music in a way that suits their individual interests while experiencing the fun of playing music with others. There will be group activities involving physical movement and games to make sure the environment is light, fun, and inspiring!	Students planning to use a guitar or ukulele as their primary instrument will need to bring their own instrument.
Performance Theater	Fall, Spring, or Both	Regular ESA+ Eligible	Students will rehearse and perform a play. They will learn how to audition and how the rehearsal process works. There will be a performance on the last day of class.	Pencil, folder
Persuasive Writing	Fall	Regular ESA+ Eligible	Students will develop their persuasive writing skills by exploring a variety of topics from multiple perspectives, and using the writing process to craft essays that are focused, organized, and well elaborated, citing evidence to support their ideas. Students will also learn about the ways persuasive writing is utilized in both business and government, and will have opportunities for real life experiences writing for an authentic audience.	Laptop/ Chromebook for word processing and research
Physical Education	Fall, Spring, or Both	Regular	Building good habits of health and wellness. Physical education will focus on body weight exercises, running form, and plyometrics. Children will learn fun games that focus on individual mastery and teamwork. The cool down will include nutrition education and self care.	Activity appropriate footwear and clothing. Water bottle

Real World Geometry	Spring	Specialty ESA+ Eligible	In this class, students will learn the basics of geometry through hands-on projects and activities. Students will explore the ways geometry can be found in the world all around them, and the way it is used in everything we do! Each student will have the opportunity to put what they have learned into practice using real materials and tools to build a model structure that they will bring home at the end of the semester.	
Sketchbook Studio	Spring	Specialty	Students will learn and practice skills by maintaining an art sketchbook/journal. This class is for seasoned artists who have previously taken an art class with Ms. D and are looking to further develop and refine their skills. Work between classes will be required. This class is intended for 5th graders or older.	
Theater Games and Improv	Fall, Spring, or Both	Regular ESA+ Eligible	This theater class will focus on building skills through games and improv. We will work on articulation, blocking, characterization and motives all while having fun. This class will not have a performance at the end of the semester.	folder, pencil, notebook
Video Game Design	Fall, Spring, or Both	Regular ESA+ Eligible	Do you have a love for video game design? In this class we will work on video game story development (storytelling and creative writing) as well as "white boxing" a level (essentially 3D computer modeling). Please note, this is not a programming class.	We will use Unreal Engine and Unity (free game development software). Students will need a laptop that can run these programs for this class.
Vocab Quest: Exploring Roots and Affixes	Spring	Regular ESA+ Eligible	This class will explore common Greek and Latin roots in our English vocabulary, as well as common prefixes and suffixes. Students will learn to unlock the meaning of words based on an understanding of these various components. Activities will include word games, as well as compiling an interactive notebook throughout the semester. Study materials will be made available, should families wish to extend the word study activities to their at-home learning.	Composition notebook, coloring utensils, scissors, glue stick, pencil
Writers' Workshop	Fall, Spring, or Both	Regular ESA+ Eligible	In this class, students will develop their ideas into writing of a variety of genres. Students will focus on the writing process, improving their writing through revision and elaboration of their ideas. Students who enroll in this class should be comfortable with writing stories independently that are at least one page long and have a clear beginning, middle, and end.	Notebook and folder

# Navigators (Ages 13+)- Course Descriptions and Supply Lists

Enrichment Classes Only - [Hybrid classes below](#)

Class Name	Semester	Pricing	Description	Required Supplies
Astronomy	Spring	Regular ESA+ Eligible	Embark on a captivating journey through the cosmos with our Astronomy course, "Exploring the Cosmos." This program blends theoretical lessons with hands-on activities, covering topics from our solar system to the farthest reaches of the universe. Students will delve into the fundamentals of planets, galaxies, and celestial phenomena, gaining practical skills in using astronomical tools.	
Cardmaking PLUS	Fall	Regular	Expressing creativity is good for us all, whether we consider ourselves "creative" or not. In this fun and creative class, students will learn many techniques used in making cards and other mostly- paper crafted items. We'll make cards and crafts for many occasions, such as Birthday, Thank You, Thinking of You, Friendship, Holidays and more. We will also focus on how to write thoughtful greeting card messages- a skill that will serve them well throughout their lives!	
Career Exploration and Internship Prep	Part 1 Fall Part 2 Spring	Regular ESA+ Eligible	<p>Is your student ready to start exploring their dreams and plans for the future? If so, join us for this two part class, designed to prepare our students to be confident goal setters who are able to thrive in a professional environment.</p> <p>During the Fall Semester, each student will have an opportunity to learn more about the ways that their personal strengths and interests can help them chart their path after high school. Additionally, we will hear from a variety of guest speakers about what it is really like to work in a variety of career fields. Finally, students will learn more about what is required of them in a professional environment and begin to develop these professional skills (crafting a resume, workplace professionalism, taking initiative in the workplace, etc.).</p> <p>During the Spring Semester, each student will continue to develop their professional skills by participating in a variety of intern experiences on site at the Northwest Cary Y, building their problem solving and professional communication skills in a supervised environment.</p> <p>Students that complete both semesters of this course and meet the certification criteria will earn Homeschool Hub Internship Certification. We will then partner with each individual student/family to connect them with a community partner in the student's chosen field for further job shadowing/internship opportunities.</p> <p>Students must complete an application when registering for this class to help us ensure that the students who enroll will be engaged and excited to participate. This application will be sent to the email on file after a student registers. Completion of Part 1 is required before a student can begin Part 2. Regular attendance in this class will be required to move forward to Part 2 and to earn certification.</p>	
Creative Writing	Spring	Regular ESA+ Eligible	If there is a class that is <b>not</b> about rules, this is it. Here you are welcome to express yourself, give life to your big ideas, and write your heart out. Yet most of us know that writing, maybe especially when anything goes, can feel hard. So students will be provided with super-fun prompts and enough structure to make it easy to get started and just write. Expect a balance of sharing and imagining together along with quiet time to focus and get words on the page. There will be bountiful student choice and peer feedback within a respectful, supportive framework. We'll read a variety of authors and genres so we have mentors and models galore. Get ready to write stories, sure, but so much more: poetry, flash fiction, non-fiction, letters. Let's have a blast with words and ideas! [Rest assured that fall and spring semesters will cover different ground. Brand-new prompts and challenges and unexplored territory each semester and each week!]	Notebook and pen Folder or binder Laptop

Coding and Robotics	Spring	Specialty ESA+ Eligible	In this class, students will utilize LEGO® Education SPIKE™ Prime materials and curriculum to stretch their problem solving and critical thinking skills as they explore a variety of STEM concepts and experiences. Materials will be provided for students to use within the classroom. No prior experience with coding or robotics are required.	
Current Events	Spring	Regular ESA+ Eligible	Breaking news, today's headlines, the latest scoop: What's going on and how can we understand it? Let's explore world, national, and local issues. We'll spend a bit of time on media literacy and cover hard-hitting news along with just plain wacky events. Students will discuss, understand, and explore together – in a respectful way – and guide the topics that we'll cover. Expect fun weekly news quizzes (really, it'll be fun) and approaches like making a meme of a top story and re-writing photo captions. Bring your questions and let's find answers through newspapers, cartoons, online media, newscasts, and beyond. [Given the ever-changing nature of news, fall and spring semesters will cover different topics. There will be new activities and fresh approaches in the second semester as well.]	Notebook and pen Folder or binder Laptop
Environmental Science	Spring	Regular ESA+ Eligible	This class is designed to examine the relationship between humans and the natural world. We will dive into ecology, explore our local soil and water, and discuss the need for energy and other natural resources, where they come from, and how to responsibly steward these resources.	
Hands on Equations	Fall	Regular ESA+ Eligible	The Hands-On Equations Learning System is a manipulatives-based instructional system that provides children with an introduction to algebraic linear equations. In this class, students will explore the balanced relationship between two sides of an equation and how equations can help us solve real world problems. This class is a great fit for students looking to solidify their preparation for algebra.	
Human Body Systems: a Deep Dive into Neuro, Endo and Immune Systems	Fall	Regular ESA+ Eligible	We're going to explore three of our most fascinating body systems in depth: the Neurological (Nervous), Endocrine and Immune systems. We'll study the structure and function of their components, how the systems interrelate, disorders and diseases of each, and ways we can help support them. Some brief review of course content between classes is required, to help keep us on track. As this is a more focused course, please be sure that your student is willing to participate before enrolling them.	
Intermediate Cooking	Fall, Spring, or Both	Specialty	Students who have either completed the Beginner Cooking class or who have prior cooking experience and feel pretty comfortable in the kitchen will be a good fit for this class. While the beginner class is teacher-guided every step of the way, this intermediate class is designed to allow students to move a little more at their own pace, rather than having to wait on the whole group to move on to each step. Because of this, students must have the ability to read a recipe independently. We will utilize a variety of kitchen skills to prepare and enjoy many different snacks, treats, and meals. Students will also practice individual responsibility by keeping their cooking stations tidy during the cooking process and by helping to clean at the end of the cooking time.	Apron (optional)
Kitchen Survival Skills	Fall or Spring	Specialty	This class is designed as a sort of "Adulting 101" in the kitchen. The idea is to cover the basic skills that you need in order to feed yourself a bit better than packaged ramen noodles! We will incorporate a little nutrition education. We will research and select recipes, plan menus, and develop grocery lists, while making decisions that factor in budget, best use of ingredients on hand, and time of preparation. We will prepare dishes by following a recipe. We will enjoy the fruits of our labor. And yes, we will practice the very important skill of kitchen cleanup! Students should have some basic cooking experience and be fluent readers (please reach out if you have concerns about reading fluency).	

Let's Dance!	Fall, Spring or Both	Regular	We will work on stretching, dance progressions across the floor and routines! This includes Jazz, Hip Hop, Lyrical and Musical Theatre! Come dance with us! No stress or competition. Just the joy of loving the art of DANCE! We will present a small showcase at the end of the semester to show off all we've worked so hard on! *No experience required	
Life Skills	Spring	Regular ESA+ Eligible	Growing older and more independent brings challenges. Let's tackle challenges together – things like writing effective emails, asking for recommendations, constructive self-advocacy, and how to handle it when you screw up. We'll also address hands-on tasks like how to replace a button and plan a meal. Students often will be given challenges to solve as a team. We'll embrace self-acceptance as we share some laughs about the things that confuse us. Students will guide course content.	Notebook and pen Folder or binder Laptop
Meteorology	Spring	Regular ESA+ Eligible	Explore the atmosphere in our "Clouds, Climate, and Conditions" Meteorology course. We'll study weather phenomena and their causes, create instruments, analyze data, and develop forecasting skills. This course fosters a deep understanding of Earth's dynamic weather, shaping curious minds into budding meteorologists.	
Mixed Media Art	Fall	Specialty	In this process-oriented class, students will create art in 3-dimensions. The goal is to explore and understand the elements and principles of art and postmodern art, from, such color theory, line, and form to juxtaposition and recontextualization—all while learning to use many different media, such as wire, paper, wood, and clay. We will draw inspiration from contemporary and historical artists. No prior experience or skills required; we will learn skills as they are needed. The two semesters may be taken singly or together.	
Persuasive Writing	Fall	Regular ESA+ Eligible	Students will develop their persuasive writing skills by exploring a variety of topics from multiple perspectives, and using the writing process to craft essays that are focused, organized, and well elaborated, citing evidence to support their ideas. Students will also learn about the ways persuasive writing is utilized in both business and government, and will have opportunities for real life experiences writing for an authentic audience.	Laptop/ Chromebook for word processing and research
Physical Education	Fall, Spring, or Both	Regular	Building good habits of health and wellness. Physical education will focus on body weight exercises, running form, and plyometrics. Children will learn fun games that focus on individual mastery and teamwork. The cool down will include nutrition education and self care.	
Physical Science	Fall	Regular ESA+ Eligible	Introduction to chemistry and physics. Students will explore the relationship between matter and energy. We will investigate forces and motion, the chemical and physical properties of matter, and the ways matter and energy interact with the natural world. This is meant to be a hands-on, projects based class with short amounts of lecture/teacher-led instruction interspersed in the two hour block.	
Strategic Play: Developing Logic and Critical Thinking Skills Through Games	Fall	Regular ESA+ Eligible	This class is a fun yet brain-boosting opportunity for upper school students who THRIVE when working on challenging brain games, logic puzzles, and other problem-solving activities. Materials that will be utilized may include board games, card games, logic puzzles with a matrix, and group hands-on challenges. The pace and flow of the class will be determined by student interest and skill level. Students should be fluent readers.	
Study Skills	Fall	Regular ESA+ Eligible	Improve your habits in this practical class. We'll cover effective test prep and optimal study environments, plus how to plan, organize, and complete work. Learn how to set useful goals to help you succeed in academic settings and beyond. We'll approach it all with a growth mindset (improving your abilities through work and intention) and snappy, fun exercises.	Notebook and pen Folder or binder Laptop

Teen Art	Spring	Specialty	In this process-oriented class, students will create art in 2 and 3-dimensions. The goal is to explore and understand the elements and principles of art, such as color theory, line, and form—all while learning to use many different media, such as paper, clay, paint, ink, pencil. We will draw inspiration from contemporary and historical artists. No prior experience or skills required; we will learn skills as they are needed. If you have taken Mixed Media this will be a continuation, with new materials introduced and skills taught.	
Theater	Fall, Spring, or Both	Regular ESA+ Eligible	Students will rehearse and perform a play. They will learn how to audition and how the rehearsal process works. There will be a performance on the last day of class.	Folder

## High School Hybrid Classes

Our High School Hybrid classes are designed to provide your student with a more thorough exploration of a given course than a 2 hour/week class can provide. These classes are year-long and will meet during both Fall and Spring semesters.

These classes are hybrid, meaning they will have both an in-person component and additional required work outside of class, approximately 5 hours per class meeting. Students will be expected to keep up with their assignments, submit them on time, and communicate with their teachers through Canvas, our online learning platform. **All students must have use of a computer or tablet with internet access that they can use to access Canvas and electronic course resources.**

Grades will not be provided, but teachers will provide students and families with feedback on their assignments and learning that families can choose to include in their own assessment and awarding of High School class credit.

Additionally, the Homeschool Hub will provide each student enrolled in any of our High School Hybrid classes opportunities for social engagement, college or career planning, and more. We will have a dedicated staff member who will provide support and guidance for our high school students and their families. There is also a supervised study hall available before and after program on Tuesdays and Thursdays.

Students can take a combination of High School Hybrid classes and our Upper School Enrichment classes, so both types of classes should be considered as you build your student's schedule.

If you have any questions, please contact Megan Runion at [Megan.Runion@YMCATriangle.org](mailto:Megan.Runion@YMCATriangle.org).

All High School Hybrid classes are ESA+ Eligible.



## High School Hybrid Class Descriptions

Class Name	Teacher	Description	Pre-requisites	Required Text/Supplies
Algebra 1	Angela Mickler	This hybrid course will use engaging investigations and real-world problems to explore the topics of Algebra 1, including solving equations; solving inequalities; working with units; linear equations and graphs; functions; linear word problems; sequences; systems of equations; inequalities (systems and graphs); absolute value and piecewise functions; rational exponents and radicals; exponential growth and decay; polynomials; factorization; quadratics (multiplying, factoring, functions, and equations); irrational numbers.	<p>Pre-Algebra or the equivalent.</p> <p>Wondering if your student is ready for this class? Take the course challenge for "Getting Ready for Algebra 1" on Khan Academy, and be sure to review any areas that need attention before class starts in the fall.</p>	<p>Text: <a href="#">Discovering Algebra: An Investigative Approach</a> 3rd Edition</p> <p><a href="#">Ebook</a> AND <a href="#">Workbook</a></p> <p>Supplies: Laptop/tablet Binder with regular paper and graph paper Calculator (I will teach how to use graphing calculators as well as an online calculator for parts of this class, but it is not a requirement for completing the class)</p>
Biology	Barbara Cameron	This class will comprehensively cover the topics typically covered in an introductory high school biology class—evolution, energy, cell biology, living systems, genetics, reproduction, ecology—while making connections and applying their knowledge to real-world situations. Class time will focus on discussion, inquiry-based labs and hands-on activities, with some lecture/explanation as needed to clarify understanding. Students will spend time outside of class reading, watching videos, and doing activities to extend and expand their knowledge and comprehension. Assessments will focus on analysis, application and higher-order thinking rather than regurgitation of facts, and the emphasis of the course will be on gaining a deep understanding of concepts while developing generalizable skills (teamwork, problem-solving, critical thinking, writing, and study skills).		<p>Text: EBook: <a href="#">BCSC Biology: Understanding For Life</a></p> <p>Supplies: Laptop/tablet Bound composition notebook</p>

Chemistry	Barbara Cameron	Often students in chemistry classes get so bogged down in memorizing details and making calculations that they lose sight of the big picture; this course will focus on gaining a deep understanding of the fundamental principles of chemistry: matter; forces and interactions; energy; waves and radiation. In class, we will use inquiry-based activities and hands-on labs to learn chemistry the same way that real chemists work—by asking questions, collecting evidence and thinking like scientists. Outside of class, students will read, watch videos and complete activities to extend their knowledge and comprehension. Assessments will focus on analysis, application and higher-order thinking rather than regurgitation of facts, and the emphasis of the course will be on gaining a deep understanding of concepts while developing generalizable skills (teamwork, problem-solving, critical thinking, writing, and study skills).	Students should be able to solve basic algebraic equations.	Text: <a href="#">Living by Chemistry</a> by A. Stacy, 2nd Edition  Supplies: Laptop or tablet Bound composition notebook, Binder/folder Graph paper Pencils Calculator
Contemporary Literature	Nancy Walters	Contemporary literature focuses on the here and now. It's set in the present time, dealing with current events, issues, and modern technology. It is engaging because it's relevant, relatable, diverse, and expands your worldview. Join me as we read books and short stories and really get into it. Opinions, debate, delight – it's all welcome and encouraged in this class. Expect diverse titles, a good amount of reading, and writing – both academic writing (literary analysis) and creative approaches (alternative endings, freewrites, group stories). I really can't wait to read and learn together.		Notebook and pen Folder or binder Laptop Books will be provided on loan or students may purchase their own copies (titles TBA)
Pre-Algebra	Laurina Sigmon	If your student is not quite ready for Algebra 1, this class will cover a variety of topics intended to prepare them for higher level math. Students will use manipulatives and visual models to develop a solid foundation of understanding of the "why" behind the math.		Coming Soon!
Spanish 1	Chelsea Knapp	Spanish 1 will follow the NC World Language Essential Standards. We will cover beginning grammar and vocabulary. Students will work on basic reading, listening and conversation skills.		Text: <a href="#">Avancemos workbook</a>
Spanish 2	Chelsea Knapp	In Spanish 2, we will work on more advanced grammar and continue to learn vocabulary helpful for travel and conversation. There will be more emphasis on speaking the language and reading comprehension.	Spanish 1 or placement interview	Text: <a href="#">Avacemos 2 workbook</a>
U.S. History	Coming Soon	This class will cover the History of the United States from its pre-Columbian roots to the early 21st century, in two parts. Students will learn about the political, social, and economic developments that have made the US the nation it has become. Special attention will be given to the development of critical thinking skills, especially in asking and answering questions related to historical significance, as well as writing about historical events and people.		Text: <a href="#">Give Me Liberty!</a> (be sure to get the combined volumes or both volumes 1 and 2. Ebook or used it fine).  Supplies: Laptop/tablet, notebook, binder/folder

## Teacher Bios

Teacher Name	Classes	Bio
Aimee Walker	Mixed Media Art Teen Art	Aimee Walker received her BFA in Fiber Arts, taught art to children, and taught preschool, before homeschooling her own children for the last 19 years. When Aimee isn't coaching her son's robotics team, she is busy creating and sewing art quilts and working on a mixed media collaboration with another artist. Aimee believes everyone is creative and should have the opportunity to make art that feels good to them.
Angela Mickler	HS Algebra 1	I am a graduate of Clemson University and have taught middle and high school math at both public and private schools. I also tutored many levels of math and worked as a substitute teacher. I have two middle school aged boys that I homeschooled during Covid. It was a great experience and I am so excited to have the chance to participate in the homeschool co-op at the YMCA. I enjoy learning all sorts of things and hope to help my students cultivate a love of learning as well. Some of my interests and hobbies include spending time with friends and family, health and fitness, reading, cooking, and exploring new places.
Anita Hayes	Explorers	Anita Hayes has been working with all ages of youth, working for places like the Boys and Girls club to track out camps since she could legally work. She has her cosmetology license and has also worked with an orthodontic office but decided to give homeschool a try- she's hooked :) Her mission is to love, to learn, and to teach.
Barbara Cameron	HS Chemistry HS Biology	Barbara Cameron loves nothing more than sharing the learning journey with her students. She homeschooled her own kids through high school, and has taught science and creative arts classes to homeschoolers for many years. Before that, she was a high school and middle school science and math teacher. A life-long crafter, she has come to the practice of making art later in life, and is passionate about creating welcoming spaces where others can connect with their inner artist. Barbara has a BA in Biology from Mount Holyoke College and a MA in Cell and Molecular Biology from Duke University, as well as a degree in social work from UNC-Chapel Hill.
Brendan Cody	Basketball and Conditioning	With a passion for promoting health and wellness, I've committed myself to empowering individuals of all ages to lead active and fulfilling lives. I discovered my love for physical fitness and education at an early age. Growing up, I participated in basketball, jiu jitsu, baseball, football, and other activities, sparking my interest in the importance of movement and exercise for overall well-being. Throughout my career, I've had the privilege of working with diverse populations, from young children to seniors, helping them develop fundamental movement skills, improve fitness levels, and cultivate a lifelong love for exercise. I've coached children and adults in basketball, tennis, jiu jitsu, and athletic exercise. As a Physical Education teacher at the YMCA, I strive to create inclusive and engaging learning environments where individuals feel empowered to explore their physical capabilities and achieve their personal fitness goals.
Chelsea Knapp	Theater: Performance Theater: Games and Improv Theatre (Upper School) Chorus HS Spanish 1 HS Spanish 2	Chelsea Knapp graduated from the University of North Carolina at Greensboro in 2012 with a degree in Music Education. She worked at Barriskill Dance Theater as the Vocal and Theater Instructor for eight years. In 2015, she started working with the Chapel Hill/Durham Homeschoolers teaching theater and music classes through Friday Enrichment. In 2017, she founded Piper's Players Homeschool Theater Company.
Dan Taylor	Physical Education	I was an international professional chef for 25 years and retired to spend more time with my family. I began coaching youth sports 7 years ago, leading basketball, football, baseball, soccer and ultimate frisbee. I became a PE teacher for 3 years before deciding to be a homeschool teacher for my family. I love animals, playing sports and being a lifetime learner.

Jagriti Sachania	Artistic Math Scientist Toolbox Energy and Electricity Simple Machines Coding and Robotics Bubbles and Potions	Mrs. Sachania began her passion for education at a private elementary school as a math teacher in 1993. She continued on to volunteer and tutor students in the same public school that her two children were attending at the time. Most recently, Mrs. Sachania joined the Y learning program as a site coordinator. She loves to see the excitement on her students' faces when they have a breakthrough learning moment. Outside of teaching, she enjoys gardening, reading, traveling, and spending time with her family. Mrs. Sachania is eagerly looking forward to getting to know your students, collaborating with them, and crafting a year full of fun and memorable experiences that foster both growth and enjoyment!
Janny Frazier	Hands on Equations Visual Math Energy and Electricity Simple Machines	I have a math degree from UNC-CH and I am thrilled when a student grasps a concept that has been elusive and all of a sudden, the student can visualize the math problem in his/her mind, and from there, can solve almost anything.
Jason Foster	Board Game Strategy	My daughters currently go to the Home School Hub and love it! I have been teaching or coaching my whole life. I graduated from college with a B.S. in ELED and a minor in Coaching. I started my career as a Professional Club Swim Coach and did that for 7 years, the last 2 as the Head Age Group Coach for RSA (12&U). After that I spent 4 years teaching 3rd Grade at Thales Academy in Apex. Finally, I was a stay at home Dad and the primary parent for my kids for the last 9 years. During that time I also coached our summer swim team the Amberly Anacondas for 8 seasons. Excited to work with kids again!
Kemai McClain	Persuasive Writing Writers Workshop Exploring our Community Illustrative Writing Cultural Exploration and World History Big Ideas of US History	Kemai McClain is a recent transplant to North Carolina, originally from Cleveland, Ohio. She studied psychology at Howard University and has worked in youth enrichment, literacy, and education for over 10 years. She also has extensive experience in behavioral intervention and crisis management for students. Her passion is inspiring youth to explore the world around them and empowering them to advocate for the world they would like to see. She is a self-described bookworm and museum hopper. When she isn't working with youth she spends her free time watching anime, trying new recipes, crafting, watching plays, and exploring North Carolina's many trails with her family.
Laura Waddey	Explorers Intro to Ballet Dinosaurs Young Birders	Laura Waddey has been teaching and learning with children since 2005 as an early childhood educator and then as a homeschooling mom. Laura's love of nature and science inspired her to major in Biology at Mount Holyoke College. After college, her passion for working with young children led her to work in the field of early childhood education as a teacher and then as a certified director. Laura enjoys gardening, hiking and camping, painting, cooking, and spending time with family. She believes that all children are natural born scientists, artists, and inventors and that we only need to provide them with the right environment and care to thrive.
Laura Peleschak	Contemporary Creativity Blast the Blank Page Visual Journaling Graphic Novels Stories Around the World	Laura Peleschak has a BFA in Visual Communications and an MS in Early Child Development. She worked in family programming for the Chicago Children's Museum and the Art Institute of Chicago. She also consulted and conducted research in Chicago Public Schools, Head Start Programs, and private early childcare settings. She paused her professional work to raise her two children, who have always been homeschooled. She enjoys reading, writing, art, North Carolina outdoors, visiting libraries, and spending time with her husband and children.
Lauren Johnson	Let's Dance Stories Around the World	Lauren Johnson has a Master's in Special Education and a BS in Family and Child Development. She worked as a special education teacher until she became a mom and started homeschooling. Lauren has studied/competed in all forms of dance. A few of her experiences include Governor's School for the Performing Arts, Virginia Tech dance team and dance company, and choreographer for numerous theaters in the Nashville area.

Laurina Sigmon	Creepy Crawlers Video Game Design Probability Games HS Pre-Algebra Physical Science Environmental Science	Laurina Sigmon specializes in teaching science and math courses for late elementary to high school students. She has taught in various settings across NC, including the public schools, environmental education centers, and homeschool environments. She has a BS in Biology and an MS in Zoology with primary studies focusing on environmental education. Laurina's favorite ways to teach include experiential learning and gameschooling. She also spends her free time reading up on educating those with learning differences - particularly autism and dyslexia. Laurina has homeschooled for ten years and just graduated her eldest. She gets most passionate when discussing with others strategies for homeschooling your neurodiverse middle and high schoolers.
Laxmi Priya	Visual Math Energy and Electricity Epic Engineering "But Why?" Science Nature Exploration Scientist Toolbox Fundamentals of Electronics	I am an experienced educator with a Bachelor's degree in Electrical and Electronics Engineering and a Master's degree in Power System Engineering. I have worked as a lecturer in engineering colleges, where I taught undergraduate students, fostering a deep understanding of technical concepts and a passion for learning. Additionally, I have experience working in a preschool setting, where I developed my skills in early childhood education and created a nurturing environment for young learners.
Meg Stone	Cupcake Decorating Beginner Cooking Intermediate Cooking Kitchen Survival Skills Brain Games Strategic Play Hands-On Math Vocab Quest	Meg Stone is a Florida native who transplanted to the Triangle in 2021. She is a graduate of Flagler College (Saint Augustine, FL), with both a degree and teaching certificate in Elementary Education, as well as additional endorsements in ESOL (English for Speakers of Other Languages), Reading Instruction, and Gifted Education. Meg taught in elementary schools for 15 years, with the final 5 of those years as a gifted education specialist focusing on the social and emotional needs of intellectually gifted students. Meg joined the Homeschool Hub in the spring of 2022 and enjoys teaching classes here because of the freedom and creativity this format affords both to teachers and students. Meg is passionate about teaching through games because it is a research-backed method of allowing students to acquire skills exponentially faster than "traditional" educational methods (and it's just plain fun!) Meg is also passionate about the preparation and enjoyment of food and strives to share a bit of this passion with her students through cooking classes.
Megan Runion	Homeschool Hub Lead Teacher	Megan is a National Board Certified teacher with 11 years of experience teaching upper elementary school in public schools. She is also licensed in Middle School Math and Gifted Education. Megan is passionate about finding and meeting the individual needs of students and making sure that all students get what they need in order to learn and grow. She believes students learn best when they are engaged in project-based tasks that relate to the real world, and she enjoys providing authentic opportunities for students to have ownership of their learning.
Nancy Walters	HS Contemporary Literature Study Skills Life Skills Current Events Creative Writing	Nancy Walters emphasizes fun and delight in her teaching. She previously worked in public relations at the NC Museum of Natural Sciences and currently works as an editor and writer for a small marketing company. She taught literature and writing to a small group of homeschool students for more than five years, growing as a guide as the kids grew as readers and writers. Nancy homeschooled her two children through high school and believes deeply in the freedom and wonder of homeschooling. She has a BA in English from the University of New Hampshire and an MA in museum studies from NCSU. If you're in a hurry, do not ask Nancy about her dog Hazel - she will go on and on and only embarrass herself.
Olivia Bass	Substitute Teacher	Olivia is a North Carolina native and a homeschooling mother of two with 15 years of experience working with children. She holds a degree in Early Childhood Education and is passionate about nurturing young minds through creative learning. Her journey at the YMCA is driven by a commitment to making a positive impact on the lives of children, providing them with innovative educational opportunities. Olivia's genuine enthusiasm and caring nature create a safe and inspiring environment for young learners to explore their potential. Beyond her role as a homeschooling mother, she thrives on embracing new creative pursuits, always seeking to broaden her horizons and inspire others along the way.
Renee Banko	Discovery Labs	I grew up in NC and attended Campbell University, where I majored in Chemistry and

		<p>received a Bachelor of Science degree. I worked in labs in the pharmaceutical industry for about 10 years. After my first child was born, I decided to leave the lab and become a stay at home mom. I have been a stay at home mom since 2009, and started homeschooling my son at the start of his 3rd grade year (2018). We are currently in our 4th year of homeschooling. I have always been a math and science person and enjoy teaching math and science to my own children, and others. As the Discovery Lab teacher, I guide the students towards enrichment activities based on their individual likes and interests. I really enjoy interacting with them, joining in games, crafts, and assisting with any homework students may bring from home.</p>
Stephanie Curri	Music Workshop Explorers	<p>I am a proud toddler mom and a life-long lover of all things music! I began taking piano lessons at the age of five and started teaching the little kids in my neighborhood at age fourteen. In high school I had the opportunity to play with a classical guitar ensemble and perform in many music festivals in our home state and New York. After taking many courses in music technology, music composition (classical and pop), music theory, and classical guitar, I began teaching more advanced students and broadened my course offerings to include AP Music Theory prep, audition prep, and classical guitar. I also have experience performing and composing choral music. In my free time I am finishing my bachelor's degree in STS with a concentration in Biochemistry at NC State University while trying to convince my two-year-old that the piano is the most fun toy ever!</p>
Stephanie Mausolf	Discovery Labs	<p>I am a homeschool mom of 3 with a Bachelor's degree in English. I had many years of experience working with children in the preschool setting before working in account management. It is such a joy to see children get excited about learning new things whether that's learning a craft, making art, playing a game or whatever sparks their interest. I love to see their confidence grow and I'm hoping to help provide a comfortable environment and a source of support for students to develop their confidence and connect with others too!</p>

# Policies and Procedures

## Registration Policies

### Registration

All registration must take place through the YMCA of the Triangle Website. You will need to create an online account to register.

Please make sure you carefully read the descriptions for each of the classes you register for, paying special attention to course content, recommended age ranges, homework expectations, and supply requirements before choosing classes for your child. **All class transfers and withdrawals will result in the loss of the \$25 deposit/administrative fee paid at registration.** Please be mindful of this when registering. Transfers that take place due to a waitlist spot opening or a canceled class will not be charged an additional administrative fee.

### Mini-Session Classes

Mini-Session classes are only available to current families and will not be listed on the YMCA of the Triangle Website. Schedules will be sent to current families about 4 weeks before the start of each semester. Please follow all registration instructions shared at that time.

### Using ESA + Funding

If your child is an NCSEAA grant recipient, the YMCA of the Triangle is now an official vendor and can be paid through ClassWallet for some of our classes. Please contact Megan if this applies to your family for details on how to utilize these funds to pay for Homeschool Hub classes!

### Class Changes

We hope your children will love their classes, but in case something isn't a good fit, our program will have a two week Drop/Add window, beginning on the first day of class. During this time, class changes can be made as long as there is an open spot.

To request a transfer or cancellation of a class please contact customer service at 919-719-9622 or [Customer.Service@ymcatriangle.org](mailto:Customer.Service@ymcatriangle.org)

**All class transfers and withdrawals will result in the loss of the \$25 deposit/administrative fee paid at registration, even if requested prior to the first day of program.**

After the drop/add window ends we will not be able to accommodate class transfers or cancellations. Families will be responsible for the total cost of the classes their students are enrolled in, and we will be unable to issue refunds after this time.

## What to Bring

All students ages 6+ should bring the following basic supplies. Please make sure items are labeled with your child's name. It is very important that students bring these materials every day so that they are able to participate fully in the activities their teachers have planned. Explorers will have a separate list to keep things easier for your youngest students.

- Backpack
- Water Bottle
- Pencil Box with the following: Sharpened Pencils, Colored Pencils or Crayons, Markers, Glue Stick, Scissors
- Clipboard
- 2 Pocket Folder

Students who will be participating in Lunch/Recess should also bring a lunch each day. We are unable to provide lunches for students.

Some classes will have additional required supplies. Please see our Class Descriptions and Supplies sections for more details.

Students should have all materials, including textbooks/workbooks by the first day of class. If this will not be possible for your family, please let us know as soon as possible.

## Family Involvement

### Communication

Our program will use Class Dojo to connect families directly to our teachers. You will receive a Class Dojo code for each of your child's classes at Open House. Teachers will use Class Dojo to share pictures and updates about what is happening in the classroom. They may also use this to message you directly.

If questions or concerns about an individual class arise during the course of the semester, please reach out to the teacher. This is often the fastest way to get to a resolution.

Additionally, you will receive a monthly newsletter with program related updates. These will be delivered to your email.

### Parent Involvement Opportunities

If you are interested in being more involved in our Homeschool Hub Community, please let us know! Opportunities include subbing for classes (paid position), volunteering in classrooms or at lunch/recess, planning field trips/outings, or joining our Parent Advisory Committee!



## Arrival/Dismissal

Arrival and Dismissal will primarily take place in our Rides In/Out loop, on the right side of the NWC building. Parents should drive through the loop and drop their child off with a staff member.

*Please do not park and send children unaccompanied from the parking lot.* Even our older students must be accompanied and checked in with a staff member before they join our program.

Rides In: 8:20-8:50

Rides Out: 2:00-2:15

Rides In will end promptly at 8:50 to ensure that all students are able to get to their classrooms before class begins at 9:00.

Parents who drop off or pick up children outside of these scheduled Rides In/Out times should park, enter the Crosspointe Building through the front doors, and come to our Homeschool Office to sign their child in or out.

If the gym doors are closed, that means there is not a staff member there to check your child in. Please do not drop children off at the gym door or front door without ensuring they have been checked in with a staff member.

### Pickup Procedures

At pickup time, children will only be released to parents, legal guardians and those designated as emergency contacts with pickup on your child's account. Drivers must display YMCA pickup cards or photo identification. If you plan to have anyone else pick up your child, you must notify us in advance.

Severe weather may affect the pickup process. In cases of driving rain and/or lightning, staff will keep children sheltered until conditions improve. This may slow down the pickup process, requiring drivers to wait. The safety of YMCA children and staff is our first priority. The YMCA/our staff or volunteers do not buckle children of any age into their car seats or fasten seatbelts, even when requested by the parents. We make every effort to be efficient in the Rides Out line. We provide parking spaces or space for a parent to pull up so they can secure their own child.

### Pickup Cards

To ensure the safety of all participants, parents will receive pickup cards on the first day of program. Please clearly print your child's first and last name on the card and display it on the car windshield at pickup time (you may use one card for multiple children). YMCA staff will request a picture ID from anyone who attempts to pick up a child without displaying a card. If you need additional cards for sitters, grandparents, etc., please ask at the program office. If a questionable situation arises, staff will hold the child until a parent has been contacted. A driver's license may be requested for identification.

## Upper School Students

Students who are 13 years old or older and who plan to remain on the NWC Y Site after program ends must be a Y member. Students who have signed themselves out can only be in common Y spaces, and cannot remain in our Homeschool Hub program space. In order for a student to sign themselves out, we must have a signed permission form from their parent/guardian. If this applies to your student, please complete this form and return to Megan Runion.

## Pickup Late Fee

A late fee is charged for children picked up after the last pickup time (2:15 pm). The late fee is \$5 for the first 10 minutes past pickup time and \$1 for each additional minute thereafter. Two staff members will remain with the child until a parent arrives.

## Health and Safety

### Safety at the Homeschool Hub

We want to remind you of YMCA policies and practices that help keep our YMCA youth programs secure for your child.

Parents, family members and any other authorized adult must show their photo I.D. or pick-up card in order to pick up children in our care. Please make sure your emergency contacts are up to date in your online portal and that you've checked the box for "allowed to pick up." Please also confirm that we have the most up-to-date phone numbers for you and your family.

All YMCA staff must complete a variety of trainings that include child abuse prevention, bullying prevention and a variety of other topics on how to keep children safe in a variety of situations.

### When to Stay Home

Please do not send your child to YMCA programs with any of the following symptoms:

- Sore throat
- Excessive coughing
- Diarrhea or vomiting
- Fever
- Head lice
- Undiagnosed rash, sore, or other skin condition
- Any other contagious disease or symptom

A child must be diarrhea, vomiting and fever-free for a full 24 hours before returning to the program.

### Medication Procedures

Please do not pack medication with your child's belongings. Parents (not the child) must bring necessary medications to the program office. Medications must be in their original containers with written instructions for dispensing. A Medication Distribution Form must be provided for staff to dispense all prescription or over the counter medications.

Generally, children are prohibited from having medication with them, unless the medication is dispensed on their person (such as an insulin pump) or a doctor has specifically indicated in writing that the child may self-administer and safety precautions are met for the safe handling of

the medication. If a doctor has given this written permission, a copy must be provided to the YMCA. A parent or guardian must give the medication to the program staff. For safety reasons, all medications are stored and locked in the program office.

### ADA Policy

We're committed to providing equal opportunity and access to all children.

YMCA of the Triangle does not discriminate against any individual on the basis of disability or on the basis of any individual's association or relationship with an individual with a disability in the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations offered at any of its locations.

Everyone who attends YMCA programs has unique needs. We are better when we take time to find out what those needs are, build empathy and understanding, and respond to individuals appropriately. The YMCA offers inclusive, welcoming programs dedicated to serving those needs in the best way possible.

Because every person is unique, we address each request individually. Your child's success and safety in our programs are our top priorities; therefore, we respectfully ask parents and caregivers to inform the YMCA, prior to the start of the program, of any special needs which may require special accommodations, so we can work together to support your child in reaching their full potential.

If you have questions about ADA accommodations at the Homeschool Hub, please contact Megan Runion.

### Custody

Please alert the YMCA program office of child custody arrangements. It is imperative that official, current court documents are maintained in your child's file if custody or visitation is a concern. Without court orders, we cannot withhold a child from his/her parent. Based on the information that you share with us, we will tell you if additional documentation is required. If additional information is required, you may send it to [risk@ymcatriangle.org](mailto:risk@ymcatriangle.org).

The parent(s) who registers the child for the program is responsible for payments. We cannot sub-divide fees.

If parents are separated or divorced with joint custody, both parents must provide written consent for all names on the Emergency Contacts & Authorized Pick-ups list.

### Volunteers/Visitors

Y Programs do not allow for parent observation or participation, except in rare circumstances when there is a documented student medical need.

Occasionally volunteer opportunities are available. In these cases, all volunteers must register as a volunteer with the Y. Volunteers must receive a background check and complete student safety training prior to volunteering.

## Behavior Expectations

At the YMCA of the Triangle, our behavior expectations and discipline procedures are based on our core values of caring, honesty, respect, responsibility and faith. We believe in creating a safe, secure and fun environment where all youth have the opportunity to learn the importance of demonstrating good character. We believe that in order to do this, all youth need to know and understand the rules and expectations for appropriate behavior. We also believe that when youth do not follow the rules or when they demonstrate inappropriate behavior, we have an opportunity to help youth learn from their mistakes.

The YMCA promotes behavior guidance and discipline through creating a positive environment, developing structure and clear limits, promoting social and emotional learning, reinforcing our core values and addressing challenging behaviors.

All youth are expected to follow the rules established by the YMCA for the safety of all youth in the program. Your cooperation and support ensure that all youth have a safe and fun experience.

### The YMCA does not allow the following behaviors:

- Any action that could threaten the physical or emotional safety of the youth, other youth or staff. Prohibited conduct may include, but is not limited to: abusive jokes, insults, slurs, threats, name-calling or intimidation
- Destructive behavior
- Behavior that is a violation of personal boundaries or is of a habitual nature and negatively impacts the program, and/or safety and enjoyment of others
- Behavior that is of a sexual nature

The YMCA uses positive discipline, which means staff members promote desired behaviors through teaching and reinforcement. Staff will redirect or problem-solve with youth when they are not displaying desired behaviors, rather than restrict behaviors by taking away opportunities or controlling youth with fear of punishment. We believe this approach focuses on the needs of the youth and contributes positively to the youth's overall development. Staff shall use positive discipline, which shall include the following:

- Communicate to youth using positive statements
- Encourage youth, with adult support, to use their own words and solutions in order to resolve interpersonal conflicts
- Communicate with youth by getting on their level and talking to them in a calm, quiet manner about the behavior that is expected
- There are times when restrictions may be necessary and will most likely be directly linked to the health, safety or well-being of the youth or others. The YMCA staff does not use corporal punishment under any circumstance. In the event of a youth harming themselves, another youth, or an adult, staff may physically restrain the youth to ensure safety.

## YMCA Discipline Procedures

The YMCA staff desire to partner with families of the youth in our care. If at any time you have concerns about your child's behavior or success in our program, please do not hesitate to reach out to your Youth Director to set up a conference.

If a youth is unable to meet established behavior expectations, YMCA staff will follow these disciplinary procedures below given that the nature of the behaviors does not require immediate suspension or dismissal.

- Conversation between staff and youth to discuss behavior and reset expectations.
- Staff will first use positive reinforcement and redirection to redirect a youth's behavior. If this is ineffective, staff may use a timeout as an opportunity for the youth to take a break from the behavior before rejoining the group.
- Staff will communicate with parents/guardians if/when youth is not following established YMCA rules. This communication may be at Rides Out, over the phone or via a parent conference.
- If positive discipline and redirection are ineffective in changing the youth's behavior, the Youth Director may suspend the youth. The length of suspension will be determined based on each individual situation. Factors such as type/severity of behavior, behavior history, age of youth, etc. will be considered when determining the length of the suspension.
- If the youth continues to have challenges after a suspension, the Youth Director may set up a conference with the parent/guardian to develop a behavior plan for the youth.
- If suspensions nor a behavior plan are effective in changing the child's behavior, the child may be dismissed from the program. Dismissal from the program for disciplinary reasons could result in permanent removal from all YMCA programs.

## Special Circumstances

The goal of the YMCA of the Triangle is to meaningfully include all youth and provide accommodations in our programs when needed. To help us achieve this goal, we respectfully ask parents or guardians to inform the YMCA, prior to the start of the program, of any special circumstances which may affect your child's ability to participate. By providing information regarding the strengths and needs of your child, the staff can prepare helpful accommodations that will better serve all children in our programs.

Upon being informed of such circumstances, the Program Director or other staff member may request a meeting to gather more information and discuss the accommodations that can be created to successfully include your child.

While we aim to be as inclusive as possible within our classes and we are able to provide some accommodations, students must be able to adhere to our behavior expectations and participate in each class as they are explained in the class descriptions. We provide a variety of teacher-led and student-led environments so that we are able to match students to the appropriate environment for their current needs. Not all classes will be appropriate for all students.

## Bullying and Conflict Resolution

Bullying is any unwanted behavior that involves a power imbalance. Here at the Y, our goal is to stop bullying, and we encourage our participants, parents, and staff to be Upstanders. An Upstander is one who recognizes when something is wrong and acts to make it right. If there is disclosure, discovery, or suspicion of bullying we will handle each instance case by case and with care. At the Y we are building a caring, respectful, honest, and responsible community for all; the safety of our program participants is our main concern.

Conversely, we define conflict as a disagreement or argument in which both sides express their views and there is an equal power balance. We believe conflict with resolution is a natural and important part of Youth Development. Conflict can be constructive if managed in the right way. We will identify and resolve conflicts in a healthy and proactive fashion. The conflict resolution skills we learn and practice will make a positive impact on our Y programs and in every child's future.

## Homeschool Administration

The Homeschool Hub is not a school, and therefore you will remain the administrator of your child's homeschool. Our teachers will provide students with feedback about their progress in class, but will not provide students with graded assignments. We also do not provide attendance records, credits, or transcripts. All state required homeschool documentation should be maintained by each child's homeschool administrator. If you have any questions about what your child is learning, please reach out to the individual teacher for more information.

## Contact Information:

### Address

Northwest Cary YMCA/Crosspointe Church  
6903 Carpenter Fire Station Rd  
Cary, NC 27519

Program Phone Number - 984-710-2726

Homeschool Lead Teacher - Megan Runion [Megan.Runion@YMCATriangle.org](mailto:Megan.Runion@YMCATriangle.org)

## Financial Assistance:

Thanks to funds from our **Annual We Build People Campaign**, the YMCA of the Triangle provides financial assistance for children, teens, adults and families who cannot afford the full cost of YMCA programs. All are welcome to **apply for financial assistance**.

## Schedule Planning Template

	Fall Semester	Spring Semester
Monday/Wednesday P1 - 9:00-9:55		
Monday/Wednesday P2 - 10:00-10:55		
Monday/Wednesday P3 - 12:00-12:55		
Monday/Wednesday P4 - 1:00-1:55		
Tuesday AM 9:00-10:55		
Tuesday PM 12:00-1:55		
Thursday AM 9:00-10:55		
Thursday PM 12:00-1:55		