

## Other Collaborative Programming

### Wednesday Collaborative Hour:

Wednesdays 8:45-9:45am at all Elementary Schools

- Physical Activity—group games, recreational traditional and non-traditional-sports
- Relationship and Team Building
- Values – Respect, Responsibility, Caring, Honesty, Forgiveness, and Service
- Location: All (8) Elementary Schools in PSD
- Wednesday Collaborative program ended in June with 857 unique participants for the 2008-2009 school year.
- Each participant received up to an additional 1440 minutes of physical activity.

### Team GUM (Get Up and Move):

Thursdays 4-5pm at Evergreen Elementary

- After School Enrichment Program
- Physical Activity - group games, recreational traditional and non-traditional-sports
- Relationship and Team Building
- Values – Respect, Responsibility, Caring, Honesty, Forgiveness, and Service
- Once a month dinners for families

## ACHIEVE Initiative Support to Collaborative Work

### ACHIEVE

Action Communities for Health, Innovation, and EnVironmental ChangE

### Tacoma Pierce County Goal:

To bring together local leaders and stakeholders to build healthier communities by promoting policy and environmental change strategies to improving access to physical activity and healthy foods for children, youth and their families.

For more information, visit: [www.ymcatacoma.org](http://www.ymcatacoma.org)

## 6th Grade Program at the Gig Harbor YMCA

Peninsula School District  
Middle Schools

Begins October 6, 2009



Register at your prospective Middle School.



## 6th Grade Program YMCA Site

Tuesday – Kopachuck/KPMS  
Thursday – Goodman/Harbor Ridge

3:15pm Arrive at YMCA

3:15-3:30pm Healthy Snack

3:35-5:00pm Physical Activity

- Group games, recreational traditional and non-traditional-sports, swimming, rock climbing, dance
- Relationship and Team Building
- Values – Respect, Responsibility, Caring, Honesty, Forgiveness, and Service

5:00-5:30pm Homework, Skill Development  
(Transition to birthday party room)

5:30-5:45pm Parent Pick-Up

## 6th Grade Program Middle School Site

Tuesday – Goodman/Harbor Ridge  
Thursday – Kopachuck/KPMS

2:50pm Check-In to YMCA program

2:50-3:05pm Healthy Snack

3:10-4:25pm Program Physical Activity

- Group games, recreational, traditional and non-traditional sports
- Relationship and Team Building
- Values – Respect, Responsibility, Caring, Honesty, Forgiveness, and Service

4:30pm Bus Home - Intramural Bus

## YMCA Program Coordinators

Goodman & Harbor Ridge Middle Schools

Steven Cangelosi  
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Kopachuck & Key Peninsula Middle Schools

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Family Health & Wellness Director  
Gig Harbor Family YMCA  
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**Program begins October 6, 2009.  
Register at your prospective middle school.**

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