

LEARN TO LIVE HEALTHY



Day Camp

YMCA OF SILICON VALLEY



FREE



LEARN TO LIVE HEALTHY DAY CAMP

is for children and teenagers ages 5-15 with risk factors for developing type 2 diabetes, but not formally diagnosed with type 2 diabetes.

In collaboration with the American Diabetes Association's (ADA), the YMCA of Silicon Valley is taking initiative to slow the trajectory of childhood obesity through health promotion, nutrition education, increased physical activity and family involvement for elementary and middle school aged children in underserved communities to prevent obesity, diabetes and the complications. Through interactive sessions for youth and families, our end goal is to improve and maintain increased physical activity levels in youth, empower children to adapt healthy lifestyle habits and to encourage and develop sustainable healthy lifestyles within the household. Utilizing the Catch Kids Club (CKC) curriculum, our Healthy Living Day Camp is composed of nutrition education and physical education/activities to foster active living and healthy eating.

Priority will be given to children who meet one or more of the listed criteria:

- Overweight with BMI percentile \geq 80-85%
- Family history of type 2 diabetes
- First degree relative with type 2 diabetes (parent or sibling)
- Ethnic background at a higher risk for type 2 diabetes (i.e. African Americans, Hispanics, and Native Americans)

FOR MORE INFO OR TO REGISTER

please contact us at
408-351-6403 or email us at
ProjectPowerDayCamp@ymcasv.org



Funded by:



LOCATIONS

Barrett Elementary

895 Barrett Ave.
Morgan Hill 95037

Dates Jun 8-12, 2020
Time 8:00a - 5:00p

Gilroy Prep

277 IOOF Ave.
Gilroy 95020

Dates Jun 22-26, 2020
Time 8:00a - 5:00p

Mt. Pleasant Elementary

14275 Candler Ave.
San Jose 95127

Dates Jul 6-10, 2020
Time 8:00a - 5:00p

Hoover Middle School

1635 Park Ave.
San Jose 95126

Dates Jul 13-17, 2020
Time 8:00a - 5:00p

Lakewood Elementary

750 Lakechime Dr.
Sunnyvale 94089

Dates Jul 27-Jul 31, 2020
Time 8:00a - 6:00p