**YWCA Hamilton KidsZone and KidsZone – Girls Edition**

**YWCA Hamilton KidsZone – George L. Armstrong Elementary**

For children grades 1 - 6

460 Concession Street Hamilton, L9A1C3

The YWCA Hamilton works in partnership with the Hamilton Wentworth District School Board and the Ministry of Culture, Tourism and Sport to provide funded After School Programs. These programs deliver quality afterschool programs designed to promote physical activity, healthy eating and health and wellness in identified priority neighborhoods.

The KidsZone and KidsZone – Girls Edition focuses on getting the children physically active through participation in structured activities like dodgeball, hip hop dancing or soccer, or simply through unstructured play like tag and grounders. The children learn fun and creative ways to be physically active.

The healthy eating components of the KidsZone and KidsZone – Girls Edition emphasizes the importance of healthy nutrition. The children learn about good nutrition, good eating habits and cooking healthy foods, with an emphasis on fruits and vegetables.

Both the KidsZone and KidsZone – Girls Edition makes the child’s overall health and wellness an integral part of the program. The team does this by helping each child to build self-esteem, resiliency, confidence and self-reliance among participants and raise awareness about anti-bullying and enhance positive relationships.