CATCH Kids Club

FOR AFTER SCHOOL AND RECREATION

Millions of children attend after-school and summer programs in YMCAs, Parks and Recs, and other community facilities. CATCH Kids Club (CKC) is an evidence-based program specifically designed for these after-school and recreational environments with easy-to-use physical activity and nutrition components that both children, staff and families enjoy. Similar to the CATCH school-based program, CKC provides children with the knowledge and skills to make healthy food choices and be physically active—in a format that is fun and engaging for all!

CKC IS FEATURED IN:
» USDA SNAP-Ed ToolKit for States

WHY AFTER-SCHOOL ORGANIZATIONS ARE ADOPTING CKC

Thousands of after-school sites across the country have recognized the role they can play in fighting childhood obesity by teaching kids how to make healthy choices in their lives. While all of these settings are different in nature, they do have one thing in common—**the children**. Hundreds of these organizations have discovered that instead of reinventing the wheel, they can implement a program that is both cost-effective and evidence based—CATCH Kids Club. For some, CKC has become the centerpiece of the programs they offer and these organizations have become an important voice in delivering a coordinated message to children about the importance of physical activity and nutrition.
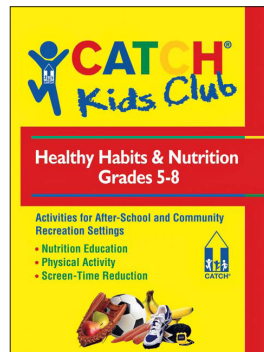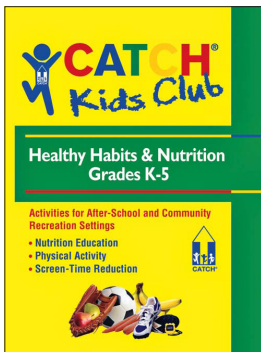
THE KEY TO SUCCESS-TRAINING

What does a large after-school organization like YMCA do to keep their staff trained? For many, the answer is having CATCH trainers on staff who conduct regular sessions to keep everyone up to date and train new hires in CATCH. The CATCH Training Team specializes in training staff to be trainers for their organization, thereby maintaining coordination throughout the group and aiding in its successful sustainability. With training being such an important part of implementing the CATCH Program, keeping these CATCH Champion Trainers on staff only enhances the overall commitment made by after-school organizations.

VISIT CATCHinfo.org OR CALL US AT 800.793.7900 AND SPEAK TO A CATCH TEAM MEMBER TODAY!

CATCH
COORDINATED APPROACH TO CHILD HEALTH

CATCH KIDS CLUB FOR GRADES K-5 & 5-8

The CATCH Kids Club Manual features lessons organized into themes related to physical activity, nutrition, and screen-time reduction. A variety of teaching strategies are used including: movement activities, individual practice, educational games, goal setting, and hands-on snack preparation.

The CATCH Kids Club Activity Box includes over 500 activity cards with detailed instructions for age-appropriate games that get kids moving and having a blast. **Also included is a specially designed section with teaching techniques and ideas for adapting the activities for those with special needs.** This allows everyone to get active and be included in the fun! CKC offers colorful, developmentally-aligned equipment that coordinates with the activities, assists in group organization, and increases activity in time alloted.

Item 12870 Manual for K-5
Item 18315 Manual for 5-8
Item 11483 Activity Box for K-5
Item 18318 Activity Box for 5-8

Includes Manual + Activity Box for one low price!
Item 18320 CKC Set for 5-8

- USER FRIENDLY
- EASY TO IMPLEMENT
- COST-EFFECTIVE
- NON-ELIMINATION
- FULLY INCLUSIVE
- EVIDENCE-BASED
- BEST PRACTICE
- GRANT SUPPORTED

CKC ACTIVITY BOX &
NUTRITION MANUALS
FOR GRADES K-5 & 5-8

"Often times, the weather and other after-school programs can influence the availability of spaces where the physical activities can take place. Having the 'Limited Space and Formations' section in the CATCH Activity Box has been extremely helpful in these cases."

— AFTER-SCHOOL DIRECTOR

FREE CATCH SAMPLE LESSONS ON

CATCH.ORG

CKC EQUIPMENT:
» Custom packages available
» Accommodates groups of 20 children or more
» CATCH logos and colors help manage your groups
» Visit FlagHouse.com/CKC for equipment options

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