



AFTERSCHOOL/CHILDCARE PROGRAMS



For more information visit:

<https://uvstrong.org/resources/child-care> or <https://greatersullivanstrong.org/resources/child-care/>

AFTERSCHOOL PROGRAMS

Upper Valley Haven

- Temporary shelter, food, clothing and a children's after school program
- Offered for youth ages 5-12
- Free, yearlong programming
<https://uppervalleyhaven.org/>

Finding Our Stride

- FOS is a FREE after school running program building fitness, teamwork and self-esteem for elementary and middle schoolers in the Upper Valley. During the pandemic, we are offering in-person practices (following all the social distancing state guidelines) or online resources.
- Spring and Fall (two 8-week seasons per year)
- Free (school must meet criteria)
<https://www.childrensfunduv.org/grantees/finding-our-stride>

Upper Valley Music Center

- UVMC is a community music school based in Lebanon, NH. UVMC's expert faculty work with beginning through advanced students and teach programs designed for ages birth through adulthood. UVMC offers year-round programming for students of all ages and ability levels. The four main categories of programs include individual lessons, group classes (including summer camps), ensembles, and workshops/master classes. Within these programs, students can find intensive one-on-one instruction, learn to play in a relaxed social setting, and make lifelong musical friends through ensembles
- Offered for all ages/year-round programming
- Scholarships, reduced rates, free programming
- Currently fully remote but will resume in-person when deemed safe to do so
<https://uvmusic.org/>

Plainfield School

- After school tutoring, Camp Coniston
- Offered for youth ages 0-12
- Reduced rates, Fall/Winter/Spring
<https://www.plainfieldschool.org/parent-area>

Artistree Community Arts Center and Gallery

- Opportunities for a joyful, meaningful, and satisfying experience of the visual arts, movement, theatre, and music through our year-round classes, summer and school vacation camps, workshops, performances, gallery exhibits, and events. Our offerings are designed to nurture each person's inherent creative capacities and raise the possibility of art as a vital force in an individual's overall growth and expressive abilities.
- Offered for all ages
- Scholarships, reduced rates, free/year-round
<https://artistreevt.org/>

Okinawan Karate Academy

- Okinawan Karate Academy is a traditional dojo (place of training), where students of all ages study and practice martial arts. More than just a sport or self-defense, OKA's training programs offer a balanced combination of physical fitness, personal development, and self-defense skills. Fundamental principles of courtesy, respect, and self-control are emphasized at all times. We empower our students with the confidence, focus, and discipline to give them the tools they need to succeed in life.
- Offered for youth ages 5 and up, year-round programming
- Scholarships, reduced rates
<https://okadojo.com/>

Dancers Corner

- Dance instruction
- Offered for ages 2 and up
- Yearly scholarship, yearlong programming

<http://www.dancerscorner.net/programs.php>

NIMMA National Institute of Modern Martial Arts

- Before/after school, vacation camp, remote learning camp Dance instruction. NIMMA offers instruction for both Adults and Children. Unlike any other studio, NIMMA gives you the opportunity to train in multiple forms of martial arts for one price.

https://www.facebook.com/nimmadojo/?ref=page_internal

CHILDCARE PROGRAMS

Claremont Learning Partnership

- Licensed child care center, drop in play group and drop in child care (on pause due to COVID). Will soon also offer a teen shelter and a teen resource center.
- Offered to youth all ages
- Free, yearlong programming

<https://clp-nh.org/>

Upper Valley Aquatic Center

- Free childcare offered with membership (during building use) but not at this time due to COVID-19.
- Offered to youth all ages

<https://uvacswim.org/>