

Group 1 Afterschool Schedule 2025/26 Home Room: Youth Rally					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:00	Snack Time	Snack Time	2:30-3 Snack Youth Rally	Snack Time	Snack Time
3:00-3:30	Youth Rally	Youth Rally	Change Out 2:45pm	Youth Rally	Youth Rally
3:30-4:00	Core Value Learning 3:30-4pm	Gym Activity Fortin West/Playground	Swimming 3:15-4pm	Gym Activity Fortin West/Playground	Steam
4:00-4:30	Gym Activity Fortin West/Playground	Art & Crafts	4pm Change Out	Fun & Social 4-4:30	3:30-4:30
4:30-5:00	Life Skills & Enrichment		Tech Time	Mental Wellness 4:30-5pm	Music & Motion 4:30-5 TKG
5:00-6:00	Wind Down Time Table Activities	Wind Down Time Table Activities	Wind Down Time Table Activities	Wind Down Time Table Activities	Wind Down Time Table Activities

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Fun & Social	Board games, group projects, nature walks, talent shows, cooking basics
Gym Activity/Playground	Gym games, sports, yoga, mindfulness exercises, and outdoor play.
Core Value Learning	Focus on the YMCA core values intermingling activities reflecting these values.
Mental Wellness Time	Mental wellness check in, group chats, activities involving emotion and how to regulate these.
STEAM Time	Activities around Science, Technology, Engineering, Art and Mathematics
Music & Motion	Dance parties, silent disco, music and dancing fun
Arts & Crafts	Drawing, painting, sculpture, digital art, crafts, and creative writing.
Life Skills & Enrichment	Focus is on basic of life, tying shoes, address envelope, manners and self awareness
Tech Time	
Wind Down Time	This is a time to clean up, do some calming table activities and stations