

Group 2 Afterschool Schedule 2025/26 Home Room: Youth Rally

Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:00	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time
3:00-3:30	Youth Rally Room	Youth Rally Room	Fortin (West)	Youth Rally Room	Youth Rally Room
3:30-4:00	Fortin (West) Gym Activity Playground	Change Out 3:30	Arts & Crafts	Core Value Learning 3:30-4pm	Gym Activity
4:00-4:30	Fun & Social	Swiiming (4-4:45pm)	Youth Rally	Gym Activity Fortin(West) /Playground 4-4:30	TKG/Playground 3:30-4:30
4:30-5:00	Life Skills 4:30-5pm	Change Out	Music & Movement Youth Rally	STEAM Youth Rally	Tech Time 4:30-5:00
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, activites involving emotion and how to regulate these.
STEAM Time	Actitives around Science, Technolgy, 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, tieing shoes, address envelope, manners and self awareness
Tech Time	
Wind Down Time	This is a time to clean up, do some calming table activites and stations