

Group 3 Afterschool Schedule 2025/26 Home Room: Tech room					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:00	Snack Time	Snack Time	Snack time 2:30-3	Snack Time	Snack Time
3:00-3:30	Tech Room	Tech Room	Fortin (East)	Tech Room	Tech Room
3:30-4:00	Gym Activity TKG	3:30-4pm Core Value Activity Tech Room	Fun & Social	Change Out 3:30	Life Skills
4:00-4:30	STEAM Activity	Tech Time 4-5pm	4-5pm Music & Movement TKG	Swimming (4:00-4:45)	CraftTime Tech Room
4:30-5:00	Tech Rm	Tech Room		Change Out 4:45	4-5pm
5:00-6:00	Wind down time Youth Rally	Wind down time Youth Rally	Wind down time Youth Rally	Wind down time Youth Rally	Wind down time Youth Rally

3/25/2025

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