

Group 4- 6 Afterschool Schedule 2026/26 Home Room: Skytop

Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:00	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time
3:00-3:30	Skytop	Skytop	Skytop	Skytop	Skytop
3:30-4:00	Core Value Learning	STEAM Activity	Change Out 3:45	Life Skills	Mental Wellness Time
4:00-4:30	Gym Activity	3:30-4:30	Swimming (4:00 - 4:45)	Gym Activity	Arts & Crafts
4:30-5:00	TKG	Fun & Social	Change Out 4:45	TKG	4-5pm
5:00-6:00	Wind down time Youth Rally	Wind down time Youth Rally	Tech Time	Wind down time Youth Rally	Fortin (West)

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