

Kindergarten Afterschool Schedule 2025/26 Home Room: Preschool					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
2:30-3:00	Snack Time	Snack Time	Snack Time	Snack Time	Snack Time
3:00-3:30	Preschool Room	Preschool Room	TKG	Preschool Room	Preschool Room
3:30-4:00	3:30 Change Out Swimming (4-4:45) 4:45 Change Out	Gym Activity TKG 3:30- 4pm	Mental Health Wellness Time	Gym Activity TKG 3:30-4pm	Tech Time
4:00-4:30		Arts & Crafts	STEAM	Core Value Learning Preschool Room	Fun & Social 4-4:30
4:30-5:00		Preschool	Activity Preschool Room	Circle Activities Preschool Room	Gym Activity Fortin (West) 4:30- 5pm
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
Circle Activities	Songs, reading time and educational sheets