

| Group 4- 6 Afterschool Schedule 2026/26 Home Room: Skytop |                               |                               |                           |                               |                      |
|-----------------------------------------------------------|-------------------------------|-------------------------------|---------------------------|-------------------------------|----------------------|
| Time                                                      | Monday                        | Tuesday                       | Wednesday                 | Thursday                      | Friday               |
| <b>2:30-3:00</b>                                          | Snack Time                    | Snack Time                    | Snack Time                | Snack Time                    | Snack Time           |
| <b>3:00-3:30</b>                                          | Skytop                        | Skytop                        | Skytop                    | Skytop                        | Skytop               |
| <b>3:30-4:00</b>                                          | Core Value Learning           | STEAM Activity                | Change Out 3:45           | Life Skills                   | Mental Wellness Time |
| <b>4:00-4:30</b>                                          | Gym Activity                  | 3:30-4:30                     | Swimming<br>(4:00 - 4:45) | Gym Activity                  | Arts & Crafts        |
| <b>4:30-5:00</b>                                          | TKG                           | Fun & Social                  | Change Out 4:45           | TKG                           | 4-5pm                |
| <b>5:00-6:00</b>                                          | Wind down time<br>Youth Rally | Wind down time<br>Youth Rally | Tech Time                 | Wind down time<br>Youth Rally | Fortin (West)        |

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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                      |