



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN. GROW. THRIVE.

AFTER SCHOOL ENRICHMENT SCHOOL SITES

Sample Activities

Monday | Kidzlit | Read a book and do activities based on the book

Tuesday | STEM | Science, Technology, Engineering and Math

Wednesday | Nutrition Activities | HEPA: Healthy Eating and Physical Activities

Thursday | Arts and Crafts | Painting, drawing, sewing and much more

Friday | Activity Stations

- YMCA Values | Love, Respect, Honesty, Responsibility and Service
- Clubs | Sewing, newsletter and much more
- Art | Fuse beads, model magic, arts and crafts

Sample Schedule

3:00 PM to 3:30 PM	Sign In Table and Carpet Activity Attendance Calls
3:30 PM to 4:00 PM	Wash Hands Snack Carpet Time
4:00 PM to 4:30 PM	Outside or Gym Play Group Games and then Free Play
4:30 PM to 5:00 PM	Homework and Reading Educational Games and Worksheets
5:00 PM to 5:45 PM	Curriculum Activities
5:45 PM to 6:00 PM	Clean Up

YMCA BEFORE AND AFTER SCHOOL ENRICHMENT
ymcacw.org | ychildcare@ymcacw.org | 503.327.0007