
Southlake YMCA | OUT OF SCHOOL CARE & ELEARNING ASSISTANCE SAMPLE SCHEDULE

8:00 - 9:00 am	E-learning Help
9:00 - 9:30am	Bathroom Break and GoNoodle Brain Break
9:30 - 9:45am	Playground Free Play (weather depending)
9:45 - 11:15am	E-learning Help
11:15 - 11:30am	Bathroom break and GoNoodle Brain Break
11:30 - 12:00pm	Lunch
12:00 - 12:45pm	STEAM project
12:45 - 1:45 pm	E-learning Help
1:45 - 2:30pm	Get moving! - organized exercise Youtube Yoga session Rm 5 -or- Studio E
2:30 - 3:15pm	Snack and GoNoodle Brain Break
3:15 - 3:45pm	E-learning Help
3:45 - 4:15pm	CATCH Movement Activity
4:15 - 4:30 pm	Bathroom Break
4:30 - 5:00 pm	Playground
5:00 - 6:30pm	West Gym

Schedules subject to change.
