



Please have your child bring a **healthy** snack they can enjoy at the

See reverse side for Playgroup, Toddler Time & Kids Schedule



January 2020 After School Program (ASP)

Make sure your child has a pair of clean gym shoes to wear during ASP. There are **no** street shoes allowed in the gym.

| Motivation Monday | Yoga Tuesday | Sports Skills Wednesday | Rock Wall Thursday | Science Friday |
|--|--|--|--|---|
| 6 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:15 pm Circle Time & Fitness Challenge 4:15-4:55 pm gym games creative free 4:55-5:00 pm Clean UP | 7 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Yoga GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Yoga | 8 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Sports Skills GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Sports Skills | 9 Early Release Day 2:30-3:00 pm Free Play 3:00-3:15 pm Snack Time 3:15-4:20 pm Rock Climbing gym games arts & crafts 4:20-4:30 pm Clean UP | 10 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:30 pm GROUP A Science Experiment GROUP B Fitness Challenge & Games 4:30-4:55 pm GROUP A Fitness Challenge & Games GROUP B Science Experiment |
| 13 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:15 pm Circle Time & Fitness Challenge 4:15-4:55 pm gym games creative free 4:55-5:00 pm Clean UP | 14 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Yoga GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Yoga | 15 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Sports Skills GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Sports Skills | 16 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:55 pm Rock Climbing Fitness Challenge & Games 4:55-5:00 pm Clean UP | 17 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:30 pm GROUP A Science Experiment GROUP B Fitness Challenge & Games 4:30-4:55 pm GROUP A Fitness Challenge & Games GROUP B Science Experiment |
| 20 CLOSED | 21 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Yoga GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Yoga | 22 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Sports Skills GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Sports Skills | 23 Early Release Day 2:30-3:00 pm Free Play 3:00-3:15 pm Snack Time 3:15-4:20 pm Rock Climbing gym games arts & crafts 4:20-4:30 pm Clean UP | 24 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:30 pm GROUP A Science Experiment GROUP B Fitness Challenge & Games 4:30-4:55 pm GROUP A Fitness Challenge & Games GROUP B Science Experiment |
| 27 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:15 pm Circle Time & Fitness Challenge 4:15-4:55 pm gym games creative free 4:55-5:00 pm Clean UP | 28 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Yoga GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Yoga | 29 3:30-3:55pm Free Play & Clean Up by 4 4:00-4:15 pm Snack Time 4:15-4:35 pm GROUP A Sports Skills GROUP B Fitness Challenge & Games 4:40-5:00 pm GROUP A Fitness Challenge & Games GROUP B Sports Skills | 30 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:55 pm Rock Climbing Fitness Challenge & Games 4:55-5:00 pm Clean UP | 30 3:30-3:50 pm Free Play 3:50-4:05 pm Snack Time 4:05-4:30 pm GROUP A Science Experiment GROUP B Fitness Challenge & Games 4:30-4:55 pm GROUP A Fitness Challenge & Games GROUP B Science Experiment |

The After School Program exists to offer children a space to play, be creative, grow, and have fun in a safe and welcoming environment. Children not participating in activities or disobeying the rules and regulations of the facility may be asked to leave. This program is for children 5 and up. Many kids under the age of 7 are not emotionally ready to handle the stimulation of the program and may need to go home with Mom or Dad if feeling a bit overwhelmed. All parents must have contact information with staff and be available for their child if staff calls.

January 2020 Playgroup and Kids Schedule

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|---|
| Birthday Party Rentals Available  Only \$50 for two hours. Includes use of Main Gym, Multipurpose Room, and all Rec Center toys and games. <small>If a party is not scheduled the gym is available to parents/guardians and their children to play, run, tumble, tell stories, color, and socialize from 1-5pm</small> All children 12 and under must be supervised by an adult. | 9 am—Noon Mom/Dad & Me (Toddler Time) 10 am– 11:30 am *Playgroup (Onsite babysitting) \$2 per hour (min. 1 hour) \$1.50/ half hour <i>Class opportunity:</i> <i>Restorative Yin Yoga With Katherine</i> CLOSED MLK DAY JANUARY 20 | 9 am—Noon Mom/Dad & Me (Toddler Time) 10:30– 11:15 am Toddler Sensory Play with Rebekah | 9 am—Noon Mom/Dad & Me (Toddler Time) 10 am– 11:30 am *Playgroup (Onsite babysitting) \$2 per hour (min. 1 hour) \$1.50/ half hour <i>Class opportunity:</i> <i>Gentle Yoga With Gillian</i> CLOSED NEW YEAR'S DAY—JANUARY 1 | 9 am—Noon Mom/Dad & Me (Toddler Time) 10:30– 11:15 am Toddler Sensory Play with Rebekah | 9 am—Noon Mom/Dad & Me (Toddler Time)  | Ballet w. Mary Thole 9:30-10:15 am Grade: 4yr. Old Preschooler Class– K 10:30-11:15 am Grade 1 & 2 SPACE IS LIMITED- MUST REGISTER FOR ALL 4 SESSIONS \$60 Kids Rock Climbing & Bouncy House 10-Noon Children 12 and Under must have adult supervision |
| | 5 pm– 7:00 pm *Playgroup (Onsite babysitting) \$2 per hour (min. 1 hour) \$1.50/ half hour <i>Class opportunity:</i> <i>Flow Yoga</i> CLOSED MLK DAY JANUARY 20 | 5 pm– 7:00 pm *Playgroup (Onsite babysitting) \$2 per hour (min. 1 hour) \$1.50/ half hour <i>Class opportunity:</i> <i>Group Cycling</i> | 5 pm– 7:00 pm *Playgroup (Onsite babysitting) \$2 per hour (min. 1 hour) \$1.50/ half hour <i>Class opportunity:</i> <i>Mat Pilates</i> CLOSED NEW YEAR'S DAY—JANUARY 1 | 5 pm– 7:00 pm *Playgroup (Onsite babysitting) \$2 per hour (min. 1 hour) \$1.50/ half hour <i>Class opportunity:</i> <i>Group Cycling</i> | *Playgroup (onsite babysitting) <ul style="list-style-type: none"> Available to children 1 yr. of age and older. Parent must fill out paperwork prior to child attending. All cancellations must be made at least 4 hours in advance or parent will be required to pay for the session. Space is limited so please be sure to sign up in front lobby. Many parents supply snacks for their child. For allergy reasons, please be sure your child comes with their own food to eat. | |

