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After School Weekly Schedule – LITTLE KIDS (Ages 5-9)

MONDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Rec Room)
4:00 – 4:30	Homework (Training Room)
4:30 – 5:00	Healthy Lifestars
5:00 – 5:30	Gaga / Lü
5:30 – 6:00	Gym
6:00 – 6:30	Unstructured Time in Rec (Pickup)

TUESDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Rec Room)
4:00 – 4:30	Homework (Training Room)
4:30 – 5:15	Swimming
5:15 – 6:00	3D Printing
6:00 – 6:30	Gym (Pickup)

WEDNESDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Rec Room)
4:00 - 4:30	Homework (Training Room)
4:30 – 5:00	Running Club
5:00 – 5:30	Gaga / Lü
5:30 – 6:00	Gym
6:00 – 6:30	Unstructured Time in Rec (Pickup)

THURSDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Rec Room)
4:00 – 4:30	Homework (Training Room)
4:30 – 5:15	Swimming
5:15 – 6:00	3D Printing
6:00 – 6:30	Gym (Pickup)

FRIDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Rec Room)

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4:00 – 4:30	Gaga / Lü
4:30 – 5:00	Homework (Training Room)
5:00 – 6:30	Manchester Movie Night/Pizza Party (Pickup)

After School Weekly Schedule - BIG KIDS (Ages 9-12)

MONDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Training Room)
4:00 – 4:30	Healthy Lifestars
4:30 – 5:00	Gaga / Lü
5:00 – 5:30	Homework (Rec)
5:30 – 6:00	Unstructured Time in Rec
6:00 – 6:30	Gym (Pickup)

TUESDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Training Room)
4:00 – 4:30	Homework (Rec)
4:30 – 5:15	3D Printing
5:15 – 6:00	Swimming
6:00 – 6:30	Unstructured Time in Rec (Pickup)

WEDNESDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Training Room)
4:00 – 4:30	Running Club
4:30 – 5:00	Gaga / Lü
5:00 – 5:30	Homework (Rec)
5:30 – 6:00	Unstructured Time in Rec
6:00 – 6:30	Gym (Pickup)

THURSDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Training Room)

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4:00 – 4:30	Homework (Rec Room)
4:30 – 5:15	3D Printing
5:15 – 6:00	Swimming
6:00 – 6:30	Unstructured Time in Rec (Pickup)

FRIDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Training Room)
4:00 – 4:30	Homework (Rec Room)
4:30 – 5:00	Gaga / Lü
5:00 – 6:30	Manchester Movie Night/Pizza Party (Pickup)

ALTA After School Weekly Schedule

MONDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Child Watch)
4:00 – 5:00	Art / Board Games / Video Games in Rec
5:00 – 5:30	Gym
5:30 – 6:00	Gaga / Lü / Raquetball Court Games
6:00 – 6:30	Quiet Time in Child Watch (Pickup)

TUESDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Child Watch)
4:00 – 4:30	Gaga / Lü / Raquetball Court Games
4:30 – 5:30	Art / Board Games / Video Games in Rec
5:30 – 6:00	Gym
6:00 – 6:30	Quiet Time in Child Watch (Pickup)

WEDNESDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Child Watch)
4:00 – 5:00	Art / Board Games / Video Games in Rec
5:00 – 5:30	Gym
5:30 – 6:00	Gaga / Lü / Raquetball Court Games

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6:00 – 6:30	Quiet Time in Child Watch (Pickup)
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THURSDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Child Watch)
4:00 – 4:30	Gaga / Lü / Raquetball Court Games
4:30 – 5:30	Art / Board Games / Video Games in Rec
5:30 – 6:00	Gym
6:00 – 6:30	Quiet Time in Child Watch (Pickup)

FRIDAY	
2:00 – 3:30	Bus Pickup
3:30 – 4:00	Snacks and Introduction (Child Watch)
4:00 – 4:30	Gym
4:30 – 5:30	Art / Board Games / Video Games in Rec
5:30 – 6:00	Gaga / Lü / Raquetball Court Games
6:00 – 6:30	Quiet Time in Child Watch (Pickup)

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