



JOHNSTON YMCA • AFTERSCHOOL SCHEDULE

TIME	ACTIVITY	PARTICIPATING GROUP
2:30-3:20 PM	Free Choice Centers	All
3:20-3:30 PM	Arrival/Wash Hands/Attendance	All
3:30-4:00 PM	Snack/Devotion/Group Read Aloud	Green, Purple
4:00-4:30 PM	Active Outdoor Play/Physical Fitness	Yellow, Orange
	Snack/Devotion/Group Read Aloud	Green, Purple
4:30-5:00 PM	Homework/Self-Selected Reading/Journaling	All
5:00-5:20 PM	Free Choice Centers	All
5:20-6:00 PM MON	Arts (Green, Purple) Swim Lessons (Orange, Yellow)	See Activity Section
TUE	Literacy Development	All
WED	Swim Lessons (Green, Purple) Arts (Orange, Yellow)	See Activity Section
THUR	Literacy Development	All
FRI	Enrichment	All
6:00-6:30 PM	Free Choice Centers	All
6:30 PM	Dismissal	All

The Johnston YMCA Afterschool curriculum consists of a variety of programming that includes:

SWIMMING

Swim lessons and opportunity for recreational swim* (*Not offered at Veritas)

SPORTS

Guided by sports staff, participants will develop teamwork and communication skills by participating in traditional and non-traditional sports

OUTDOOR ADVENTURE

Take a hike through NoDa or a community park, explore the garden, or participate in relay races & team building activities

ART PROGRAMMING

Try your hand at ceramics & hand building, wearable art, painting, and the performance arts including music, drumming, street beat and drama.

HEALTH & WELLNESS

We aim to encourage and educate participants on healthy choices and balancing the demands of total health through aerobics, nutrition, personal hygiene, devotions, and goal setting

LITERACY ENRICHMENT: KIDZ LIT

Our Afterschool program offers a literacy curriculum 3 days per week for one-hour. Free Choice Centers: Every classroom has, at minimum, five free choice centers that scholars can rotate throughout the day. Free Choice Centers include: Math, Reading, Writing, Science, Blocks, Music and Movement, Dramatic Play, Sand and Water Play, and Art.