

BEFORE & AFTER SCHOOL SPORTS ENRICHMENT PROGRAM SAMPLE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Arrivals/Roll-Call/start warm-ups and Calisthenics	Arrivals/Roll Call/start warm-ups and Calisthenics	Arrivals/Roll Call/start warm-ups and Calisthenics	Arrivals/Roll Call/start warm-ups and Calisthenics	Arrivals/Roll Call/start warm-ups and Calisthenics
	Gymnastics	Fun Zone/Rock wall	Soccer Skills	Fun Zone/Rock wall	Gymnastics
	Basketball Skills	Floor Hockey & Field Hockey Skills	Gymnastics	Mini Lacrosse Skills	Flag Football Skills
	Basketball Scrimmage & Get ready for school	Floor Hockey & Field Hockey Scrimmage & Get ready for school	Soccer Scrimmage & Get ready for school	Mini Lacrosse Scrimmage & Get ready for school	Flag Football Game & Get ready for school
	Arrivals/Unpack from school/Large group warm-up games	Arrivals/Unpack from school/Large group warm-up games	Arrivals/Unpack from school/Large group warm-up games	Arrivals/Unpack from school/Large group warm-up games	Arrivals/Unpack from school/Large group warm-up games
	Fun Zone/Rock wall	Gymnastics	Fun Zone/Rock wall	Taekwondo	Fun Zone/Rock wall
	Water Break	Water Break	Water Break	Water Break	Water Break
	Ultimate Frisbee &/or Frisbee Golf	Team Handball Game	Volleyball Scrimmage	'World Cup' Soccer	Capture the Flag
	Wrap-up Final games/Put equipment away/Clean-up	Wrap-up Final games/Put equipment away/Clean-up	Wrap-up Final games/Put equipment away/Clean-up	Wrap-up Final games/Put equipment away/Clean-up	Wrap-up Final games/Put equipment away/Clean-up