



SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Stained glass:</p> <ol style="list-style-type: none"> 1) MATERIALS— Liquid glue, food coloring, glass frames, dish soap, ketchup bottles. 2) PREP—Fill ketchup bottles with glue, 5-10 drops of dish soap, and 20+ drops of food coloring for desired paint color. Shake well to mix. Take lid off and knead liquids together. Let materials sit over night to continue mixing. 3) Give each kid their own glass frame and begin to squirt paint onto glass, kids can either finger paint or use brushes to spread out paint. Sit and let dry.
<p>TUESDAY: Swim</p>	<p>Backwards Dodgeball—In shallow water or the play pool, students throw soft balls at each other and if they do not catch it they are out.</p>
<p>WEDNESDAY Catch Curriculum or Nature Games</p>	<p>Explore nature trails behind the Y/School</p> <ol style="list-style-type: none"> 1) Leaf Hunt: Give children a bag or something to collect leaves in. On a hike, have them try to collect one of as many different types of leaves as they can find (allow them to go 10 steps off the trail) . At the end, count up who has the most leaves. Then, have them partner up and see how many matches they have. The person or team with the most leaves or matches of leaves is the winner.
<p>THURSDAY S.T.E.M or Service Learning</p>	<ol style="list-style-type: none"> 1) Explain that you are thinking of a rule—one thing that students have in common—that you want students to guess. You will put students who meet your rule in a small group to your right, and those who don't in a small group to your left. □ Choose a rule that is easy to recognize, such as students who are boys, or students who are girls. Remember not to say what your rule is; you want students to guess. After you have played a few rounds, pick students to make up a rule. 2) Split into two teams. Explain to students that they will be presented with an object and asked to answer a given question about the object (relating to its size. For example, how many paper plates long is the table?). After the teams make a higher/lower decision, have them check to see if they were right. The team that guessed closest scores a point. 3) Take 1, 2, or 3: Split into small groups (3-5 people in each group. Have a jar of pennies for each group and have the students sit in a circle. On their turn, they can take 1, 2, or 3 pennies to add to the middle of the circle. The person that puts the 10th penny in the middle wins the round. Play several rounds. 4) Human graph: Ask questions (such as if you have no siblings, 1 sibling, 2, 3, 4? If the answer is a number, have them line up from lower to higher number. If the answer is multiple choice, have them make a human bar graph .
<p>FRIDAY Active Day or Team Building YMCA Gym</p>	<ol style="list-style-type: none"> 1) Fishy Fish Cross My Ocean: One child is the shark and the rest are the fish. The shark calls for the fish to cross and then tries to tag them. If they get tagged they freeze and become sea weed). 2) What Time is it Mr. Fox: One child is the fox and stands at the other side of the gym. The other kids (chickens) ask "What time is it Mr. Fox? And he/she answers with a time. The kids take that many steps closer to the fox. Continue until he/she says "Lunchtime! Then run back without getting tagged. If they get tagged they join the fox. 3) Freeze Tag 4) Forest Ranger: One child is the ranger and stands in the middle. The rest choose animals. They ask "Forest Ranger, Forest Ranger may we cross your forest?" He/She responds with "only if _____ (you eat meat, you have fur, you can swim, etc). Kids can run if it applies to them. If ranger answers "stampede" all kids run



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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Homemade Kaleidoscope:</p> <p>Materials: Beads, Glitter, Inside of a paper towel tube, scissors, pipe cleaners, colorful tape, hot glue gun (teacher use only), markers, clear thin plastic sheet, aluminum foil, Stickers.</p> <ol style="list-style-type: none"> 1) Have kids pick out their paper for the outside of the tube, they can draw and design on. 2) Wrap and glue paper on the outside of tube. Hold together for time to stick. Cut any excess paper from the end of tube so length is equal. 3) Trace the end of the tube on plastic sheet three times and cut out three circles. 4) Place hot glue on the end of tube and glue one plastic circle. 5) Drop beads and glitter materials inside. Push other plastic circle cut down into the tube probably with marker, but leave enough space for beads to move. 6) Cut three strips of cardboard that are 1 inch wide and almost as long as the tube you are using. Cover each strip with foil, Glue them into a triangle shape and place inside the tube. <i>The triangle pieces need to be almost as long as the tube. I'd say just a little shorter to make sure the end cover goes on right.</i> 7) Place final plastic circle over the end to measure and then glue into place. 8) Hold up to light, rotate, and enjoy!
<p>TUESDAY: Swim</p>	<p>Balloon Relay:</p> <p>In waist to chest deep water, Divide students into teams. Have half of each team line up on the opposite side of the pool. Give the first person on each team a blown-up balloon. On your signal, students push the balloon with nose, cheeks, or forehead while swimming across the pool. After team mate #1 touches the wall, the balloon is passed to a teammate on the other side of the pool, who swims/walks/moves it back. The relay continues until all members of each team finish.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 260-262 Jump Rope</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Foosball:</p> <p>Materials: Popsicle sticks, markers, wooden kabob sticks, hot glue gun, marbles, box (smaller), hole puncher.</p> <ol style="list-style-type: none"> 1) Have kids grab a box, and six popsicle sticks. They can color and decorate their sticks into people or whatever they please. 2) Punch two holes on each side for the sticks to run through. Slide them through. 3) Glue the popsicle sticks to the hole puncher (21 inches long).



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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Homemade Coasted or Ceramic Squares: Materials: White coasters, sharpies, rubbing alcohol, sealer, paint brush. Mini coffee straws.</p> <ol style="list-style-type: none"> 1) Allow kids to draw and fill in colors where they desire. 2) Start dripping little spots of rubbing alcohol with a straw onto your tile. Allow the rubbing alcohol to slide around a bit. You will see that the colors will blend together the longer you let them sit. Keep dropping on rubbing alcohol, until the child is happy with their coaster. <i>If ever you feel like you have added too much color or made a mistake, just use a paper towel to dab up some of the extra ink, then recover with a new color.</i> 3) Seal your coasters once your surface has dried to the touch. Allow the sealer to dry overnight. Enjoy!
<p>TUESDAY: Swim</p>	<p>Battleship: In shallow water or the play pool, Have students imagine that the pool is a battleship. The one end is the bow of the ship, the the opposite end the stern, the left side as you face the bow is port, and the right side as you face the bow is starboard. Tell students that you will say one of these directions and they should respond by swimming to that side and sitting on or touching the pool edge. For instance, if you say "Port," students swim to the left side of the pool.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 263-266 Jump Rope</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Play Dough River: Materials: Play Dough, small paper cups, tape, scissors, pan, marble.</p> <ol style="list-style-type: none"> 1) Have kids cut paper cups into different sizes, and tape together to create different heights. 2) Next have them mold playdough into a river like route, with the cups acting as a support . 3) Then have them put the marble at the top of the route to begin its journey. 4) Have them change their course, what makes the ball go faster, add more turns, ect.
<p>FRIDAY Active Day YMCA Gym</p>	<p>1. Clean Your Room: balls litter each side of the gym. When you say "Ready Set Clean!" they throw balls into the other person's room until you yell "FREEZE". The team with the cleanest room wins!</p> <p>2. Knock down the pins. Each team defends pins on their side of the gym. Once all pins are knocked down on the other side the team wins. Even if they are knocked down by mistake, the team may NOT pick the pins back up!</p> <p>3. Magic Wand: (Use the Shorter width of the Gym) Kids line up on a line facing you. A tunnel is across the gym and behind you. You are a witch with a magic wand. When you swing your wand high the kids must duck. When you swing your wand low they must jump. If they mess up you turn them into a frog and they have to hop to the other side of the gym and crawl through the tunnel to be transformed back into a kid. They can then run back.</p> <p><i>* If kids are not cleaned that show up, call parents and take them if there is room. If there is not room and they are not signed up, bring them to the office school office.</i></p>



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<p style="text-align: center;">MONDAY Arts & Crafts or Cooking</p>	<p>Edible Starburst Slime: Materials: 1 Bag of Starburst, Cornstarch, and Powdered Sugar, glass bowls.</p> <ol style="list-style-type: none"> 1) Separate colored starburst into different bowls. 2) Mix ¼ c. powdered sugar with ¼ c. cornstarch. 3) Boil a pot of water and place the glass bowl into the pot to melt the Starburst candies. (Making it like a double boiler). Stir regularly to prevent burning. Once melted, remove from heat. You can also do it in the microwave for 2 – 30 second increments, stirring in between. 4) Wait approximately 5 minutes before contact, after take colors and begin to knead the goo with cornstarch/powdered sugar mix, be sure to pull apart and stretch mixture. 5) Now time to play! Let kids mix colors together and make shapes!
<p style="text-align: center;">TUESDAY: Swim</p>	<p>Blockade Runner-- In waist to chest deep water, Mark off a large rectangular playing area in the pool. Divide students into two equal teams and give a kickboard to each student. Have each team line up at its own end of the playing area. Once you give the signal, students kick toward the opposite side, trying to reach it without being blocked by the other team. Students must hold both hands on their kickboards at all times. The boards can be used for either flotation or blocking, but they must remain flat at all times. The first team to have three students reach the other side wins.</p>
<p style="text-align: center;">WEDNESDAY Catch Curriculum or Nature Games</p>	<p>The Ambush Game: The group splits up into two sub-groups which we will call A and B. Group A leaves 5 to 10 minutes before group B and must leave clues behind (footprints, marks, arrows, codes, pieces of paper, etc....). They must then camouflage and set up an ambush for group B. Group B leaves and follows the footprints and clues left by group A and tries to discover the ambush site. The meeting of the two groups results in the yelling of, "AMBUSH" and a race back to home base again.</p>
<p style="text-align: center;">THURSDAY S.T.E.M or Service Learning</p> <p><i>* If kids are not enrolled that show</i></p>	<p>Floating Paper Clips: Materials: Paper clips, ruler, magnets, tape, paper cups/ something to stack, string.</p> <ol style="list-style-type: none"> 1) Have the kids grab a ruler, 2-3 paper clips & string & magnets, 6 paper cups,. 2) Tape and stack 3 cups together making two towers. 3) Tape the magnets onto the ruler, and place ruler on top of cup towers. 4) Take the string and tie it to the paper clips. Tape the opposite end of the string to the table. 5) Grab the paper clip and put it near the magnet and they should float. 6) Challenge kids to alter the length of the string, how close to the magnet does the paper clip need to be until it doesn't float. <p><i>up, call parents and take them if there is room. If there is not room and they are not signed up, bring them to the office school office.</i></p>



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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Spooky Halloween Sensory Bottles: Materials: Clear water bottles, glitter, small colored rubber rings (ponytails), googly eyes, mini spiders/other creatures, water, food dye, oil, sharpies.</p> <ol style="list-style-type: none"> 1) Let kids design the outside of their waterbottle. 2) Fill bottle 3 parts water to 1 part oil. 3) Then let kids fill the bottle with different color dye(1-2 drops). Add in what ever materials they desire-- googly eyes/glitter/spiders/ect. 4) Close seal, shake, and enjoy! 								
<p>TUESDAY: Swim</p>	<p>Bucket Ball-- In shallow water or the play pool, Students use ball pit balls to try to make baskets in a floating, moving bucket. Variation- team can only shoot one color ball; students must shoot with their non-dominate hand, students must shoot over their shoulder</p>								
<p>WEDNESDAY Catch Curriculum or Nature Games</p>	<p>Station Rotation:</p> <table border="0"> <tr> <td>Wall-Ball with tennis ball station</td> <td>Juggling</td> </tr> <tr> <td>Big Ball Bounce (can be off a wall)</td> <td>Kneeing a soccer ball</td> </tr> <tr> <td>High knee</td> <td>Air punches</td> </tr> <tr> <td>Hula hooping</td> <td>Jump roping</td> </tr> </table>	Wall-Ball with tennis ball station	Juggling	Big Ball Bounce (can be off a wall)	Kneeing a soccer ball	High knee	Air punches	Hula hooping	Jump roping
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<p>THURSDAY S.T.E.M or Service Learning</p>	<ol style="list-style-type: none"> 1. Guess Which One: Children play in groups of 2-6. Spread out 15-25 objects so everyone can see. One person secretly picks an object without removing it from the layout. Children take turns asking yes or no questions to identify the secret object. 2. Decide on a claim that involves measurement such as "if we lay down head to foot, our line could reach the bathroom from the cafeteria door." Or "if we joined hands, we could circle around this table". Ask who thinks it's possible and who thinks it's impossible. Encourage them to explain their thinking. Test out the claim. 3. Possible/Impossible. Pick a number and ask the group to brainstorm possible/impossible statements that involve the number . For example "all of us combined have more than 20 siblings". Or "all of us combined have more than 30 shoes". Or "all of us combined are over 100 feet tall". Test the claim and write down answers on chart paper. 4. Hot or Cold: Scatter items around the room. Have one student leave and the group picks an object. The student comes back and moves around the room asking if they are hot or cold (hot meaning near the object, cold meaning farther away) until they find the object. 								
<p>FRIDAY Active Day YMCA Gym</p>	<ol style="list-style-type: none"> 1) Have students practice 'dribbling' a soccer ball across the gym and around cones until they have control 2) Steal the Treasure: Spread the hoops out over the play area. Assign a group of students to each hoop (treasure chest). On the given signal student will run and try to take the treasure (soccer balls) from other players treasure chests and return it to their own using only their feet. This continues for a predetermined amount of time. At the end of the allotted time the soccer balls (gold nuggets) are counted, the team with the most nuggets wins. 3) Lord of the Rings Scatter hula-hoops randomly about the playing area. Each student is given a soccer ball. On the signal, students are given a \ 60 seconds to capture as many rings as possible. To capture a ring, players must dribble their ball to the ring and keep it trapped in the ring for 3 seconds. Once they capture the ring, they go to any other ring for a capture. The object of the game is for the students to capture as many rings as possible 								



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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Caramel Apples: Materials: Apples, caramel, crockpot, popsicle sticks, ziplock bags, parchment paper/paper plates, sharpie, wooden spoon. Toppings: Marshmallows, sprinkles, choco chips, To make the Caramel: Atleast 2 hours prior put the crockpot on high for an hour and a half stirring every 10 minutes with 1/4 cup of water until the caramel is melted. If you aren't quite ready to make the apples at this time, turn the crockpot onto low to keep the caramel melted.</p> <ol style="list-style-type: none"> 1) Have kids write their name on their popsicle sticks. And place sticks inside apples. 2) Dip and roll the apple on its sides. Let it drip a bit, and you can then sprinkle any toppings that you'd like to at this point. 3) Place the apple on a large piece of parchment paper and let cool for a couple hours. 4) At the end of the day, put a cupcake liner under the apple and place it into a ziplock bag to safely get it home to share with their family.
<p>TUESDAY: Swim</p>	<p>Carps & Cranes: In shallow water or the play pool, Mark off a square or rectangular playing area in the pool with a lane line dividing the area in half at the center. Mark end lines clearly, as they will serve as home bases for the teams. Divide students into two equal teams and have them line up along the lane line facing each other, with the end lines behind them. Designate one team carps and the other team cranes. When you call out "Carps" or "Cranes," that team tries to catch members of the opposing team before they can reach the safety of their end line. The captured members join the other team. The team with the most players at the end of play wins.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card#: 392 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p> <p><i>* If kids are not enrolled that show up, call parents and take them if there is room. If there is not room and they are not signed up, bring them to the office school office.</i></p>	<p>Box Maze: Materials Box cut in half, hole punch, popsicle sticks, marble, hot glue.</p> <ol style="list-style-type: none"> 1) Give each kid half a box (shoe box sixe is good). 2) Have them create a random path (like a maze) out of glued popsicle sticks. 3) Next have them create holes that their marble can Drop into as another barrier.
<p>FRIDAY</p>	



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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Flying Spinders: Materials: Pom Pom Puff Balls, glue, beads, pipe cleaners, googly eyes, yarn.</p> <ol style="list-style-type: none"> 1) Have kids pick two PomPom's (one for the spiders head and body. Glue them together. 2) Cut pipe cleaners into 3rds or 4ths and glue onto the body. Kids can decorate by putting beads on the legs of the spider. 3) Glue googly eyes on, and tie yarn around the center of the spider to use as a rope.
<p>TUESDAY: Swim</p>	<p>Chin-Ball Relay: In waist to chest deep water, Divide students into teams. Have students line up along the wall in waist or chest-deep water, with half of each team on the opposite side of the pool. Give a ball to the first person on each team. Ask them to push the ball with their chins, mouths, or faces while walking across the pool holding their hands behind their backs. Students push the ball until it touches the far edge of the pool, then a team-mate standing on the opposite side of the pool takes over. The relay continues back and forth until all students have participated at least once. Variation: Have students carry and pass the ball by tucking it between their chins and their chests, or play without teams.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 393-394 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Moon Phases: Materials: Paper plates, oreos, markers, plastic knives.</p> <ol style="list-style-type: none"> 1) Work with the kids to determine the moon phases and their names. Split oreos into 2. 2) Use the white filling to represent the moon in its different phases.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Dodge ball: Split group into two teams, each team picks one Medic. Line balls along center of the gym and yell "go" teams run to the middle to grab balls and throw them at each other. If someone gets hit by the ball they sit down. If someone catches a ball, the thrower sits down. The Medic runs around and taps teammates on the shoulder and the person sitting down is back into the game.</p>

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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Pumpkin Pie in a Cup: Materials: Canned pumpkin, whip cream, cinnamon, graham cracker, vanilla pudding, plastic cups, spoons.</p> <ol style="list-style-type: none"> 1) have kids crush graham crackers and place in the bottom of their cups. 2) Have kids take one scoop of canned pumpkin and one scoop on vanilla pudding—> mix and layer on top of graham crackers. 3) Add whip topping and garnish with cinnamon.
<p>TUESDAY: Swim</p>	<p>Chutes and Ladders: In the play pool, Game leader rolls the dice out of the pool. Participant walks that many steps forward and up the steps of the play feature. When the student gets to the slide, they slide down and start the path over again.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 395-396 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Weight Challenge: Materials: Spaghetti noodles, Binder/large book, Styrofoam, scale.</p> <ol style="list-style-type: none"> 1) Have kids grab a piece of Styrofoam and a handful of noodles. 2) Next have them stick the noodles in the Styrofoam, have them determine how strong their noodles are by placing books and other heavy objects on top. 3) Challenge them to see how can they make their project stronger and capable of holding more weight.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Fishy Fishy: Two kids are picked as the fishies. Everyone else lines up at the end of the gym. Everyone that is lined up screams "Fishy fishy may we cross your ocean" and the fishies reply "Only if your wearing ____ (pick a color)". Everyone that's wearing that color trys to run to the other side of the gym pass the fishies. If a player is tagged by a fishy they now join the fishies trying to tag more people trying to cross the gym.</p>

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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Building a Thankful Tree: Materials: Construction paper, scissors, markers, glitter, feathers.</p> <ol style="list-style-type: none"> 1) Have each kid trace their hand with a marker & cut out their had print. 2) Have everyone write one thing they are thankful for on their hand. 3) Kids can then decorate their "leaves" 4) Have kids place their leaves on the Thankful Tree! They can definitely make more than one.
<p>TUESDAY: Swim</p>	<p>Duck, Duck, Goose: In shallow water or the play pool, One student is "it" and walks around the outside of the circle saying duck until they choose a goose who has to run around the circle and try to catch the person that is it.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 397-398 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Floating ball: Materials: Bendy straws, paper, tape.</p> <ol style="list-style-type: none"> 1) Have kids grab a piece of paper and mold in the shape of a funnel and tape to hold the shape. 2) Poke the bendy side of the straw through the small end of the funnel, and tape the straw into place. 3) Tear and crumple a small ball of paper and place it into your funnel. Blow and keep your paper ball in the air.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Icebergs: 1) Spread 5 mats (icebergs) all around the playing area. If you don't have mats, you can use hoops. Have everyone find their own space. 2) Kids run around the area, staying off the mats. After 30 secs-1min, the teacher yells out a number between 1-10. The kids quickly sit on a mat in a group of the number that was yelled. 3) After 10 seconds if not on a mat you must do a challenge. EXAMPLW: 5 I'm a stars, 10 jumping jacks, 5 pushups, ect..</p>

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<p>MONDAY Arts & Crafts or Cooking</p>	<p>Pretzel Turkeys: Materials: candy corn, pretzels, rolos, reeses pieces, candy eyes, zip lock baggies.</p> <ol style="list-style-type: none"> 1) have kids spread a pretzel with a rolo placed in the center on a plate. Place in the microwave for approx. 30 seconds or until chocolate is melted. 2) Decorate with reeses pieces as a nose, candy corn as feathers (about 3 per pretzel), and candy eyes . 3) Bag up for kids to take home.
<p>TUESDAY: Swim</p>	<p>F-I-S-H (bucket ball style)-- In shallow water or the play pool, students create trick shots and shoot their ball pit ball into the bucket (similar to HORSE for regular basketball)</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 399-400 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Lava Lamps: Materials: bottle, water, oil, food coloring, Alka-Seltzer tablets</p> <ol style="list-style-type: none"> 1) Fill the bottle 1/4 to 1/3 of the way full with water and then add oil. Fill it almost all the way too the top and add the food coloring. 2) Break up the alka-seltzer tablet and add it to the top of the bottle.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Rob the Nest: <ol style="list-style-type: none"> 1) Make a large square with 4 hoops, with a team at each hoop. In the middle of the area put lots of balls (10+). 2) One "GO" the first player from each team runs to the balls, picks up a ball and dribbles it back into their teams hoop. 3) Then the next person in line follows (1 At a time). 4) When the balls are gone from the middle, rob the nests (go and steal balls from other teams hoop). 5) When time is up the team with the most balls in their hoop wins! PROGRESSION: Add in defenders to try and knock others balls away.</p>

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<p style="text-align: center;">MONDAY Arts & Crafts or Cooking</p>	<p>Ornament making: Materials: Pipe cleaners, red and white beads, scissors, white/red/light blue/brown/green paper, popsicle sticks, glitter, glue, foam paper, finger paint, beads, markers, yarn, cotton balls, paper plates, hole-punch.</p> <p>There are many options with these supplies for Christmas themed activities.</p> <ol style="list-style-type: none"> 1) Beaded Candy Canes: Cut pipe cleaners in half and bend in the shape of a candy cane with a hook on the end. Have kids decorate by sliding beads onto the pipe cleaner (red-white-red-white) or whatever color they prefer. Then they can go home and hook onto the tree. 2) Snow Flakes: With white paper have kids fold pieces of paper as many times as desired and cut on crease. Then they can decorate with glitter/markers/beads/ect. 3) Stockings: With foam paper/construction paper have kids trace and cut stockings with their name on them. They can add cotton balls to the top, and use a pipe cleaner/yarn to add a hook. 4) Ginger Bread boys/girls: With brown paper have kids trace ginger bread kids, cut out, and decorate with markers, jewels, beads, yarn for hair, ect. Add hook with yarn or pipe cleaner. 5) Cotton Ball Snowmen: Have kids cut out three circles (white/light blue paper) in various sizes and glue on cotton balls. They can cut out a nose/arms/buttons/hat as well to glue on. 6) Christmas Tree Pipe Cleaners: Use pipe cleaners to outline and shape a triangular Christmas tree with a stump. You can wither bend or cut pieces to be the desired size. Use yarn to fill in the tree, and wrap the yarn around the tree. Next glue on puff balls to the yarn pieces to look like bulbs/lights. 7) Finger Painting: Have cut outs of a tree/snowman/santa/reindeer, ready. Have kids place the cut out on top of a white piece of paper. Pick out their paint colors and put finger dots all over the paper. After they are done lift off the cut out design and wola it will be left in white. 8) Christmas Tree Paper Plate: Have kids paint their paper plate green, and wait a few minutes for the paint to dry. Cut from the outside inward to create a swirl. In the middle of the plate punch a hole and loop through yarn as a hanging place. Lift up from the center and it should hang in a tree shape. Kids can use yarn and different colored paper to create bulbs and add glitter or puff balls for decoration.
<p style="text-align: center;">TUESDAY: Swim</p>	<p>Forty Ways:</p> <p>In shallow water or the play pool, Have students line up at one end (or at the side) of the pool. Have the first student in line move across the pool using a stroke or movement of his or her own choice. The second student then swims across using a different stroke, and so on until all students have gone. Any innovative way to move through the water is acceptable. If you play for more than one round, change the order of the students for each round.</p>
<p style="text-align: center;">WEDNESDAY Catch Curriculum</p>	<p><i>* If kids are not enrolled that show up, call parents and take them if there is room. If there is not room and they are not signed up, bring them to the office school office.</i></p> <p>Card #: 401-402 Limited Space</p>



SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Upside-Down Cone Trees: Materials: Ice cream cones, green frosting, peel licorice, sprinkles, skittles, plastic knives, paper plates, ziploc baggies.</p> <ol style="list-style-type: none"> 1) Have kids grab a cone and begin to paint on green frosting. 2) Have kids decorate with licorice, sprinkles, and skittles. 3) Take home in Ziploc baggies.
<p>TUESDAY: Swim</p>	<p>Freeze Dance- In shallow water or the play pool, Fun music is played and students dance in the water. When the music stops, students freeze in place until the music begins again.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 403-404 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Foil Ski Dudes: Materials: Foil, popsicle sticks, hot glue, markers.</p> <ol style="list-style-type: none"> 1) Have kids grab two popsicle sticks and color, these are considered the skis. 2) Next have kids grab a sheet of foil and mold into the shape of a human. Have them continue to add on if needed. 3) Glue his feet to the popsicle sticks.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Christmas Tree: Materials: Hoola-hoops, scarves, ropes, cones, ect.</p> <ol style="list-style-type: none"> 1) On your signal, the first person will take one piece of equipment (ornament) and do a locomotor movement to their tree and put it on the tree. I have my trees hold their arms out horizontally. If an ornaments falls off, they cannot put it back on. 2) When all the ornaments are on their tree, the game is over. Then we see how many ornaments were able to stay on the tree and (if you want) declare that team the winner Then change who is the tree.

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Christ mas Wreaths: Materials: Construction paper, buttons (green), glue, red ribbon, scissors.</p> <ol style="list-style-type: none"> 1) Have kids grab a piece of paper and begin to glue buttons down in a circle. A few rows of buttons and layering buttons will work best. 2) After the kid is satisfied with the shape of their wreath they can now accessorize with ribbon and puff balls. 3) Next have kids cut the excess paper off on the outside and middle of the wreath.
<p>TUESDAY: Swim</p>	<p>Freeze Tag-- In shallow water or the play pool, One student is the tagger and the other try to escape. When they are tagged, they freeze in place</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 405-406 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Catapult: Materials: rubber bands, plastic spoon, popsicle sticks, mini marshmallows.</p> <ol style="list-style-type: none"> 1) Start by stacking eight of the ten craft sticks into a pile and wrap a rubber band around both side of the eight stacked sticks. 2) Next, stack the remaining two sticks and wrap a rubber band around one end leaving the other end unbound. Then slide the open end of the two sticks around the large stack of sticks. 3) Wrap a rubber band around the two stacks diagonally in a criss-cross pattern so that the sticks stay together. Then place the plastic spoon on the top craft stick and secure it with a rubber band.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Hungry Human Hippo Game: Materials: Balls/Balloons, scooter, basket.</p> <ol style="list-style-type: none"> 1) Put kids in pairs of 2. One player on the scooter with basket & one player holding the persons feet/legs directing the scooter. 2) You may ONLY use the basket to gather the balls, no hands or arms may be used to gather the balls. At the end of the two minute mark count up the balls that your team "chomped" or gathers as hungry hippos. Each two minute round you rotate stations so each team will play at all 4 stations over the period of the game. This will help keep it fair, in case one set of wheels or basket works better than another. 3) You can add BONUS balls for extra points. For example pick out 5 balls and add a gold star on them, these bonus balls will be worth an extra 5 points each!

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Edible Reindeer:</p> <p>Materials: Swiss cake rolls, mini candy canes, pretzel sticks, candy eyes, mini reeses peanut buttercups, melted chocolate as glue, red candy's (skittles, sixlets, m&ms, red tamales.</p> <ol style="list-style-type: none"> 1) Use the swiss roll as the body and stick/glue 4 legs into the bottom of the roll. 2) Next use the chocolate glue to glue on the reeses peanut butter cup. 3) Behind the head either glue with chocolate or push the candycanes into the swiss rolls to act as antlers. 4) Lastly place the eyes and nose onto the peanut buttercup!
<p>TUESDAY: Swim</p>	<p>Geauga Water Polo- In shallow water or the play pool and played with several ball pit balls at a time. Students must work together to pass and catch the ball at least 3 times before it can be shot at the goal. One or two goalies try to block the shots.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card # 407-408 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Build a Birds Nest::</p> <p>Materials: Have the kids go on a nature walk and grab items they think would work best to build a nest, avoid mud and use glue to hold the materials together.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Volcano Cones:</p> <ol style="list-style-type: none"> 1) Set up cones scattered throughout the gym with some upside down. 2) Split the class into two different teams starting on opposite sides of the gym. One team is known as "volcanos" and the other as "Ice cream cones". 3) After yelling go one team tries to flip cones to either look like a volcano or ice cream cone. Which ever cones are flipped the same way most, that team wins.

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Salt/Water Color Snowflake Art: Materials: white paper, salt, water colors, paint brushes white crayon,.</p> <ol style="list-style-type: none"> 1) Draw snowflakes on the white paper. 2) With the water colors paint all over the paper. Your snow flakes should appear. 3) Have kids put some salt in one palm and pinch salt with the other hand and sprinkle all over their painting while the paint is still wet. 4) Let dry and take home.
<p>TUESDAY: Swim</p>	<p>Honest Abe-- In shallow water or the play pool, Divide students into groups. Hand out four to five pennies laminated pictures of large pennies to each student. Ask students to place half of the pennies face-down on the pool deck and half face-up. Have the students wait at least four feet from the side. Tell them that you will call out statements such as "Running is allowed on the pool deck." If they think the statement is true, they rush out of the water and turn all their pennies face-up; if they think it is not true, they turn all their pennies face-down. The first team to turn over all their pennies correctly wins.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 409-410 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Ribbon and Bell Chimes: Materials: Mini bells, ribbon, popsicle sticks, hot glue.</p> <ol style="list-style-type: none"> 1) Have kids glue bells onto strings of ribbon. 2) Criss-cross and glue popsicle sticks together. 3) Lastly, have kids either glue/tie ribbons to the popsicle sticks to hang in the wind.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Throw through the hoop: Materials: hula hoop,balls.</p> <ol style="list-style-type: none"> 1) Have kids in partners about 10ft apart. Have one kid hold the hoop and throw it in the air while the other tries to throw the ball though it. Switch and make a completion.

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Confetti PuppyChow: Materials: Chex Mix, confetti cake mix, Ziploc baggies, white chocolate, bowls, spoon.</p> <ol style="list-style-type: none"> 1) Have each kid grab their own bowl and add about a cup full of chex mix. 2) Have kids gradually add in cake mix and melted white chocolate and mix together. 3) Fill a Ziploc bag and bring home.
<p>TUESDAY: Swim</p>	<p>Marco Polo- In shallow water or the play pool, Arrange students in water. Select one student to be the caller. The caller closes his or her eyes and yells "Marco." All other students respond "Polo." The caller tries to tag other students by moving toward their voices. When a student is tagged, that student becomes the new caller.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 411-412 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Fossil Making:</p> <ol style="list-style-type: none"> 1) Mix 2 parts flour with 1 part salt in a large bowl or container. 2) Pour in water a little at a time, stirring as you pour. Blend the ingredients completely. The total amount of water should be about the same as the amount of salt, or a little less -- just enough to reach a dough consistency. 3) Have kids pick and press different shapes into their dough creating a fossil affect. 4) Let harden over night.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Bounce & Hit Through the Tunnel: Materials: Paddles, balls, cones.</p> <ol style="list-style-type: none"> 1)Have kids in equal groups, for each group lay two sets of cones as a tunnel that they can walk though. 2)One by one have the first person in line compete to dribble through and back with the ball competing against other teams.

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Snow Painting: Materials: Clear ketchup bottles, water, and food coloring.</p> <ol style="list-style-type: none"> 1) Fill the bottles with water and add droplets of dye to each until desired color. 2) Go outside and find a snow bank to paint! Make sure to remind kids to keep the drawings appropriate and also let kids bring sleds.
<p>TUESDAY: Swim</p>	<p>Noodle Relay- In waist to chest deep water, Divide students into teams. Have half of each team line up on the opposite side of the pool. The relay consists of three heats, with each person on the team swimming across the pool three times, switching off to a teammate on the other side of the pool between lengths. In the first heat, everyone sits on a pool noodle. In the second heat, everyone lies on their stomachs on a pool noodle. In the last heat, everyone pulls the pool noodle across the pool.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 413-415 Limited Space</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Leak Proof Bag: Materials: Zip lock baggies, pencils, water.</p> <ol style="list-style-type: none"> 1) Fill baggie half way with water. 2) Have kids stab bag with pencil.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Kangaroos & Crocs: Materials: Cones.</p> <ol style="list-style-type: none"> 1) Split the group into two teams (kangaroos & crocs). Lay three lines of cones throughout the gym. 2) Have teams line up on opposite sides of the middle line. Teacher yells out either kangaroos or crocs and that team sprints to their other cone line! If the player is tagged by the opposing team they join the team! 3) Variations: instead of running have kids roll/hop/skip.

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Fruit Snowman & Santa: Materials: Green grapes, bananas, mini chocolate chips, mini marshmallows, strawberry's, toothpicks, kabobs,. Ziploc baggies Snowman: Have kids grab a kabob and layer 3 banana slices, the point of a strawberry, and mini marshmallow to top. Kids can then use the mini chocolate chips to create a face and buttons. Santa: Have kids layer a green grape, banana through the center, strawberry for a hat, and a marshmallow to top!</p>
<p>TUESDAY: Swim</p>	<p>Obstacle Course - In shallow water or the play pool, Create an obstacle course in waist-deep t using some of the following equipment: diving bricks, kick-boards, buoyed lines, rope, large plastic hoops, mats, poker chips, buckets, balls, or other pool equipment, and a stopwatch or a clock that times to the second. Specify which skills you want students to use in different parts of the course in order to provide skill specific practice. Students first try to swim through the course without stopping, then swim through for time. Variation: This also can be done as a relay race. For beginners, you can create a shallow-water course that emphasizes above-water skills. Add variety by having students perform different skills or strokes to get to each obstacle.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 15-17 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Rubber Egg: Materials: Cup, egg, vinegar, note book to record predictions 1) Have kids predict the outcome of the experiment. 2) We put the egg in a cup and covered it with vinegar. The kids noticed there were bubbles on the shell of the egg immediately. 3) Leave it in the vinegar for two nights, the outer shell will begin to dissolve, and the egg will grow in size giving it a rubbery appearance.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Pac-Man Tag: Ghost, Pac-man, Medic. Pac man can tag everyone besides medic and Ghost, Ghost can only tag Pac-man. Medic runs around and saves anyone that gets tagged by Ghost or Pac-man. The Medic cannot die.</p>

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SCHOOL-AGE CHILD CARE

<p>the Y WEEKLY PLAN</p>	<p>3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up</p>
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Crystal Snowflakes: Materials: Pipe cleaners, jars, popsicle sticks, food coloring, borax, water, string/yarn, scissors.</p> <ol style="list-style-type: none"> 1) Start by cutting your pipe cleaner into thirds. 2) Take two pieces and make an x. Then wrap one around the other. Repeat with the other piece to make a snowflake shape. 3) Tie the string onto one of the ends. Place it in the mason jar to figure out where to tie the string to the popsicle stick. You don't want the snowflake to touch the sides or the bottom of the jar or else it will become crystallized to the jar. 4) Fill the jar with boiling water. Add food coloring, if desired. Add 6 T. borax to pint jars. {or 12 T. to quart jars} Stir until dissolved. I found it was easier to pour some borax into a bowl for the kids to measure out. 5) Then place your snowflake back in the jar. Make sure that it's not touching the sides or bottom of the jar. Then wait overnight and pull them out to dry on paper towels the next morning!
<p>TUESDAY: Swim</p>	<p>Relay Races-- In waist to chest deep water, Divide students into teams of equal ability and have them race across the pool. As each student finishes, he or she exits the pool and lines up. The first team to line up gets a round of applause. The other team(s) gets big smiles and words of encouragement. Variations: - Bob across the pool. - Swim backward across the pool. - Swim on back across the pool. - Let students make up their own variation.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 20-22 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Rainbow Celery: Materials: Celery stalk, food coloring, cups, water.</p> <ol style="list-style-type: none"> 1) Put the celery in the colored water and then recorded their observations in their science notebooks. This helps to encourage them to think like scientists and helps them track the changes. 2) Leave celery overnight and observe the next day.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Grab Ball: Mini orange mats for every player and line them up diagonally, 2 balls per person one on the mat and one in the middle. The first person able to posses 3 balls total wins. Players can take from other players but only can have one ball in their hand at a time.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Paper Plate String Heart Activity: Materials: Paper plates, yarn, hole puncher, paint brushes, red/pink paint.</p> <ol style="list-style-type: none"> 1) Prior to kids have the paper plates previously punched with a heart shape in the middle. 2) Have kids paint their paper plate & wait to dry. 3) After have them string yarn from hole to hole with different colors if desired to create a heart in the middle.
<p>TUESDAY: Swim</p>	<p>Scavenger Hunt- In shallow water or the play pool, Put random objects all over the pool and give students a list of things to collect and bring back to "home" to be marked off their list.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 23-24 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Water Rising: Materials: candle, glass plate, glass jars, lighters, water, blue food coloring.</p> <ol style="list-style-type: none"> 1) Have kids write down their predictions. Put water on plate and mix in food coloring, 2) Place candle in the middle of the plate and light. 3) Place glass jar over the top and watch the water rise!
<p>FRIDAY Active Day YMCA Gym</p>	<p>Silly Banana Tag: Have 2 taggers (Monkeys) . If tagged by a monkey stop and hold your hands above your head like a banana. Non-monkey has to come and un-peel the banana to become un frozen.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Valentine Pretzel Sticks: Materials: Long pretzel sticks, white chocolate, red/pink sprinkles, paper plates.</p> <ol style="list-style-type: none"> 1) Have kids dip their pretzel stick into melted white chocolate . 2) Place pretzel back onto plate and decorate with sprinkles.
<p>TUESDAY: Swim</p>	<p>Sharks & Minnows-- In waist to chest deep water, Choose one student to pretend to be the shark. When the shark says "Sharks and minnows," the rest of the students (the minnows) attempt to swim/walk/move to the other side without getting caught by the shark. If a student is caught, that student becomes the shark for the next round. Play continues until all the minnows have been turned into sharks.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #’ 25-27 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Keeping paper dry in water: Materials: clear glass containers/bowls, paper towels, water, food coloring.</p> <ol style="list-style-type: none"> 1) Stuff paper in the bottom of glasses, enough so it wont fall out. 2) Fill bowls with water and add a drop of food coloring. 3) Have kids take their glass and submerge it into the water. Make sure they hold it straight up and down.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Crab Soccer: Split kids into two teams and set up two goals with cones. Have kids in a crab position to kick the ball, no hands!</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Rainbow Rice Crisp's: Materials: Fruity pebbles, mini marshmallows, butter, paper plates/bowls, Ziploc baggies.</p> <ol style="list-style-type: none"> 1) Melt butter & marshmallows separately. 2) Combined and add fruity pebbles. 3) Have each kids mold & shape. 4) Take home in baggies.
<p>TUESDAY: Swim</p>	<p>Toy Rescue- In waist to chest deep water, Swim One at a time, have students put a toy on a kickboard and then glide on their backs to the other side of the pool with the kickboard balanced on their stomachs. Students try to get to the other side without the toy falling off the kickboard or letting the kickboard drift away from their bodies.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #:28-29 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Watching germs spread: Materials: pepper, dish soap, bowls, water, note books.</p> <ol style="list-style-type: none"> 1) Fill bowl with water and sprinkle on some pepper, be careful because a lot goes a long way so you might have to help the kids. 2) Next have the kids dip a finger in the dish soap, and place it in the middle of the bowl of water. 3) Boom the pepper should disperse away from the finger with soap.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Jet Ball: Have two throwers and split the rest of the kids into equal groups. Create two end zones on each ends of the gym. Players line up in one end zone and place bean bags in the other end zone. Players try to go to the other side and brag a bean bag to bring back to their team while the throwers throw balls at the teams running. If hit with a ball the player returns to their team without any bean bags that were secured. The team with the most bean bags at the end of the game wins, then rotate throwers.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Marbled Shaving Cream Painting: Materials: Paper plates, shaving cream, small card board squares, straws/popsicle sticks, food dye, white paper (cut into circles the size of paper plates).</p> <ol style="list-style-type: none"> 1) Have kids grab a paper plate and spray a layer of shaving cream on top. 2) Next add drops of food coloring. 3) Use a straw/stick to move the color around. 4) Place paper circle on top of shaving cream. 5) Lift paper out of shaving cream & wipe of cream with a stiff piece of card board.
<p>TUESDAY: Swim</p>	<p>Treasure Dive: In shallow water or the play pool, Throw dive rings or other objects to the bottom of the pool. Tell students pick up the objects, bring them back to the surface, and return them to the treasure chest,</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 30-31 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Mini Water Pump Sprinkler: Materials: Wooden screwers, plastic straws, masking tape, water, plastic cups.</p> <ol style="list-style-type: none"> 1) Push the pointy end of the skewer through the center of the straw. Position the straw and the bottom third of the skewer. 2) An inch and a half from the center on each side, cut half way through one side of the straw leaving the other side attached. Bend both sides downward to make a triangle shape. 3) Place in a cup filled with water and spin the skewer from the top. Be prepared to get a little wet! Refill cups as many times as kid desires.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Decorate the Christmas Tree: Have teams line up, and with one Christmas tree on the opposite side of the gym. Have teams put different random items on the person as decoration. The person with the most items that stay on them win.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Irish Flag Parfaits: Materials: Green grapes, whipped cream, mandarin oranges, cups, spoons. 1) Have kids layer green grapes, whipping cream, topped with mandarin oranges, and enjoy!</p> <p>Four Leaf Tortillas: Materials: Green tortillas, shredded cheese, cookie 4 leaf cutters. 1) Each kid gets 2 tortillas, put cheese in the middle, microwave for 20 seconds, and cookie cut shapes.</p>
<p>TUESDAY: Swim</p>	<p>Treasure Chest-- In shallow water or the play pool, Ask students to pretend they are pirates raiding a treasure chest (a pile of toys on the pool deck). Have students begin at the wall, grab a toy, slide into the water with that toy, and put it in a pile on a floating kickboard.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 32-33 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Paper Mountains Rain Fall: Materials: Paper/Foil, paint/markers, mini spray bottles. 1) Have kids crumple up their paper and then unfold to create mountains. 2) Have them either draw or paint the high areas/ridges. 3) Lastly spray water onto the mountains and watch how/where the paint runs off.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Tricycle day</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Easter Egg Salt Paintings: Materials: white paper, salt, paint brushes, liquid glue, water color, dixie cups.</p> <ol style="list-style-type: none"> 1) Have kids grab a sheet of paper and liquid glue. With the glue have them draw an egg and design it. 2) Have kids place salt over the glue, and shake the excess salt off their sheet. 3) Water paint with whatever colors they desire. 4) Wait to dry and take home.
<p>TUESDAY: Swim</p>	<p>Volleyball without net: In shallow water or the play pool, Students volley a beach ball in the air for as long as possible without letting the beach ball hit the water. Add additional balls to increase the challenge.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 34-42 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Homemade edible water beads: Materials: Dixie cups, a pot, food coloring, tapioca pearls, water, plates.</p> <ol style="list-style-type: none"> 1) Begin by filling a large pot with water and bringing it to a boil. Add the tapioca pearls and stir. Cover the pot and cook over medium heat for 5-7 minutes. 2) Once cooked drain the tapioca pearls and run them under cold water for several minutes. Kids can play with the pearls once they are cool, or you can add extra coloring for even more fun. 3) Pour pearls into different cups and have kids add their preferred colors. Stir and after 15 minutes rinse and dump on plates to enjoy and play with!
<p>FRIDAY Active Day YMCA Gym</p>	<p>Free Day: Have the kids pick what games to play/or if they want to play with the bikes/or parachute.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Easter Egg Fruit Tart: Materials: Bananas, blueberries, strawberries, kiwi, yogurt, rice cakes, knives, paper plates. 1) Have kids grab a rice cake , spread on yogurt/cream cheese, and layer on fruit in rows/designs, and eat.</p>
<p>TUESDAY: Swim</p>	<p>Wake-Up Shark-- In shallow water or the play pool, Have students stand with their backs against the wall. Pretend you are a fish or a shark. Ask students what time they want the shark to wake up. If they say eleven o'clock, turn around and count to 11 while the students try to make to "safety" before the shark "gets" them.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 43-45 Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Watermelon Explosion: Materials: Watermelon, rubber bands (600), bowl to hold watermelon, eye goggles, aprons. 1) Place watermelon in bowl standing up. Have kids take turns placing rubber bands around watermelon.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Corner Ball: Place mats in all corners of the gym. Split the kids into 4 groups, and have them line up behind the mat. Go to each group and give each player a number EX: team of 4= Player 1, 2, 3, and 4. Go to the middle of the gym and yell out a number. Whoever was assigned that number on each team will jump out and run to the middle of the gym where there will be a ball waiting. They will play soccer and have to score on any other teams mat besides their own. It is 1vs1vs1vs1. The round can either end after the first person scores and it's a point for their team or it can be 2 minute intervals.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Bunny Paper Plate Masks: Materials: Paper plates, markers, pipe cleaners, scissors, construction paper, liquid glue, popsicle sticks.</p> <ol style="list-style-type: none"> 1) Place paper plate upside down, and glue on puff ball nose and pipe cleaner whiskers. 2) Have kids cut out holes for eyes. 3) Shape and cut out ears, glue ears on eating side of paper plate. 4) Lastly have kids glue popsicle stick on eating side of plate and write their name on it. Decorate and color if desired.
<p>TUESDAY: Swim</p>	<p>Yard Sale-: In shallow water or the play pool, Spread a variety of floating and sinking toys in the pool. Split students into two teams. Have them line up on opposite sides of the pool. On your signal, have students gather as many toys as they can. The team that brings more toys back to its side of the pool.</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 46-48 + All Salmon Cards Aerobics</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Snow –cream: Materials: Snow, whole milk/cream, raw sugar, spoons, bowls, vanilla.</p> <ol style="list-style-type: none"> 1) have kids grab a bowl and go outside as a group. Look for fluffy snow. 2) Return back inside with bowls and have kids start adding milk and sugar. 3) Lastly, add in vanilla. Again a little goes a long way.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Use cones to create a circle. I like to use 6-8 cones per circle and have the cones space about three feet apart. The size of the circle can be adaptive to fit the needs of your students. Each student stands in the “goals” (spaces) of the cones. One student per goal. Each student must stay inside of their goal. They cannot move freely within the circle. The game begins with one student striking the ball with the palm of their hand. They are called the server. The server cannot serve at the players to their immediate right or left. If the ball enters the students goal area they must strike the ball immediately with their hands. The ball can never be kicked, stopped, or picked up with hands. To score a point, a student must strike the dodgeball through the players cones. When a point is scored, the player that scored must go and retrieve the ball. The player that was the server now gives the player to their right to start the game with a serve.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Earth Day Dirt Cups: Materials: Oreo crumbs, gummy worms, chocolate pudding, spoons, cups. 1) Have kids fill the bottom of their cup with chocolate pudding, next layer oreo crumbs, and lastly add the gummy worms.</p>
<p>TUESDAY: Swim</p>	<p>Drip Drip Drop</p>
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 215-216 Plastic Hoop</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Egg in a bottle: Materials: Hard boiled egg, plastic bottle, paper to burn, lighter. 1) Have kids place their bottles and egg in front of them. Roll and light paper on fire. 2) Once the flame burns out place egg on top, and watch as the egg slides into the bottle. 3) If there's time place the bottle in a bowl of hot water the air expands and pushes the egg back out.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Wolfs Den: Create a center zone (den). And pick one wolf (tagger), have the rest of the class split off and go on each side of the den. Kids try to run from one side of the den to the other. If they are tagged they become a wolf and have to stay in the den zone and help tag other runners.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Earth Day Seed Bombs: Materials: 3-4 Packages of Flower Seeds, 3 Sheets of Construction Paper (we used blue, green, and white), Scissors, Water, egg carton.</p> <ol style="list-style-type: none"> 1) Have paper shredded in different. 2) Have kids pick out colors and wetten them. 3) Have kids grab seeds and embed them in a ball with the paper, place in egg carton and wait to dry.
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 217-218 Plastic Hoop</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Edible Sand: Materials: Cane sugar, food coloring, ziplock baggies, paper plates.</p> <ol style="list-style-type: none"> 1) each kid receives a baggie with sugar, have them add in their choice of food coloring. And Mix. 2) Dump out on plate, will be sticky and may bleed onto hands so have gloves if kids want. Create tops 3 different color sand. Build sand castles/rivers.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Everyone's it frozen tag: In the gym have kids scatter through out, on go the game begins. Once go is yelled, players begin tagging each other if tagged you have to stay frozen in spot. To become un tagged the player must be tapped three times by another player.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Cinco De Mayo Nachoes: Materials: Chips, lettuce, sour cream, black olives, mild salsa, corn, shredded cheese, paper plates/bowls, forks. 1) Have kids grab and put desired toppings in bowl,. Melt. Enjoy.</p>
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #:219-220 Plastic Hoop</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Baked Potato Experiment: Materials: Potato, foil, baked potato pins, timer, cheese, sour cream, bacon, broccoli, forks. 1) Come up with different ways to bake the potato. Experiment with different techniques. Which is the fastest? What makes the out side crispy? What is "cooked"? 2) After discuss what worked best. And eat potatoes.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Parachute and hula hoop/bike day.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Maracas/ Bead cup: Materials: Beads, paper cups, tape, yarn, markers, glue, fabric, popsicle sticks. Maracas: Kids will need two cups, fill one cup with beads, take the other cup and place on top . Tape together . Stick popsicle sticks in the bottom and shake! Bead cup: Take cup and wrap fabric to design cup. At the bottom of the cup connect string. On the string end that's hanging out tie bead. Stick popsicle stick in the bottom, and play trying to get the bead inside the cup!</p>
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 221-222 Plastic Hoop</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Grape shadow tracing: Materials: Grapes, toothpicks, pencils, lamp/light, paper. 1) Have kids build a tower with the grapes. 2) Have kids trace each step when building their tower to observe its changes. Think about how and why I built it the way I did. Eat.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Protect the castle: Materials: tall cones/bowling pins, balls. Set up a large circle with cones and in the middle set up the bowling pins/standing tall cones. Have there be 2-3 gaurds, and the rest of the group stand on the outside of the big circle with balls. The people on the inside protect the castle (bowling pins) while the people on the outside try to throw the balls and knock them over. Variation: if the person on the inside catches a ball have them switch with whoever threw the ball from the outside.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Fruit Sushi Rolls: Materials: Bananas, fruity pebbles, cool whip, black berries/raspberries/kiwi/strawberries, hot dog trays, plastic knife.</p> <ol style="list-style-type: none"> 1) Have kids grab and peel banana, then spread cool whip on the outside of the banana. 2) In their tray have them fill the bottom with fruity pebbles, then roll and sprinkle their banana with fruity pebbles. 3) In a different tray have them stand their banana up and top with berries. 4) Cut banana into slices and enjoy with chopsticks!
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 223-224 Plastic Hoop</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Jello clouds in a jar: Materials: boiling water, blue jello mix, ice cubes, jars, whip cream, spoons.</p> <ol style="list-style-type: none"> 1) 1 c boiling water over 1 box of blue jello. mix til dissolved. add 1c (ish) icecubes and stir stir stir. after about 5 minutes, it will start to thicken. i didn't think it was quite thick enough at that point, so i put the bowl in the fridge for about 20 minutes. when it is firm enough to still be a little liquidy but tight enough to hold a little shape,. 2) pour a layer of jello in bottom of glass jar. Add a blop of whipped cream and push it against the glass.
<p>FRIDAY Active Day YMCA Gym</p>	<p>Musical Hoops: Lay hula hoops down in a circle (enough for everyone to stand in) turn music on and begin to have kids rotate around the circle. Take out hula hoops each round, the last person on standing in a hula hoop is out.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p style="text-align: center;">MONDAY Arts & Crafts or Cooking</p>	<p>Fish Making: Materials: Construction paper, glue, tissue paper, googly eyes, glitter, cup cake skirts, scissors.</p> <ol style="list-style-type: none"> 1) Have kids pick a color of paper they want the body of their fish to be. Cut the shape of an oval. 2) Cut a cup cake skirt into a triangle and have the point connected to the body (belly) with the rounded edge hanging off. Do the same for the top of the fish (back) to create fins. 3) Next either draw an eye or glue on a googly eye. And same for a mouth. (you can cut one out) 4) Cut cup cake skirts in half and glue on the body as scales, you can also use feathers and other materials to decorate. 5) As for the tail do the same procedure as the fins!
<p style="text-align: center;">TUESDAY: Swim</p>	
<p style="text-align: center;">WEDNESDAY Catch Curriculum</p>	<p>Card #: 225-226 Plastics Hoop</p>
<p style="text-align: center;">THURSDAY S.T.E.M or Service Learning</p>	<p>Lemon Volcanos: Materials: bowls, food coloring, baking soda, spoons, knife, lemons, dish soap, popsicle stick.</p> <ol style="list-style-type: none"> 1) Cut lemons the top off of the lemon, mush the inside with the popsicle stick. 2) Place dish soap inside, and drop food coloring in. 3) Place baking soda inside, stir, and watching for the fizzing reaction.
<p style="text-align: center;">FRIDAY Active Day YMCA Gym</p>	<p>The Alphabet game: Have kids scatter and give them a task each round (jog/gallop/bunny hop/skip/ect) yell out a letter EX. "L" two kids get together to form that letter to the best of their abilities. Variation: Give everyone a letter, have them scatter and continue to gallop/jog/skip/ect. Call out a letter and that person is it.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Under the Sea Graham Crackers: Materials: Graham crackers, blue frosting, gold fish, crushed graham cracker, sprinkles, peel off licorice (multi-color), paper plates, plastic knives.</p> <ol style="list-style-type: none"> 1) Kids get a full sized graham cracker. Start to smear on blue frosting to look like water. 2) Then decorate with gold fish, seaweed (twizzlers), and crushed graham cracker as sand. Yum!
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #” 227-229 Plastic Hoop</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Oil Spill Clean up: Materials: Pan of water, oil, blue food coloring, cotton balls, dish soap, feathers, spoon.</p> <ol style="list-style-type: none"> 1) Fill the pan with water and add in food coloring. 2) Pour in Oil. 3) Use various supplies to try and remove the oil. What worked well?
<p>FRIDAY Active Day YMCA Gym</p>	<p>Kick Ball: Create 4 bases. 1st, 2nd, 3rd, and Home base. Split the group into two teams. One team starts out kicking and the other is out in the field. If a ball is kicked and caught the kicker is out and returns to the back of their line, if the ball is kicked and either goes to the right of first base or the left of third base it is considered a foul ball and a strike. Each kicker gets three strikes before getting out. The Pitcher must roll the ball under hand and over the home base otherwise a re-pitch is awarded. To receive a point a player must touch and run from 1st to 2nd to 3rd to home plate without getting tagged with the ball or whatever base they are running to stepped on with the ball in opponents hand.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Jelly Fish: Materials: Paper bowls, tissue paper, streamers/ribbon, googly eyes, yarn/string, glue.</p> <ol style="list-style-type: none"> 1) Have kids grab a paper bowl, and flip it upside down. Have kids start gluing and picking out colors of tissue paper. 2) Glue on googly eyes. 3) Pick streamers or ribbon, push a hole through the top and run string through. Once the string is through tie a knot around the streamers and ribbon.
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 230-233 Plastic Hoops</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Egg Drop Project: Materials: Eggs, straws, tape, paper, rubber bands, noodle foam chunks, marshmallows, paper cups, pipe cleaners, ect.</p> <p>Have kids grab one egg and build a shield around it to drop from high heights to see what works to keep it from breaking.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Big Base: You will need two big mats and a kick ball. Split the group into two teams. One mat is set up to kick from and the other is placed on the opposite end on the gym against the wall. One team starts out kicking and the other is out in the field. If a ball is kicked and caught the kicker is out and returns to the back of their line, If the ball is kicked and not caught players in the field grab the ball as quick as they can and try to either tag the player out while holding the ball or throw and hit the runner with the ball. In the mean time the runner is trying to make it across the gym to the other big base, there can be 3 people total on the big base at once before having to make it back home, if the player makes it back home it's considered a point.</p>

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SCHOOL-AGE CHILD CARE

WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
MONDAY Arts & Crafts or Cooking	Cold S'mores: Materials: Graham crackers, mini marshmallows, mini chocolate chips, cool whip/ice cream, spoons, paper bowls. 1) Have kids grab a bowl, scoop of cool whip/ice cream, a scoop of chocolate chips, and a scoop of marshmallows. Mix the materials together in their bowl. 2) Grab their graham crackers and scoop their mixture in-between.
TUESDAY: Swim	
WEDNESDAY Catch Curriculum	Card #: 234-238 Plastic Hoops
THURSDAY S.T.E.M or Service Learning	Paper making: Materials: Paper kit
FRIDAY Active Day YMCA Gym	Volley Ball/Tennis soccer.

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WEEKLY PLAN	3:15 pick up at the bus doors 3:20 school playground 3:45 bathroom/snack 4:15 daily activity 5:15 pick-up
<p>MONDAY Arts & Crafts or Cooking</p>	<p>Leaf People: Materials: Leaves, scissors, googly eyes, glue, construction paper.</p> <ol style="list-style-type: none"> 1) Go on a nature walk prior to cafeteria time, and have kids collect leaves. 2) Have them grab a piece of paper and start to form their leaf human! Glue down leaves on piece of paper and glue on googly eyes. 3) Lastly have the kids name their little human.
<p>TUESDAY: Swim</p>	
<p>WEDNESDAY Catch Curriculum</p>	<p>Card #: 239-241 + All Salmon Cards Plastic Hoops</p>
<p>THURSDAY S.T.E.M or Service Learning</p>	<p>Turtle Buddies: Materials: Yarn, mini popsicle sticks, hot glue.</p> <p>You will need three popsicle sticks per kid to make one turtle. First I tied on a piece of long yarn. (I made sure to leave a bit of excess yarn so that I could tie my last piece of yarn with my first piece of yarn at the end.) Then, we wrapped the yarn around our turtle (across the center), making sure to cover the middle portion. (I think I wrapped it around 2-3 times each time.) We placed our yarn over a popsicle stick, wrapped it around once, and then placed our yarn over the next popsicle stick, and wrapped it around... and kept repeating that over and around process. And to change colors, we simply tied on another piece of yarn. Once we finished, we tied our last piece of yarn to our first piece of yarn.</p>
<p>FRIDAY Active Day YMCA Gym</p>	<p>Horse/Pig/Lightening basket ball.</p>

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