

A.S.B. Weekly Schedule

2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:55	Arrival/Breakfast				
9:00-9:50	Exercise *Stretch (10 min) * Walk (15-20 min) * Cool-Down (10 min)	Exercise *Stretch (10 min) * Walk (15-20 min) * Cool-Down (10 min)	Exercise *Stretch (10 min) * Walk (15-20 min) * Cool-Down (10 min)	Exercise *Stretch (10 min) * Walk (15-20 min) * Cool-Down (10 min)	Exercise *Stretch (10 min) * Walk (15-20 min) * Cool-Down (10 min)
10:00-10:50	Arts & Crafts- B Gardening- Y STEM- G	Enrichment- Y Culinary-G Sports- B	Sports- B Mentoring- Y STEM- G	Arts & Crafts-B Culinary-G Enrichment- Y	Sports- B Mentoring- Y Free Choice- G
11:00-12:00	LUNCH Hamilton/McDavis/Turley: 10:50-11:20 Williams/Davis/Hervey: 11:20-11:50				
12:00-1:00	Arts & Crafts- Y Gardening- G STEM- B	Enrichment- G Culinary- B Sports- Y	Sports- Y Mentoring- G STEM- B	Arts & Crafts- Y Culinary- B Enrichment- G	Sports- Y Mentoring- G Free Choice- B
1:00-2:00	Arts & Crafts- G Gardening- B STEM- Y* (2:30)	Enrichment- B Culinary- Y* (2:30) Sports- G	Sports- G Mentoring- B STEM- Y* (2:30)	Arts & Crafts- G Culinary- Y* (2:30) Enrichment- B	Sports- G Mentoring- B Free Choice- Y
2:00-3:00	FREE TIME				