

SEPTEMBER

AFTER THE BELL ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ATB SCHEDULE WILL RUN AS FOLLOWS: 3:00-3:45 Health Snack and Homework 3:45-4:45 Daily Activity 4:45-6:00 Games and Fun in	1 FIRST DAY OF ATB! We will spend the day doing group games and getting to know each other.	2 TEEN SWIM TIME 3:45-5:00	3 TEEN CHOICE	4 GAME ON	5
6	7 TOP CHEF Dutch Apple Muffins	8 ART ATTACK YOUTH DANCE 4:30-5:30 YOUTH SPORTS CONDITIONING 5:00-6:00	9 TEEN SWIM TIME 3:45-5:00	10 KUNG-FU 4:30-5:30	11 GAME ON	12
13	14 TOP CHEF Confetti Corn Quesadillas	15 ART ATTACK YOUTH DANCE 4:30-5:30 YOUTH SPORTS CONDITIONING 5:00-6:00	16 TEEN SWIM TIME 3:45-5:00	17 KUNG-FU 4:30-5:30	18 GAME ON	19
20	21 TOP CHEF Hummus and Pita Chips	22 ART ATTACK YOUTH DANCE 4:30-5:30 YOUTH SPORTS CONDITIONING 5:00-6:00	23 TEEN SWIM TIME 3:45-5:00	24 KUNG-FU 4:30-5:30	25 GAME ON	26
27	28 TOP CHEF Homemade Energy Bars	29 ART ATTACK YOUTH DANCE 4:30-5:30 YOUTH SPORTS CONDITIONING 5:00-6:00	30 TEEN SWIM TIME 3:45-5:00			

PROGRAM DESCRIPTIONS

TOP CHEF: Let's get cooking! Participants will learn the basics of cooking and nutrition as they create healthy and delicious snacks.

YOUTH DANCE: Experienced dance instructors will teach your youth basic steps, structure, and style in a non-competitive atmosphere. Ages 6-12.

YOUTH SPORTS CONDITIONING: Certified personal trainers will lead participants through a variety of sports specific exercises. Ages 13-15.

ART ATTACK: Teens will have the opportunity to unleash their creativity as well as see art in their community. Field Trip Dates TBA.

TEEN SWIM TIME: NEW! Open swim time for Teens and Families here at the Bellevue Y.

KUNG FU: Long-time volunteer and Kung Fu instructor teaches beginning Kung Fu for any age and ability.

GAME ON: Get ready for non stop fun. Teens will do everything from ultimate Frisbee to chess. Field trip dates TBA.