

GREAT FUTURES START HERE.



**BOYS & GIRLS CLUB
OF UKIAH**

Break Schedule

8:00 am - 8:30 am: Doors open, everyone gathers in the gym.
Small group activities to wake up and be ready for the day.

8:30 am 8:45 am: All use restroom, wash hands.

8:45 am - 9:15 am: Breakfast

9:15 am - 10:15 am: Active Free play/Organized activities/Outside time

10:15 am - 11:45 am: Brain gain
(3 stations involving activities including mathematics, reading, writing, etc.)

11:45 am 12:00 pm: All use restroom, wash hands.

12:00 pm - 12:30 pm: Lunch

12:45 pm - 1:45 pm: Free play inside

1:45 pm - 2:45 pm: National Programs

2:45 pm - 3:00 pm: All use restroom, wash hands.

3:00 pm - 3:30 pm: Snack

3:30 pm - 4:30 pm: Free play

4:30 pm - 5:15 pm: Cleanup

****Times and activities subject to change****