



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y AFTER SCHOOL

Sample Daily Schedule

2:20 – 2:30 pm	Roll Call / Review of Activity Schedule
2:30 pm – 3:15 pm	Active Play
3:15 – 4:00 pm	Snack/Supper Time (varies by site)
4:00 – 4:45 pm	Homework Help/Reading Time
4:45 – 6:00 pm	STEM Activities Science, Technology, Engineering & Math HEPA Activities Healthy Living & Physical Activity

In addition to the above activities, Y After School students get to enjoy the following extracurricular activities throughout the school year at no additional charge:

Too Good for Drugs Program

Y After School and Blue Ridge Behavioral Healthcare are committed to reducing youth substance abuse in the Roanoke Valley. Y After School students participate in ten (10) weekly 30 – 45 minute sessions of the Too Good For Drugs program. The program addresses the following topics: Goal Setting, Decision Making, Bonding with Others – building, choosing and maintaining positive friendships, Recognizing and Managing Emotions and Effective Communication.

Mill Mountain Theater Classes

Mill Mountain Theater works with Y After School students throughout the year on basic theatre techniques. Children will have the opportunity to act out scenes, monologues and play improv games. They will also dive into character development, clarity of speech, body awareness, and making big, bold choices on stage!

