# Example Program Schedule

## THURSDAY

<table>
<thead>
<tr>
<th>TIME</th>
<th>ARRIVAL AND ATTENDANCE</th>
<th>SNACK</th>
<th>PHYSICAL ACTIVITY:</th>
<th>CONFLICT RESOLUTION:</th>
<th>CONFLICT RESOLUTION:</th>
<th>HOMEWORK HELP</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30-4:00 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00-4:45 p.m.</td>
<td></td>
<td></td>
<td>PHYSICAL ACTIVITY:</td>
<td>CONFLICT RESOLUTION:</td>
<td>CONFLICT RESOLUTION:</td>
<td>HOMEWORK HELP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Gym Time/Dance Class</td>
<td>Coping Mechanisms</td>
<td>Coping Mechanisms</td>
<td></td>
</tr>
<tr>
<td>4:45-5:30 p.m.</td>
<td></td>
<td></td>
<td>CONFLICT RESOLUTION:</td>
<td>PHYSICAL ACTIVITY:</td>
<td>PHYSICAL ACTIVITY:</td>
<td>HOMEWORK HELP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Coping Mechanisms</td>
<td>Gym Time/Dance Class</td>
<td>Gym Time/Dance Class</td>
<td></td>
</tr>
<tr>
<td>5:30-6:15 p.m.</td>
<td>HOMEWORK HELP</td>
<td>HOMEWORK HELP</td>
<td>HOMEWORK HELP</td>
<td>PHYSICAL ACTIVITY:</td>
<td>CONFLICT RESOLUTION</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Gym Time/Dance Class</td>
<td>PARENT PROGRAMMING:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>PARENT PROGRAMMING:</td>
<td>Financial Aid Information</td>
<td></td>
</tr>
<tr>
<td>6:15-6:30 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### KEY

- **ALL**: 6-8
- **9-11**: Teens
- **Teens**: Teens