



BAFY KIDS' CLUB After School Program Daily Schedule

- 2:30 – 3:30 p.m. Children meet in the gym
Attendance
Free Play/Organized Physical Activities
- 3:30 – 3:45 p.m. Bathroom/Water Breaks/Wash Hands for Snack
- 3:45 – 4:15 p.m. Nutritious Snack and 100% Juice
- 4:15 - 5:00 p.m. Homework Time (students refer to Daily Planner)
If a child does not have any homework a counselor will initial this.
Once a child completes his/her homework a counselor will initial this.
If time allows children may choose between:
D.E.A.R. (Drop Everything And Read)
BAFY Academic Activities (a variety of age-appropriate activities)
- 5:00 - 5:45 p.m. C.A.T.C.H. and other organized physical activities
C.A.T.C.H. (*Coordinated Approach To Child Health*) is a physical activity and nutrition education program designed for elementary school aged children in an after school/summer setting. This program has been demonstrated to increase children's physical activity and their nutrition knowledge and intentions.
- 5:45 – 6:00 p.m. Free Play
- 6:00 p.m. ALL children must be picked up by 6:00 p.m.
- 6:01 – 6:29 p.m. Parents will be assessed a late pick-up fee.
- 6:30 p.m. The Bedford County Sheriff's Department will be notified if any child is still on site.

*This is a suggested schedule for the BAFY Kids' Program.
Each site may adapt to their own children or location needs.