



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Kings Mountain Family YMCA Daily Schedule

6:30AM – 8:00AM: Rides In

(Participants will be screened and escorted to wash hands before any contact with other participants or other staff besides the staff handling the rides in.)

→ Gym

8:00AM – 8:15AM: Bathroom Break & Mandatory Hand Wash

8:15AM – 9:45AM: 1st Rotation

(Participants will break off into separate groups of 9 and participate in different activities.)

→ Afterschool Room, Snack Room, Child Watch, Kid Zone or the Gym

(Staff will be in charge of sanitizing all items and spaces used within different stations at the end of each rotation. Cleaning supplies will be in each designated area for staff use only.)

9:45AM – 10:00AM: Bathroom Break & Mandatory Hand Wash

10:00AM – 10:30AM: First Snack

→ Afterschool Room, Snack Room, Child Watch, Kid Zone or Gym Classroom

(Tables will need to be sanitized before and after snack.)

10:30AM – 10:45AM: Bathroom Break & Mandatory Hand Wash

10:45AM – 12:15PM: 2nd Rotation

→ Afterschool Room, Snack Room, Child Watch, Kid Zone or the Gym

(Staff will be in charge of sanitizing all items and spaces used within different stations at the end of each rotation. Cleaning supplies will be in each designated area for staff use only.)

12:15PM – 12:30PM: Bathroom Break & Mandatory Hand Wash

12:30PM – 1:15PM: Lunch

→ Lunch will take place wherever the participants had their 2nd rotation.

(All tables and spaces will need to be sanitized before and after lunch)

1:30PM - 1:45PM: Bathroom Break & Mandatory Hand Wash

1:45PM – 3:15PM: 3rd Rotation

→ Afterschool Room, Snack Room, Child Watch, Kid Zone or the Gym

(Staff will be in charge of sanitizing all items and spaces used within different stations at the end of each rotation. Cleaning supplies will be in each designated area for staff use only.)

3:15PM – 3:30PM: Bathroom Break & Mandatory Hand Wash

3:30PM – 4:00PM: Second Snack

→ Afterschool Room, Snack Room, Child Watch, Kid Zone or Gym Classroom

(Tables will need to be sanitized before and after snack.)

4:00PM – 4:15PM: Bathroom Break & Mandatory Hand Wash

4:15PM – 5:45PM: 4th Rotation

→ Afterschool Room, Snack Room, Child Watch, Kid Zone or the Gym

(Staff will be in charge of sanitizing all items and spaces used within different stations at the end of each rotation. Cleaning supplies will be in each designated area for staff use only.)

5:45PM – 6:00PM: Bathroom Break & Mandatory Hand Wash

6:00PM – 7:30PM

→ Gym

(Only 1 designated staff will be in charge of walking the participant out to their vehicle.)