

Jr./Sr. High Community/Afterschool Program (Monday – Thursday)
January 9, 2017 – June 8, 2017

3:00-3:30 Everyday – Snack & Chat in the Cafeteria (3:30-3:40 Change & Report to Exercise Activity) <i>Programs are subject to change</i>		
<u>Date:</u>	<u>Time: 3:40 – 4:20</u>	<u>Time: 4:20 – 5:00</u>
1/9/17	Zumba – Cafeteria, or Weight Room	Educational Games - Library, or Common Core Expectations – Library, or Homework/Study Skills - Cafeteria
1/10/17	Yoga – Library, or Weight Room	Math Games – Library, Setting up a Webpage – Comp. Lab 232 or Homework/Study Skills – Cafeteria
1/11/17	Zumba Toning – Cafeteria, or Weight Room	Math Games – Library, Setting up a Webpage – Comp. Lab 232 or Homework/Study Skills - Cafeteria
1/12/17	Yoga – Library, or Weight Room	Board Games - Library, or Homework/Study Skills - Cafeteria
1/17/17	Yoga – Library, or Weight Room & 1 st “Health & Fitness Challenge” – Nurse’s Office Assessment	Drawing – Art Room, or Homework/Study Session – Cafeteria
1/18/17	Zumba Toning – Cafeteria, or Weight Room	Advertising/Graphic Design – Comp. Lab 232, or Homework/Study Session – Cafeteria
1/19/17	Yoga/Meditation/Stretching – Library, or Weight Room	Advertising/Graphic Design – Comp. Lab 232, or Homework/Study Session – Cafeteria
1/23/17	Zumba – Cafeteria, or Weight Room	Computer Skills/School Network – Computer Lab 232, or Homework/Study Session – Cafeteria
1/24/17	Yoga/Meditation/Stretching – Library, or Weight Room	Photography – Comp. Lab 232, or Homework/Study Session – Cafeteria
1/25/17	Zumba Toning – Cafeteria, or Weight Room	Photoshop (Photo Editing) – Comp. Lab 232, or Homework/Study Session – Cafeteria
1/26/17	Power Walking – Hallways/Track	Photoshop (Photo Editing) – Comp. Lab 232, or Homework/Study Session – Cafeteria
1/30/17	Zumba – Cafeteria, or Weight Room	Computer Drawing – Photoshop – Comp. Lab 232, or Homework/Study Session – Cafeteria

1/31/17	Yoga/Meditation/Stretching – Library, or Weight Room	Educational Video on Bullying – Library, or Homework/Study Session – Cafeteria
2/1/17	Zumba Toning– Cafeteria, or Weight Room	Educational Video on Bullying – Library, or Homework/Study Session – Cafeteria
2/2/17	Partner Dancing (Swing, Square, Waltz) – Cafeteria – Cafeteria, or Weight Room	Driving Skills – Library, Babysitting – Rm. 202 or Homework/Study Skills - Cafeteria
2/6/17	Zumba – Cafeteria, or Weight Room	Microsoft Word Skills/How to Write a Business Letter – Comp. Lab 232, or Homework/Study Session – Cafeteria
2/7/17	Hip-Hop Dance – Cafeteria, or Weight Room	Microsoft Word Skills/How to Write a Business Letter – Comp. Lab 232, or Homework/Study Session – Cafeteria
2/8/17	Hip-Hop Dance – Cafeteria, or Weight Room	How to Write a Resume in Microsoft Word– Comp. Lab 232, or Homework/Study Session – Cafeteria
2/9/17	Yoga/Meditation/Stretching – Library, or Weight Room	How to Write a Resume in Microsoft Word– Comp. Lab 232, or Homework/Study Session – Cafeteria
2/13/17	Zumba – Cafeteria, or Weight Room	Board Games - Library, Computer Math Games – Comp. Lab 232, or Homework/Study Session – Cafeteria
2/14/17	Yoga/Meditation/Stretching – Library, or Weight Room	Computer Keyboarding – Comp. Lab 232, or Homework/Study Session – Cafeteria
2/15/17	Zumba Toning– Cafeteria, or Weight Room	Computer Keyboarding – Comp. Lab 232, or Homework/Study Session – Cafeteria
2/16/17	Watch Musical Rehearsal – Auditorium	Watch Musical Rehearsal – Auditorium, or Homework/Study Session – Cafeteria
2/27/17	Zumba – Cafeteria, or Weight Room, & 2 nd “Health & Fitness Challenge” – Nurse’s Office Assessment	Distant Lands/Virtual Field Trip – Comp. Lab 232, or Homework/Study Session – Cafeteria
2/28/17	Winter Walk/Snowman Building - Outside	Distant Lands/Virtual Field Trip – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/1/17	Zumba Toning– Cafeteria, or Weight Room	DARE – Library, Math Games – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/2/17	Yoga/Meditation/Stretching – Library, or Weight Room	How to Play Chess – Library, Math Games – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/6/17	Zumba – Cafeteria, or Weight Room	Creative Writing – Library, or Homework/Study Session – Cafeteria

3/7/17	Hip-Hop Dance – Cafeteria, or Weight Room	Creative Writing – Library, or Homework/Study Session – Cafeteria
3/8/17	Hip-Hop Dance – Cafeteria, or Weight Room	Creative Writing – Library, or Homework/Study Session – Cafeteria
3/9/17	Yoga/Meditation/Stretching – Library, or Weight Room	Writing an Essay – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/13/17	Zumba – Cafeteria, or Weight Room	Astronomy – Library, Educational Games – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/14/17	Workout Challenge/Boot Camp – Weight Room	Nano-Science – Computer Lab 232, or Homework/Study Session – Cafeteria
3/15/17	Workout Challenge/Boot Camp – Weight Room	Art of Research – Library, or Homework/Study Session – Cafeteria
3/16/17	Yoga/Meditation/Stretching – Library, or Weight Room	Art of Research/Using Data Bases – Comp. Lab, or Homework/Study Session – Cafeteria
3/20/17	Zumba – Cafeteria, or Weight Room	Veterinary Science – Library, Educational Games – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/21/17	Zumba in the Circuit – Cafeteria, or Weight Room	College Prep./Financial Aid – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/22/17	Group Dance (Electric Slide/Macarena/Cupid Shuffle/Wobble), Or Weight Room	College Prep./Financial Aid – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/23/17	Yoga/Meditation/Stretching – Library, or Weight Room	Banking Skills Online/Banking Apps – Comp. Lab 232, or Homework/Study Session – Cafeteria
3/27/17	Zumba – Cafeteria, or Weight Room, & 3 rd “Health & Fitness Challenge” – Nurse’s Office Assessment	Proper Grammar/English Language – Library, or Homework/Study Session – Cafeteria
3/28/17	Yoga/Meditation/Stretching – Library, or Weight Room	Proper Grammar/English Language – Library, or Homework/Study Session – Cafeteria
3/29/17	Karate – Cafeteria, Meditation - Library	Foreign Languages – Library, or Homework/Study Session – Cafeteria
3/30/17	Karate – Cafeteria, Meditation - Library	Foreign Languages – Library, or Homework/Study Session – Cafeteria
4/3/17	Zumba – Cafeteria, or Weight Room	Bowling – Middleburgh Bowling Alley, or Homework/Study Session – Cafeteria
4/4/17	Bowling – Middleburgh Bowling Ally	Bowling – Middleburgh Bowling Alley, or Homework/Study Session – Cafeteria

4/5/17	Bowling – Middleburgh Bowling Alley	Chess Tournament – Library, or Homework/Study Session – Cafeteria
4/6/17	Yoga/Meditation/Stretching – Library, or Weight Room	Chess Tournament – Library, or Homework/Study Session – Cafeteria
4/10/17	Zumba – Cafeteria, or Weight Room	Photoshop (Computer Graphics) – Comp. Lab 232, or Homework/Study Session – Cafeteria
4/11/17	Power Walking, or Softball - Outside	Photoshop (Computer Graphics) – Comp. Lab 232, or Homework/Study Session – Cafeteria
4/12/17	Power Walking, or Softball - Outside	Photoshop (Computer Graphics) – Comp. Lab 232, or Homework/Study Session – Cafeteria
4/13/17	Yoga/Meditation/Stretching – Library, or Weight Room	Photoshop (Computer Graphics) – Comp. Lab 232, or Homework/Study Session – Cafeteria
4/24/17	Zumba – Cafeteria, or Weight Room	Acting (Monologues) – Library, or Homework/Study Session – Cafeteria
4/25/17	School Pride (Field Cleanup), or Kickball - Outside	Acting (Scenes) – Library, or Homework/Study Session – Cafeteria
4/26/17	Country Line Dancing – Cafeteria, or Kickball - Outside	Acting (Shakespeare) – Library, or Homework/Study Session – Cafeteria
4/27/17	Yoga/Meditation/Stretching – Library, or Weight Room	Acting (Musical Theater) – Library, or Homework/Study Session – Cafeteria
5/1/17	Zumba – Cafeteria, or Weight Room, & 4 th “Health & Fitness Challenge” – Nurse’s Office Assessment	The Human Brain – Library, or Homework/Study Session – Cafeteria
5/2/17	Ballet/Tap/Jazz – Cafeteria, or Yoga – Library, or Weight Room	Dealing with Depression - Library, or Homework/Study Session – Cafeteria
5/3/17	Ballet/Tap/Jazz – Cafeteria, or Yoga – Library, or Weight Room	Dealing with Exhaustion – Library, or Homework/Study Session – Cafeteria
5/4/17	Yoga/Meditation/Stretching – Library, or Weight Room	Breaking Bad Habits – Library, or Homework/Study Session – Cafeteria
5/8/17	Zumba in the Circuit – Outside, or Walking the Track	Book Club (Choosing a Group Book) – Library, or Homework/Study Session – Cafeteria
5/9/17	Fitness Boot Camp – Outside, or Walking the Track	Communication Skills/Email – Comp. Lab 232, or Homework/Study Session – Cafeteria

5/10/17	Obstacle Course– Outside, or Walking the Track	Book Club (Discussion 1) – Library, or Homework/Study Session – Cafeteria
5/11/17	Obstacle Course– Outside, or Walking the Track	Internet Safety – Comp. Lab 232, or Homework/Study Session – Cafeteria
5/15/17	Zumba – Outside, or Walking the Track, or Basketball - Outdoor Basketball Court	Book Club (Discussion 2) – Library, Photography – Comp. Lab 232, or Homework/Study Session – Cafeteria
5/16/17	Running/Walking Club – Outside (Track), or Basketball (Outdoor Basketball Court)	Living with Disabilities – Library, Photography – Comp. Lab 232, or Homework/Study Session – Cafeteria
5/17/17	Running/Walking Club – Outside (Track), or Basketball - Outdoor Basketball Court	Tending to the Elderly – Library, Photo Editing – Comp. Lab 232, or Homework/Study Session – Cafeteria
5/18/17	Relay Races – Outside (Track), or Basketball - Outdoor Basketball Court	Final Book Club Discussion – Library, Photo Editing – Comp. Lab 232, or Homework/Study Session – Cafeteria
5/22/17	Zumba Toning – Outside, or Basketball - Outdoor Basketball Court	Hygiene – Rm. 202, or French – Library, or Homework/Study Session – Cafeteria
5/23/17	Softball – Outside, or Basketball - Outdoor Basketball Court	Hygiene – Rm. 202, French – Library, or Homework/Study Session – Cafeteria
5/24/17	Softball – Outside, or Basketball - Outdoor Basketball Court	Drawing – Art Room, French – Library, or Homework/Study Session – Cafeteria
5/25/17	Softball – Outside, or Basketball - Outdoor Basketball Court	Drawing – Art Room, French – Library, or Homework/Study Session – Cafeteria
5/30/17	Boccer Ball – Outdoor Basketball Court, or Power Walking	Sketching/Charcoal – Art Room/Outside, or Homework/Study Session – Cafeteria
5/31/17	Boccer Ball – Outdoor Basketball Court, or Power Walking	Sketching/Charcoal – Art Room/Outside, or Homework/Study Session – Cafeteria
6/1/17	Boccer Ball – Outdoor Basketball Court, or Power Walking	Sketching/Charcoal – Art Room/Outside, or Homework/Study Session – Cafeteria
6/5/17	Zumba Toning – Outside, or Basketball – Outdoor Basketball Court	Music History (Classical & Jazz) – Library, or Homework/Study Session – Cafeteria
6/6/17	River Walk - Outside, or Basketball - Outdoor Basketball Court	Music History (Rock & Roll) – Library, or Homework/Study Session – Cafeteria

6/7/17	Zumba in the Circuit - Outside, or Basketball - Outdoor Basketball Court, or FINAL "Health & Fitness Challenge" –Nurse's Office Assessment	Music History (Hip Hop/Rap) – Library, or Homework/Study Session – Cafeteria
6/8/17	River Walk - Outside, or Basketball - Outdoor Basketball Court	Good Reads for Summer – Library, Swimming Safety – Computer Lab, or Homework/Study Session – Cafeteria

Register your student online here: <http://middleburghcsd.org/communityschool.cfm>