



Sample of Daily Activities

- 3:15 – 3:45 pm
 - Shuttle arrivals and student drop-offs
 - Snack time and open gym
- 4:00 pm
 - Students at Garden City Community Centre soccer field
- 4:00 – 4:10 pm
 - Dynamic warm-up and stretching
- 4:10 – 4:15 pm
 - Warm-up tag game and movement activity
- 4:15 – 4:35 pm
 - Group fitness workout (circuit station exercises consisting of 10 fitness activities targeting muscle development and speed will be used for a well-rounded total body workout – 1 minute exercise / 1 minute rest repeated 10 times changing station each time):
 1. Squat jumps
 2. Jumping jacks
 3. Russian twists
 4. Skaters
 5. Push up burpees
 6. Toe touches
 7. Striders
 8. Plank walks
 9. Up up down downs
 10. Broad jumps
- 4:35 – 4:40 pm
 - Water break
- 4:40 – 5:10 pm
 - Group activity or game
 - Two-touch mini soccer
- 5:10 pm
 - Students at Garden City Community Centre gymnasium
- 5:10 – 5:30 pm
 - Group activity game or open gym
 - Doctor dodgeball
- 5:30 – 5:45 pm
 - Open gym or homework
- 5:45 pm
 - Latest pick-up time