





SCM YOUTH AFTERSCHOOL PROGRAMS MARCH 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Yoga 5:00-6:00pm Free Time 5:10-5:45 Clean/Depart 5:45-6pm	2 Nutrition Class 3:30-4:30 Homework Power Hour 4:30 -5:30 Free Time 5:30-5:45 Clean/Depart 5:45-6pm	3 Hot Meal 3:30- 3:45 Homework Power Hour 3:45-5:00 African Dance 5pm-6 Clean/Depart 5:45-6pm	4 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Clean/Depart 5:45-6pm	5 Open Recreation Hot Meal 3:30-4:00 YOGA- 4:00-5:45pm Clean/Depart 5:45-6pm	6 
7 	8 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Yoga 5:00-6:00pm Free Time 5:10-5:45 Clean/Depart 5:45-6pm	9 Nutrition Class 3:30-4:30 Homework Power Hour 4:30 -5:30 Free Time 5:30-5:45 Clean/Depart 5:45-6pm	10 Hot Meal 3:30- 3:45 Homework Power Hour 3:45-5:00 African Dance 5pm-6 Clean/Depart 5:45-6pm	11 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Clean/Depart 5:45-6pm	12 Open Recreation Hot Meal 3:30-4:00 YOGA- 4:00-5:45pm Clean/Depart 5:45-6pm	13 College Prep Class 11:30am-1:30pm
14 DAYLIGHT-SAVING TIMES	15 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Yoga 5:00-6:00pm Free Time 5:10-5:45 Clean/Depart 5:45-6pm	16 Nutrition Class 3:30-4:30 Homework Power Hour 4:30 -5:30 Free Time 5:30-5:45 Clean/Depart 5:45-6pm	17 Hot Meal 3:30- 3:45 Homework Power Hour 3:45-5:00 African Dance 5pm-6 Clean/Depart 5:45-6pm 	18 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Clean/Depart 5:45-6pm Mandatory Parent's @ 6:30pm	19 Open Recreation Hot Meal 3:30-4:00 YOGA- 4:00-5:45pm Clean/Depart 5:45-6pm	20 SPRING BEGINS 
21	22 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Yoga 5:00-6:00pm Free Time 5:10-5:45 Clean/Depart 5:45-6pm	23 Nutrition Class 3:30-4:30 Homework Power Hour 4:30 -5:30 Free Time 5:30-5:45 Clean/Depart 5:45-6pm	24 Hot Meal 3:30- 3:45 Homework Power Hour 3:45-5:00 African Dance 5pm-6 Clean/Depart 5:45-6pm	25 Snack 3:30- 3:45 Homework Power Hour 3:45-5:00 Clean/Depart 5:45-6pm	26 Open Recreation Hot Meal 3:30-4:00 YOGA- 4:00-5:45pm Clean/Depart 5:45-6pm	27 College Prep Class 11:30am-1:30pm Crocheting/Beading Class 11:30am-1:30pm
28 PALM SUNDAY 	29 TBA	30 TBA	31 TBA	Shaw Community Ministry 1726 7 th St. NW Washington, D.C. 20001 202-232-1258	Anne Troy Exe. Director Koquice Spencer Prog. Director LaJuan Thomas Prog. Coordinator	