### A Day with Champions

Here’s what a sample Champions schedule looks like for before-school, after-school, and non-school day programs:

<table>
<thead>
<tr>
<th>Time</th>
<th>Before-School</th>
<th>After-School</th>
<th>Non-School Days</th>
</tr>
</thead>
</table>
| 6:30 A.M. – 7:30 A.M. | Student-led Interest Areas  
  » Homework | Welcome Activities  
  » Snack  
  » Outdoor Time  
  » Homework  
  » Student-led Interest Areas | 6:30 A.M. – 8:00 A.M.  
  » Student-led Interest Areas | 12:30 P.M. – 3:00 P.M.  
  » Theme-Related Activities  
  » Student-led Interest Areas  
  » Classroom Clubs*  
  » Project-Based Learning* |
| 7:30 A.M. – 8:00 A.M. | Prepare and depart for school or dismiss to class | Welcome Activities  
  » Outdoor Time  
  » Student-led Interest Areas | 8:00 A.M. – 10:00 A.M.  
  » Welcome Activities  
  » Outdoor Time  
  » Student-led Interest Areas  
  » Theme-Related Activities | 3:00 P.M. – 4:00 P.M.  
  » Snack  
  » Student-led Interest Areas  
  » Classroom Clubs*  
  » Project-Based Learning* |
| 3:00 P.M. – 3:45 P.M. |  
  » Theme-Related Activities | 10:00 A.M. – 11:30 A.M.  
  » Student-led Interest Areas  
  » Classroom Clubs*  
  » Project-Based Learning* | 4:00 P.M. – 6:00 P.M.  
  » Closing Activities  
  » Student-led Interest Areas  
  » Outdoor Time  
  » Classroom Clubs*  
  » Project-Based Learning* |
| 3:45 P.M. – 4:30 P.M. |  
  » Theme-Related Activities | 11:30 A.M. – 12:30 P.M.  
  » Lunch |  
  » Closing Activities  
  » Student-led Interest Areas  
  » Outdoor Time  
  » Classroom Clubs*  
  » Project-Based Learning*  
  » Journaling Activities |
| 4:30 P.M. – 6:00 P.M. |  
  » Closing Activities  
  » Classroom Clubs*  
  » Project-Based Learning* |  
  » Journaling Activities |  
  » Lunch  
  » Student-led Interest Areas  
  » Outdoor Time  
  » Classroom Clubs*  
  » Project-Based Learning*  
  » Journaling Activities |

* Note: Children and teachers help determine which clubs and project-based learning are offered at their school.