



437 Nissan Drive, Suite 502  
Smyrna, TN 37167  
(615) 459-3600  
[www.TNOpportunityPrograms.org](http://www.TNOpportunityPrograms.org)

# **21<sup>st</sup> Century After School Schedule**

**3:00-3:20 – Guided Physical Activity**

**3:20-3:35- Snack**

**Go to Individual Classrooms**

**3:35-4:15 – Homework Session**

**4:15- 4:25- Guided Physical Activity (Such as GoNoodle)**

**4:25-5:20- Education Enrichment**

**5:20-5:30- Review and Release of Students**