

## Indian Center, Inc. - Afterschool Programming Schedule

**Monday, Wednesday, Friday:** \*For youth in grades 2<sup>nd</sup>-8<sup>th</sup>

3:30-4:30pm **Tutoring/homework/study skills training**

4:30-5:30pm **Afterschool programming for youth in grades 2<sup>nd</sup>-8<sup>th</sup> grade**

- Character Building
- Arts & Crafts
- Recreational Activities
- Healthy Lifestyle Learning (healthy eating habits, and physical activity)

**Tuesday, Thursday:** \*For youth in grades 9<sup>th</sup>-12<sup>th</sup>

3:30-4:30pm **Tutoring/homework/study skills training**

4:30-5:30pm **Afterschool programming for youth in grades 9<sup>th</sup>-12<sup>th</sup> grade**

- American Indian Studies Teaching
- Topic Discussion
- Recreational Activity and fieldtrip outings
- Event Planning
- Life Skill Building
  - Personal Finance
  - Computer Courses
  - Sex Education
  - Goal Setting workshops
  - Socializing/Teambuilding/Networking
  - Community Service Activities
  - Guest presenters

**Wednesday:** \*For youth ages 15-24 years old

5:30-6:30pm **United National Indian Tribal Youth Group Meeting (U.N.I.T.Y)**

- “UNITY’s mission is to foster the spiritual, mental, physical, and social development of American Indian and Alaska Native youth and to help build a strong, unified, and self-reliant Native America through greater youth involvement.”
- The Youth Coordinator will advise this group in accomplishing the four projects that consist of: community service; environment; cultural and heritage; and healthy lifestyles.
- This group will consist of **youth ages 15-24**, from all over the city of Lincoln. Through this youth council youth “gain confidence, self esteem and become proactive agents of change as they are empowered...”

**Friday:** \*For youth ages 16-24

5:30pm-6:30pm **College Academic Preparation Programming (C.A.P.P)**

- This is offered for youth between the **ages of 16-24**. This program will help locate financial aid, fill out the FAFSA application, ACT prep. testing, SAT prep testing, Study Skills Training, campus visitations, and introduce guest presenters who are currently in college or are college graduates.