### Y-Kids Mt Cook

## Afterschool **Programme**



# Term 4, 2025

#### Mondays Make Your Kai and Eat It Too

Let your child discover the joy of cooking with Make Your Kai and Eat It Too! Each week, young chefs will get hands-on in the kitchen, learning to prepare simple, tasty dishes from scratch. From chopping and mixing to cooking and tasting, they'll gain valuable skills while having fun with friends. Whether it's making healthy snacks, baking treats, or creating their own meals, every session ends with the chance to enjoy the delicious dishes they've made! Make Your Kai and Eat It Too! is the perfect recipe for creativity, learning, and most importantly, a whole lot of fun!

> Ready set cook!

#### **Tuesdays Let's Get Moving**

Come join us each week for an exciting game, from Capture the Flag to Captain's Calling. These team challenges will foster sportsmanship, team building, and creative problem solving.



#### Wednesdays **Clay Play**

Returning this term is Clay Play! Students will get their hands a bit messy while creating their own trinkets to take home.



#### **Thursdays Lights! Camera! Action!**

We've noticed how many of you have a flare for the theatrical! We're bringing back a module that let's you explore acting and drama. First, we'll get warmed up and shake off our nerves with an icebreaker game. Each week, groups will create skits inspired by a different theme. Groups will get the chance to perform for each other on-stage. Come be a part of our own little theatre troupe in Lights! Camera! Action!



#### **Fridays** Carpe Diem!

Sieze the day! And the moments! We will be exploring different ways to be present and mindful. From movement, to writing, to creating - this module encourages reflection. Children will build self-awareness and and hone their tools for emotional expression.









their experiences.

For more information contact: Centre Manager: Lauren Averilla | Phone: 027 782 0794 | Email: mtcook.asc@ycentral.nz enrolmy.com/ymca-central/book-now



Age 5 to 13



3:00pm - 6:00pm