

**Southwest Teen Life Center
Spring 2026**

	MON	TUE	WED	THU	FRI	SAT
1:30 PM						
2:00 PM						
2:30 PM		Open Gym (Half Court)	Open Gym (to 4:30pm)	Open Gym (Half Court)		
3:00 PM	Youth Employment Career Workshops 3pm-6pm				Game Room	Game Room
3:30 PM		Cooking Class 4pm-6pm	Girl Squad Support Group ** 4:30pm- 5:30pm	Game Room		
4:00 PM					Life Skills 4pm-6pm	Girl Squad Support Group ** 4:30pm- 5:30pm
4:30 PM		Cooking Class 4pm-6pm	Study Hall ** 5pm-6:30pm	Weightlifting 5pm-7pm		
5:00 PM					Life Skills 4pm-6pm	Study Hall ** 5pm-6:30pm
5:30 PM		Fitness & Nutrition 5pm-7pm	Study Hall** 5pm-6:30pm	Weightlifting 5pm-7pm		
6:00 PM	Fitness & Nutrition 5pm-7pm				Open Gym	Weightlifting 5pm-7pm
6:30 PM		Open Gym	Game Room	Mile by Mile Youth Walk 6pm-7:30pm		
7:00 PM	Game Room				Game Room	Mile by Mile Youth Walk 6pm-7:30pm
7:30 PM				Open Gym		
8:00 PM					Late Night 7pm-12am	Late Night 7pm-12am
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						
11:30 PM						
12:00 AM						

Notes	<p>Monday programs are registration only.</p> <p>Open Gym and Game Room are available during business hours unless otherwise noted: ** No Open Gym ‡ No Game Room</p> <p>Drop-in programs are subject to change with little to no notice. Please call ahead to ensure your favorite programs are taking place.</p>
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