

# Weekly Offerings at The Well

## Monday

9:15 Physical Activity - All Ages  
10:00 Alphabet Appetite - Ages 2-5  
11:00 Physical Activity - All Ages  
12:00 Literacy - All Ages  
4:15 Group Games - Ages 4-12  
5:00 Nutrition - Ages 4-12  
5:15 IT Physical Activity - Ages 1-3  
5:30 Snack Attack - Ages 6-12  
6:00 Alphabet Appetite - Ages 2-5  
6:00 Kids Talk - Ages 6-12  
6:30 Physical Activity - All Ages

## Tuesday

9:15 Physical Activity - All Ages  
11:00 Physical Activity - All Ages  
12:00 Literacy - All Ages  
4:15 Movin' and Groovin' - Ages 4-12  
4:30 IT Physical Activity - Ages 1-3  
5:30 Mini Circuit - Ages 2-5  
5:30 Kids Talk - Ages 6-12  
6:30 Physical Activity - All Ages

## Wednesday

9:15 Physical Activity - All Ages  
10:00 Art Adventures - Ages 2-5  
11:00 Physical Activity - All Ages  
12:00 Literacy - All Ages  
4:00 Yoga - Ages 4-12  
5:00 Spirituality - Ages 4-12  
6:00 Mini Circuit - Ages 2-5  
6:30 Physical Activity - All Ages

## Thursday

9:15 Physical Activity - All Ages  
11:00 Physical Activity - All Ages  
12:00 Literacy - All Ages  
5:00 Group Games - Ages 4-12  
5:00 Healthy Heart - Ages 2-5  
5:30 Track Time - Ages 6-12  
6:00 Safety - Ages 4-12  
6:30 Physical Activity - All Ages

**Friday - No formal programming!**

## Saturday

9:00 IT Physical Activity - Ages 1-3  
9:30 Spirituality - Ages 4-12  
10:00 ACTIVE Theater - Ages 4-12  
11:00 IT Physical Activity - Ages 1-3  
11:00 Super Science Saturday - Ages 4-12  
12:00 Family Circuit - Ages 6-12  
12:00 Physical Activity - All Ages

## The Well Hours of Operation:

Monday: 8 a.m.-1 p.m., 2-7 p.m.

Tuesday: 8 a.m.-1 p.m., 2-7 p.m.

Wednesday: 8 a.m.-12 p.m., 4-7 p.m.

Thursday: 8 a.m.-1 p.m., 2-7 p.m.

Friday: 8 a.m.-12 p.m.

Saturday: 8 a.m.-1 p.m.

**CLOSED ON SUNDAY**

To see our special programs, follow us on  
[Instagram](#) and [Facebook](#)  
@ChurchHealthMemphis.

For questions, email  
thewell@ChurchHealth.org.

