

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
6:00 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
4:15 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 1-3
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, scan the QR code and follow us on [Instagram](#) and [Facebook](#) @ChurchHealthMemphis.

For questions, email thewell@ChurchHealth.org.