Fall 2026 Weekly Programming at

Southwest Teen Life Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:30 PM – 8:00 PM	2:30 PM – 8:00 PM	1:30 PM – 8:00 PM	2:30 PM – 8:00 PM	3:30 PM – 12:00 AM	5:00 PM – 12:00 AM
Open Gym 2:30 PM – 8:00 PM	**Open Gym (Half Court)** 2:30 PM – 8:00 PM	**Open Gym** 1:30 PM – 4:30 PM	**Open Gym (Half Court)** 2:30 PM – 8:00 PM	**Open Gym** 3:30 PM – 12:00 AM	**Open Gym** 5:00 PM – 12:00 AM
Game Room 2:30 PM – 8:00 PM	**Game Room** 2:30 PM – 8:00 PM	**Game Room** 2:30 PM – 8:00 PM	**Game Room** 2:30 PM – 8:00 PM	**Game Room** 3:30 PM – 12:00 AM	**Game Room** 5:00 PM – 12:00 AM
	On-Site Counseling (Intake) 4:00 PM – 6:00 PM	**Stretch & Strength Yoga** 3:30 PM – 5:30 PM	**On-Site Counseling** 3:00 PM – 7:00 PM	**Stretch & Strength Yoga** 6:00 PM – 8:00 PM	**Late Night** 5:00 PM – 12:00 AM
	Basketball Skills & Drills 4:00 PM – 6:00 PM	**Teen Wellness & Empowerment Group** 4:00 PM – 6:00 PM	**Basketball Skills & Drills** 4:00 PM – 6:00 PM	**Late Night** 7:00 PM – 12:00 AM	
	Healing Through Arts 4:00 PM – 6:00 PM	**On-Site Counseling** 4:30 PM – 7:30 PM	**Cooking Class** 4:30 PM – 7:00 PM		
	Jewelry Making 5:00 PM – 7:00 PM	**Study Hall** 5:00 PM – 6:00 PM	**Lyricist Lounge** 6:00 PM – 8:00 PM		
		Young Kings in the Making 5:00 PM – 7:00 PM			

Facility Closures:

September 7th - Labor Day
September 24th - Recreation Staff In-Service Day
October 12th - Indigenous Peoples' Day
November 11th - Veterans Day
November 26th - Thanksgiving Day
November 27th - Day After Thanksgiving
December 10th - Recreation Staff In-Service Day
December 25th - Christmas Day

Drop-in programs are subject to change with little to no notice.
Please call ahead to ensure your favorite programs are taking place.

The Late Night program is open for teens ages 13-19.