

August/September

2026

CARDINAL MUSCLE

IMPORTANT DATES

August 25th- Morning Cardinal Muscle begins at North and South Elementary doors open at 7:15 AM

September 8th-Afternoon Cardinal Muscle begins right afterschool at South Elementary for Grades PreK-8th until 5:15

September 21st.-Monday School-Activities at Little River Park for Grades K-6

Monday School Dates for Fall Semester:

October 5th-Fun Farm, Kearney Mo.

October 12th-Bedford Apple Orchard

October 19th-Hanthorn Hills

November 9th-TBD



All Cardinal Muscle programs are free to families. All students **must** be pre registered each month by the link sent out by the school. If your child is not registered you will be called to pick them up. Afterschool Cardinal Muscle provides an afternoon snack. All students must be picked up by 5:15. If you are a working parent we do have extended hours available, please reach out to Kerry Welch for more information. Monday School provides breakfast, 2 snacks, and lunch. There is no transportation provided on Monday School days. Monday School doors open at 7:30 AM (All students need to be at South Elementary by 9:00AM). The program activities are usually over by 3:30 but students can stay until 5:15.

CONTACT ME:



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