



Winter/Spring 2025

Suttons Bay Middle School

LIFT Programming is available five days a week at Suttons Bay Middle School.

On Mondays, Tuesdays, Thursdays and Fridays, LIFT at Suttons Bay runs from dismissal until 5:30 PM.

On Wednesdays, LIFT at Suttons Bay runs from dismissal until 4 PM.

If you have any questions about our activities, needs or how to get involved, please contact

Coda Mix (Suttons Bay Middle School Coordinator)
231.787.2900 (Ext. 405) / codam@thecentersb.com

As a reminder, parents, along with approved family and friends, are responsible for picking up their students at that time. For late pick-ups (excluding emergencies), a fee will be charged based on recorded pick-up time. For any days there is no school, **or** school / after-school / sport activities get canceled due to weather, there will also be no LIFT.



January

Monday	Tuesday	Wednesday	Thursday	Friday
6 Boxing with Significant Strikes	7 Welcome back chat: Resetting for the New Year and Open games	8 Wii Games	9 Capture the Flag	10 Bingo (with prizes, of course!)
13 Winter craft projects	14 Homework and exam study help	15 Dodgeball in the hall	16 Half Day NO LIFT	17 Half Day NO LIFT
20 Snow fort building contest <i>**Weather permitting</i>	21 5 Senses Olympics	22 Life-size board game day	23 Sea2Stable Horse Farm *RSVP Day	24 Ping Pong, Pool & Air Hockey Tri-Tournament
27 Mental health activity and chat	28 Frozen Bowling	29 Sledding <i>**Weather permitting</i>	30 Open crafting day (stations available)	31 Movie day

*limited attendance day due to transportation or activity capacity



February

Monday	Tuesday	Wednesday	Thursday	Friday
3 Boxing with Significant Strikes	4 Valentine card and decoration making	5 Clay Cliffs Hike *RSVP Day	6 Intro to Machine Sewing	7 Smoothies and open games
10 Making slime/oobleck	11 The Quiet Game: Nerf Edition	12 Valentine's Party	13 Snow sculpture building <i>(Weather permitting)</i>	14 NO SCHOOL NO LIFT
17 NO SCHOOL NO LIFT	18 Bracelet and jewelry making	19 Pizza making at the Center	20 Sea2Stable Horse Farm *RSVP Day	21 Dice and card games
24 Quizbowl!	25 Sledding <i>(Weather permitting)</i>	26 Minute to Win it Games	27 Science experiments	28 Clay sculpting