



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 Middle School Glow Party! NO LIFT
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



March

Monday	Tuesday	Wednesday	Thursday	Friday
3 Boxing with Significant Strikes	4 Decorating for St. Patrick's Day	5 Bowling at Northport Grille *RSVP Day	6 Making Slime	7 Ice Skating at SB Ice Rink <i>(weather permitting)</i>
10 Progressive Painting with Donna!	11 Dodgeball in the Hall	12 Baking at the Center	13 Sea2Stable *RSVP Day	14 Open gym day <i>(availability permitting)</i>
17 St. Patrick's Day Party!	18 Bowling	19 Elev8 *RSVP Day	20 Seedling Starts	21 Half Day NO LIFT
24 SPRING BREAK NO LIFT	25 SPRING BREAK NO LIFT	26 SPRING BREAK NO LIFT	27 SPRING BREAK NO LIFT	28 SPRING BREAK NO LIFT
31 NO SCHOOL NO LIFT				

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April

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Movie Day	2 Stites Hike	3 Homemade bird feed and making bird feeders	4 Bingo!
7 Boxing with Significant Strikes	8 Chalk art and open crafts	9 Baking at the Center	10 Sea2Stable Horse Farm* *RSVP Day	11 Painting with Donna Pt. 1 and smoothies!
14 Pickleball at Herman Park	15 Cheering on the middle school baseball team!	16 Traverse City Trip* *RSVP Day	17 Knitting, crocheting, and beading	18 Egg hunt!
21 Painting with Donna Pt. 2!	22 Scavenger hunt in Suttons Bay	23 Curling* *RSVP Day	24 Puzzles and board games	25 Yard Games
28 Spring themed art	29 Pool Tournament	30 Friendship Community Center Workbee!		

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