

PRESCHOOL FLEXIBLE SCHEDULE

**subject to change*

TurtleRock

Preschool • Kindergarten • Academy

7:00am-8:30am	LIMITED LEARNING CENTERS <i>Varying center & table activities available.</i>
8:30am-9:00am	OUTDOOR TIME (FREE EXPLORATION AND SOCIAL INTERACTION)
9:00am-9:15am	DIAPER CHANGING/TOILET TRAINING & HAND WASHING
9:15am-9:30am	SNACK TIME <i>Variety of nutritional snacks served family style with milk, fruit juice or water.</i>
9:30am-10:00am	MORNING LARGE GROUP TIME <i>Circle Time: calendar, weather, singing, listening to flannel stories/books and discussions.</i>
10:00am-11:00am	LEARNING CENTER TIME <i>Interactive play with varied group sizes; Teacher initiated, theme-related activities/projects, sensory experiences.</i>
11:00am-11:30am	DIAPER CHANGING/TOILET TRAINING & HAND WASHING
11:00am-11:30am	OUTDOOR TIME <i>Opportunities for nature walks dramatic play, sensory and water play, puzzles, chalk & teacher interaction.</i>
11:30am-12:00pm	LUNCH TIME <i>Variety of nutritional meals are served family style such as: teriyaki chicken, broccoli and brown rice bowl, fruit and milk. Followed with lunch clean-up, hand washing & bed preparation.</i>
12:00pm-12:30pm	OUTDOOR TIME (FREE EXPLORATION AND SOCIAL INTERACTION)
12:30pm-1:00pm	DIAPER CHANGING/TOILET TRAINING & HAND WASHING
1:00pm-3:00pm	REST/NAP TIME <i>Opportunity for children to rest and relax after the busy morning routine.</i>
3:00pm-3:30pm	CLEAN-UP NAP ITEMS. DIAPER CHANGE/TOILET TRAINING & HAND WASHING
3:00pm-3:30pm	AFTERNOON SNACK <i>Variety of nutritional snacks served family style such as apple slices, cheese, crackers and water.</i>
3:30pm-4:00pm	AFTERNOON LARGE GROUP TIME <i>Circle Time: Singing, listening to flannel stories & books and reflection of their day at school.</i>
4:00pm-4:15pm	LEARNING CENTER TIME <i>Interactive play; Waffle Blocks, puzzles, peg boards and open-ended play.</i>
4:15pm-5:00pm	OUTDOOR TIME <i>Opportunities for nature exploration and creative play.</i>
5:00pm-5:15pm	LIMITED PM SNACK. DIAPER CHANGING/TOILET TRAINING & HAND WASHING
5:00pm-6:00pm	LIMITED LEARNING CENTERS <i>Varying center & table activities available.</i>