

# INFANT FLEXIBLE SCHEDULE

*\*subject to change*

**TurtleRock**  
Preschool • Kindergarten • Academy

7:00am-8:00am	<b>FREE EXPLORATION</b> <i>Varying activities available each day.</i>
8:00am-10:30am	<b>SNACK TIME AND INDIVIDUALIZED PLAY TIME</b> <i>Nutritional snacks served with milk, juice or water.</i>
10:30am-11:30am	<b>LEARNING EXPERIENCES</b> <i>Interactive play with varied group sizes; singing, listening to flannel stories &amp; books, and free exploration.</i>
11:30am-12:30pm	<b>LUNCH TIME</b> <i>Nutritional meals from home or prepared by our Chef on-site.</i>
12:30pm-2:00pm	<b>OUTDOOR TIME</b> <i>Opportunities for stroller/buggy rides, bubbles, ball play, nature/sensory play &amp; free exploration.</i>
Varied	<b>REST/NAP TIME</b> <i>Children rest/nap according to their specific schedules; changes made as needed.</i>
3:00pm-3:30pm	<b>AFTERNOON SNACK</b> <i>Nutritional snacks served such as: apple slices, cheese, crackers and water.</i>
3:30pm-4:30pm	<b>AFTERNOON GROUP TIME</b> <i>Interactive play; crawl &amp; tumble mats, look-at-me-mirror center and sensory tubs AND Centers composed of assorted activities/projects such as: art, block play &amp; puzzles.</i>
4:30pm-5:00pm	<b>OUTDOOR TIME</b> <i>Opportunities for skill building and one-on-one engagement.</i>
5:00pm-6:00pm	<b>LIMITED LEARNING CENTERS</b> <i>Varying activities available each day.</i>

*\*Diaper Changing and Hand Washing occur every two hours, upon arrival and as needed.*

*\*Individual child's schedule is essential and supersedes the day's activities to provide ultimate care.*