

## Daily Schedule for Preschool and Toddler Programs

7:30	Centre Opens
7:30-8:30	Free play indoor all programs
8:30-9:30	Nutritious morning snack is available
9:00-10:00	Opportunities to explore and investigate indoors
9:45-10:00	Diapering/Toileting routine Children dress for outdoors
9:45-11:30	Outdoor play
11:30-12:15	Lunch time in dining area
12:30-12:40	Tooth brushing in preparation for nap time
12:30-2:30	Sleep/rest time <b>Observations rooms are closed</b>
2:00-3:00	Quiet free play while children wake Diapering/toileting
2:15-3:15	Nutritious afternoon snack is available
3:30-4:45	Outdoor play
4:45-5:00	Diapering/toileting routine for remaining children
5:00-5:30	Indoor free play-opportunities to explore and investigate
5:30-5:45	Remaining children gather together in Toddler/Preschool room
5:45	Centre Closes

\* The following framework exists with a large degree of flexibility for individual and group needs. Times of indoor/outdoor play may vary depending on weather.