

<b>TIME</b>	<b>PROGRAM / ACTIVITIES</b>
<b>7:30 to 8:00 a.m.</b>	<b>Arrivals / Free Play</b>
<b>8:30 a.m.</b>	<b>Craft Time / Practice Fine-Motor Skills</b>
<b>9:30 a.m.</b>	<b>Snack Time</b>
<b>10:00 a.m.</b>	<b>Outdoor Play (Backyard/Bike Time/Walking/Park) Weather-Permitting</b>
<b>11:15 a.m.</b>	<b>Wash up/Prep for Lunch</b>
<b>11:30 a.m.</b>	<b>Lunch Time</b>
<b>12:15 p.m.</b>	<b>Nap Time</b>
<b>2:30 - 3:00 p.m.</b>	<b>Wake up</b>
<b>3:00 p.m.</b>	<b>Afternoon Snack</b>
<b>3:30 p.m.</b>	<b>Outdoor Play and/or Craft Time</b>
<b>4:00 to 4:30 p.m.</b>	<b>Play / Parent Pick Up</b>

- This schedule is merely a guideline for our day, actual times and activities often vary in response to children's needs and interests.
- Play includes: arts, crafts, sensory, projects (based on children's interests and may also be thematic), free play.
- Outdoor play include: backyard activities, nearby playgrounds, walks/bike rides around the neighbourhood so long as weather permits.