



PLAINS RD. CHILDCARE INC. PRESCHOOL 1 FALL/WINTER DAILY SCHEDULE

7:15-8:45	Arrival, free play, self-serve snack available
8:00- 10:00	Indoor program (see program plan for details)
9:30-10:00	Washroom routine/ Tidy up
10:00-10:15	Prepare for outdoor play/ Transition outdoors
10:15- 11:15	Outdoor/ Gross motor play (See outdoor program plan for details)
11:15-11:20	Transition indoors
11:20-11:25	Washroom routine / Prepare for Lunch
11:30-12:00	Lunch
12:00-12:10	Washroom routine/ Prepare for sleep room/ Quiet activities
12:10-2:30	Sleep room / Early riser's activities (see program plan for details)
2:30-3:00	Washroom routine / Snack / Free play
3:00-3:10	Prepare for outdoors / Transition outdoors
3:10-4:20	Outdoor / Gross motor play (see program plan for details)
4:20-4:25	Transition indoors /Washroom Routine / Afternoon circle
4:25-4:40	Late PM snack
4:30-6:00	Free play activity centres / Table activities
6:00	Centre closes

NOTE: Time frames specified above are flexible and may vary according to the needs of the children, program, and weather provisions.

**** For inclement weather, the designated space is a modified room and/or gym if available.**

Last Edited – Jan. 2025