

POLAR BEAR CLASS

Daily Schedule



8:00-9:00	Drop off & Free Play
9:00-09:30	Activity, Stretching or Yoga
9:30-10:00	Morning Snack
10:00-10:15	Wash Hands & Read Books
10:15-10:45	Circle Time
10:45-11:30	Outside Play (weather permitting)
11:30-12:15	Wash hands, Lunch, Brush Teeth
12:15-2:00	Quiet Time
2:00-2:30	Wake up, Bathroom Routine, Wash Hands
2:30-3:00	Afternoon Snack & Wash Hands
3:00-4:30	Activity & Outside Play
4:30-5:30	Free Play & Pick up time