

Apopka Child Academy

Infant/One Year Old Room Schedule (5:30am-6:30pm)

- 5:30 – 7:30 Greeting/Hand washing/Center Exploring (All Centers Open)
- 7:30 – 8:00 Storytime/ Fingerplays/Self Help Skills (Diapering/Toileting)
- 8:00 – 8:30 Breakfast/Center Exploring(Hand Washing before & after meals.)
- 8:30 - 9:00 Center Exploring (All Centers Open)
- 9:00 – 9:30 Music & Movement/Alternative Activities also Available
- 9:30 - 9:45 Teacher Directed Art
- 9:45 - 10:00 Circle Time/Self Help Skills(Diapering/Toileting)
- 10:00 - 10:30 Outdoor Active Physical Play (Sand/Water Activities Available Daily)
- 10:30 - 11:00 Self Help Skills (Diapering/Toileting)/Table Top Activities
- 11:00 – 11:30 Lunch (Hand washing before & after meals.)
- 11:30 – 2:00 Nap Time
- 2:00 - 2:30 Wake up/Cleaning up from nap time/Self Help Skills (Diapering/ Toileting)
- 2:30 – 3:00 Snack (Hand Washing before & after meals.)
- 3:00 – 3:30 Gross Motor Skills/Exercising/Stretching
- 3:30 - 4:00 Center Exploring (All Centers Open)
- 4:00 – 4:30 Outdoor Active Physical Play (Sand/Water Activities Available Daily)
- 4:30 – 5:15 Hand Washing/Water Break/Self Help Skills (Diapering/ Toileting)
- 5:15 – 5:30 Fingerplays/Songs/Story
- 5:30 – 6:00 Small group fine motor activities/table top activities
- 6:00 – 7:00 Self Help Skills (Diapering/ Toileting) Center Exploring (All Centers Open)

**This Schedule May Change to the Needs of the Children or due to any weather conditions
Alternate activity: Duck Duck Goose & Gross motor exercises such as hopping on one foot,
stretching, rolling a softball.**