

HERITAGE PARK CHILDREN'S PROGRAMS INC.

ATHLONE SITE - 2026 - 2027

SR. PRESCHOOL ROOM 16

DAILY SCHEDULE	
7:00-7:30	Arrival in Room 15 / Free Play
7:30-8:30	Move to Room 16 / Free Play / Snack
8:30-9:00	Bathroom / Free Play
9:00-9:45	Outdoor Play (Weather Permitting)
9:45-11:00	Activity Offered / Free Play
11:00-12:00	Lunch
12:00-12:30	Clean up / Bathroom / Transition to Nap Time in Rm 15 (Parents Choice)
12:30-2:00	Nap (Parents Choice) and/or Quiet Time / Activity offered for Non-Nappers
2:00-2:30	Bathroom
2:30-3:00	Snack Time
3:00-4:00	Activity Offered / Free Play
4:00-4:30	Bathroom
4:60-5:30	Activity Offered / Free Play
5:30-6:00	Departure / Free Play
Children of all capabilities & levels of development are included and take into account the developmental capabilities.	

