

# VEGA Preschool Sample Schedule

## Pre-K (4/5) Class

### Monday

- 12:00 Creative Movement
- 12:30 Gymnastics
- 1:15 Bathroom/Lunch Break
- 1:30 Free Play
- 1:45 Circle Time- Weather, sing days of the week song, Count the days, Howdy Hat Helper, Storybook, Sight words
- 2:50 Release

### Tuesday

- 12:00 Yoga
- 12:45 Open Gym
- 1:15 Bathroom/Lunch Break
- 1:45 Free Play
- 2:00 Handwriting without Tears (Colors, shapes, ABC, 123)
- 2:30 Mini Theme (Crafts/Games)
- 2:50 Release

### Thursday

- 12:00 Music
- 12:30 Gymnastics
- 1:15 Bathroom/Lunch Break
- 1:45 Free Play
- 2:00 Howdy Hat Helper Show 'n' Tell
- 2:15 Science/Math Activities (Experiments, numbers, sequencing, patterns)
- 2:50 Release

### Friday

- 12:00 Free Play
- 12:30 Open Gym
- 1:00 Bathroom/Lunch Break
- 1:45 Free Play
- 2:00 Craft
- 2:30 Table time (cutting, name writing, worksheets)
- 2:50 Release

### Pre-K 4/5 class options:

3 day- Monday/Tuesday/Thursday 12-2:50pm or

4 day- Monday/Tuesday/Thursday/Friday 12-2:50pm