

# VEGA Preschool Sample Schedule

## 3/4's Classes- 3 days a week

### Monday

- 9:00 Welcome
- 9:15 Gymnastics
- 10:00 Bathroom/Snack Break
- 10:30 Free Play
- 10:45 Circle Time- Weather, Sing days of the week song, Count the days, Howdy Hat Helper, Show 'n' Tell, Storybook.
- 11:15 Creative Movement
- 11:50 Release

### Wednesday

- 9:00 Welcome
- 9:15 Yoga
- 10:00 Bathroom/Snack Break
- 10:30 Free Play
- 10:45 Handwriting Without Tears- letters & colors
- 11:15 Craft
- 11:50 Release

### Friday

- 9:00 Welcome
- 9:15 Science/Math Activities (Experiments, numbers, shapes sequencing, patterns)
- 10:15 Bathroom/Snack Break
- 10:45 Free Play
- 11:00 Music (studio C)
- 11:30 Open Gym
- 11:50 Release

3/4 class options:

Monday/Wednesday/Friday 9-11:50am or

Tuesday/Thursday 9-11:50am