



---

## Toddler Program

**Ages:** 2 years

This daily schedule is FLEXIBLE to allow for children's individual emotional, physical, and developmentally appropriate needs

At Kidfit60, learning will be enhanced with a **learn by movement approach**

**Daily Schedule:**

7:30am – Centre Opens; Free Play in Learning Centres

8:30 am – Clean up, Wash hands, Snack Offered; Diapering/Toileting

**9:00 am – Dance Studio Use: Yoga/Dance/Other Activities**

9:30 am – Free Play in Learning Centres; Group Time; small group setting & Art Activity Offered  
- Sing songs, read books, learn sign language

**10:00 am – Gym use: Skill Development & Low Organized Structured Games**

10:40 am – Dressing; Outdoor play (Weather Permitting)

11:35 – 11:45 am – Undressing; Diapering/Toileting; Wash Hands; Lunch Time

12:45 – Nap Time

2:30 – Children Wake Up; Wash Hands; Snack is served

2:45 – Diapering/Toileting

3:00 – Free Play in Learning Centres; Art Activity Offered

**3:30 – Gym use: Skill Development & Low Organized Structured Games**  
- combine with pre-school room for the afternoon

**4:30 – Dance Studio Use: Yoga/Dance/Other Activities**

5:10 – Clean up; Story Time in Toddler Program



## Pre-School Program

**Ages:** 3-5 years

This daily schedule is FLEXIBLE to allow for children's individual emotional, physical, and developmentally appropriate needs

At Kidfit60, learning will be enhanced with a **learn by movement approach**

### **Daily Schedule:**

7:30 – 8:45 – Morning combine with Toddler Program; Free Play in Learning Centres; Snack Offered

**9:00 am – Dance Studio Use: Yoga/Dance/Other Activities**

**9:30 am – Gym use: Skill Development & Low Organized Structured Games**

10:15 am – Free Play in Learning Centres; Group Time; small group setting & Art Activity Offered  
- Sing songs, read books, learn sign language

10:40 am – Dressing; Outdoor play (Weather Permitting)

11:35 – 11:45 am – Undressing; Diapering/Toileting; Wash Hands; Lunch Time

12:45 – Quiet Time & 1:15 – Diapering/Toileting

1:30 – Free Play in Learning Centres; Art Activity Offered

2:00 – Dressing; Outdoor Play (Weather Permitting)

3:00 -- Undressing; Wash hands; Snack is Served

**3:15 – Gym use: Skill Development & Low Organized Structured Games**  
- combine with toddler room for the afternoon

**4:30 – Dance Studio Use: Yoga/Dance/Other Activities**

5:10 – Clean up; Story Time in Toddler Program