## DAILY SCHEDULE

7:45 AM Drop Off

8:00 AM Regulation/Shared Engagement

8:20 AM Morning Meeting, Movement

8:40 AM Prepare/Executive Functions

9:00 AM Snack/Feeding Therapy

9:15 AM Semi-Structured Play

10:00 AM Art/Math/Music/OT

10:30 AM Self-Care/BT

11:00 AM Adapted PE/PT

11:30 AM Lunch/Feeding Therapy

12:00 PM Yoga/Mindfulness/BT

12:30 PM Language & Literacy/ST

1:00 PM Semi-Structured Play

1:45 PM Snack/Feeding Therapy

2:00 PM Recess/PT

2:30 PM Jobs/BT

2:45 PM Transition Out

3:00 PM After School Club Begins

## FRIDAY FIELD TRIPS

- We will meet at Limitless and take the bus.
- Please wear/send proper attire and sack lunch.
- Equine LEAD, 2280 N Higgin Switch Rd, Olney
- We will begin our day promptly at 8:15.
- We will leave Limitless by 8:30, no later.
- We will return by 12:45.
- We will take alternative outings in February, TBD.

## AFTER SCHOOL CLUB

- 3:00-6:00pm Monday-Thursday
- Shuttle from Kid's Kingdom, Newton Elementary, and St Thomas
- Children to be picked up by 6pm
- Limitless students welcome with aides.
- Requires additional registration

Check HiMama For Updates