Cyn's Play Place
Daily Schedule

Operating Hours: 1st Shift 6:00 AM – 6:30 PM | 2nd Shift 9:00 PM – 6:00 AM

1st Shift: 6:00 AM – 6:30 PM

Time	Activity
6:00 AM – 7:30 AM	Arrival & Early Morning Routine + Breakfast #1 (as needed)
7:30 AM – 9:00 AM	Soft Start, Centers Open
9:00 AM – 9:30 AM	Breakfast #2
9:30 AM – 10:00 AM	Morning Centers
10:00 AM – 10:30 AM	Learning Circle / Morning Meeting
10:30 AM – 11:30 AM	Academic Rotations
11:30 AM – 12:00 PM	Outdoor Play / Gross Motor
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:00 PM	Restroom • Prepare for Nap
1:00 PM – 3:00 PM	Nap / Quiet Rest Time
3:00 PM – 3:30 PM	Wake-Up Routine
3:30 PM – 4:00 PM	Snack
4:00 PM – 5:00 PM	Afternoon Centers
5:00 PM – 5:30 PM	Outdoor Play / Movement
5:30 PM – 6:15 PM	Closing Circle
6:15 PM – 6:30 PM	Wind Down & 1st Shift Pick-Up

2nd Shift: 9:00 PM – 6:00 AM

Time	Activity
9:00 PM – 9:30 PM	Arrival & Evening Routine
9:30 PM – 9:45 PM	Evening Snack
9:45 PM – 5:45 AM	Wind Down, Story Time & Sleep / Quiet Rest Time (8 hours)
5:45 AM – 6:00 AM	Wake-Up Routine, Breakfast (as needed) & 2nd Shift Pick-Up

Note: Children receive 8 hours of sleep during 2nd shift per pediatric recommendation.

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