

Sample Daily Schedule

| | |
|--------------|--------------------|
| 7.30 | Rise and Shine |
| 8.15 | <u>Breakfast</u> |
| 9.00 | Flag |
| 9.15 | Period 1 |
| 10.00 | Change |
| 10.15 | Period 2 |
| 11.00 | Change |
| 11.15 | Period 3 |
| 12.00 | Prepare for Lunch |
| 12.30 | <u>Lunch</u> |
| 1.00 | Rest Hour |
| 2.15 | General Swim |
| 3.15 | Canteen |
| 3.45 | Period 4 |
| 4.30 | Change |
| 4.45 | Period 5 |
| 5.30 | Prepare for Dinner |
| 6.00 | <u>Dinner</u> |
| 7.00 | Evening Program |
| 8.00 | Meds and Beds |