

Weekly Program Schedule

MONDAY

9:00 Laugh Therapy, Quote of the Day
9:15 **Occupational Therapy:** Mindfulness, self-regulation, stress management
10:00 **OPTIMIZE SEL Group**
10:45 Snack
11:00 Academic Time
12:45 Lunch
1:15 Academic Time
3:00 Pick up

TUESDAY

9:00 Laugh Therapy, Quote of the Day
9:15 Academic Time
10:45 Snack
11:00 **OPTIMIZE SEL Group**
11:45 Academic time
12:45 Lunch
1:15 Academic Time
3:00 Pick up

THURSDAY

9:00 Laugh Therapy, Quote of the Day
9:15 **Occupational Therapy:** Mindfulness, self-regulation, stress management
10:00 **OPTIMIZE SEL Group**
10:45 Snack
11:00 Academic Time
12:45 Lunch
1:15 Academic Time
3:00 Pick up

- The program meets Mon., Tues., and Thurs 9-3. The extension program is on Wednesdays from 12-3 for academics only. It is \$100 per day for 3 hours of small group tutoring time with a staff person.
- Students may arrive at 8:30.
- **School begins promptly at 9:00 am and ends promptly at 3 pm.** If your child will be walking to the YMCA after school, as an alternate pick up arrangement, we must have the release of liability and indemnity forms signed.