

**The Tamarack Center**  
**Daily Schedule**  
**School Days**

0700-0730	Breakfast
0730-1130	School (with break and snack)
1130-1200	Lunch
1200-1300	School
1300-1345	Free Time
1345-1400	Snack
1400-1500	Group
1500-1630	Recreation Therapy
1630-1700	Personal Time/ Session Time
1700-1730	Dinner
1730-1800	Personal Time/ Session Time
1800-1900	Recreation
1900-1945	Free Time
1945-2000	Snack
2000-2130	Personal Hygiene
2130-2200	Bed time

**Weekend Schedule**

0900-0930	Breakfast
0930-1030	Personal Hygiene
1030-1200	Chore/Major Room Clean
1200-1230	Free Time
1230-1300	Lunch
1300-1400	Personal Time/ Session Time
1400-1500	Group
1500-1630	Recreation Therapy
1630-1700	Personal Time/ Session Time
1700-1730	Dinner
1730-1800	Personal Time/ Session Time
1800-1900	Recreation Therapy
1900-1945	Free Time
1945-2000	Snack
2000-2100	Personal Hygiene
2100-2200	Late Night on Friday and Saturday Night

Therapy sessions, focus groups, and phone times are scheduled throughout the day