



Mites Daily Schedule

The Basics:

- 8-week program (Jan & Feb) focused on independence especially with equipment and having fun on the slopes.
- Mites instructors are experienced, want to teach in Mites and have working knowledge of the social, emotional and physical needs of K-1st graders.
- Slow start in the chalet with indoor activities and boot work.
- Structured day in smaller chunks of time.
- Opportunities for collaboration between Mites Instructors/groups.
- Message to parents that attendance the first few weeks are critical for skill building and group relationships.

Daily Schedule:

7:45am – 9:30am (arrival at bus stop to arrival at area)

- Mites sit in the front few rows of the bus with a bus staff person
- Find out if a student has a sibling/friend that they can sit with- otherwise find someone close to their age.
- Mite Instructors assigned to meet specific buses to walk Mites to chalet.
- Backpack (or string backpack) to carry lunch, water bottle, misc.
- Wear boots on bus, practice taking boots on/off and boot work in chalet with group.

9:30am – 10:30am [Indoors]

- Mites escorted from bus into chalet to their labeled Mites tables
- Pee break by 10am-ish
- Snack break (optional)
- Start indoors with boot work, activities, equipment independence, team building

10:30-11:30am [On hill]

- Outdoor skiing

11:30-12:15 - Lunch [Indoors]

- Lunch at group table (all Mites groups seated in same area)
- Pee
- Gear check (socks, mittens/gloves -- switch as needed)
- Maybe topic each week for lunch conversation – getting to know you games; quiet for 2 min to eat, then table talk

12:15-1:45pm [On hill and indoor break]

- Outdoor ski time
- Indoor warm-up, snack break and rest break between 1:15-1:45pm to help with afternoon pacing

1:45-2:45pm [On hill]

- Go to Fun Zone if desired/appropriate
- Play time – scavenger hunt, games, etc

2:45-3:20pm [Indoors]

- Recap day's events/learnings inside while warming up
- Bathroom
- Pack up
- Get gear
- 3:20 walk to bus – before end of day chaos in the chalet

3:20pm-5:30pm (on the bus from area to home)

- Escorted to bus by adult staff
- Sit in the front few rows of the bus with a bus staff person (same seats as morning)
- Talk to kids and ask about their day.
- Watch them sleep!