

**Capistrano Unified School District – Las Flores Elementary**  
**Distant Learning Instructional Schedule**

**Regular Days (Monday, Tuesday, Thursday, Friday)**

**7:45-2:05 ONLINE**

Time	Minutes	Morning Program: Red Cohort	Time	Minutes	Afternoon Program: Gray Cohort
7:45 - 10:25	160 minutes	Teacher Instruction	7:45-10:35	170 minutes	Extended Learning (with varied recesses)
10:25-10:40		AM Dismissal			
10:25-11:15	50 minutes	Lunch Eat (10:25-10:55) Play (10:55-11:15)	10:35- 11:25	50 minutes	Lunch Play (10:35-10:55) Eat (10:55-11:25)
11:15-2:05	170 minutes	Extended Learning (Break with PARA coverage)	11:10-11:25 11:25-2:05	PM Arrival 160 minutes	Teacher Instruction

**ACE-Early Out Day (Wednesday)**

**7:45-12:50 ONLINE**

Time	Minutes	Morning Program: Red Cohort	Time	Minutes	Afternoon Program: Gray Cohort
7:45-9:55	130 minutes	Teacher Instruction	7:45-9:55	130 minutes	Extended Learning (with varied recesses)
9:55-10:40	45 minutes	Lunch	9:55 - 10:40	45 minutes	Lunch
10:40- 12:50	130 minutes	Extended Learning (Break with PARA coverage)	10:40 -12:50	130 minutes	Teacher Instruction