

Nest Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:00	Before Care/ Breakfast*	Before Care/ Breakfast*	Before Care/ Breakfast*	Before Care/ Breakfast*	Before Care/ Breakfast*
8:00-9:00	Child-led work period	Child-led work period	Child-led work period	Child-led work period	Child-led work period
9:00-9:15	A.M. Snack	A.M. Snack	A.M. Snack	A.M. Snack	A.M. Snack
9:15-10:00	Child-led work period, First Nap*	Child-led work period, First Nap*	Child-led work period, First Nap*	Child-led work period, First Nap*	Child-led work period, First Nap*
10:00-11:00	Outdoor/ Gross motor	Outdoor/ Gross motor	Outdoor/ Gross motor	Outdoor/ Gross motor	Outdoor/ Gross motor
11:00-11:30	Lunch	Lunch	Lunch	Lunch	Lunch
11:30-1:45	Middle Nap*	Middle Nap*	Middle Nap*	Middle Nap*	Middle Nap*
1:45-2:00	P.M. Snack	P.M. Snack	P.M. Snack	P.M. Snack	P.M. Snack
2:00-3:00	Child-led work period, Last Nap*	Child-led work period, Last Nap*	Child-led work period, Last Nap*	Child-led work period, Last Nap*	Child-led work period, Last Nap*
3:00-4:00	Outdoor/ Gross motor	Outdoor/ Gross motor	Outdoor/ Gross motor	Outdoor/ Gross motor	Outdoor/ Gross motor
4:00-5:30	After Care/ Late Snack*	After Care/ Late Snack*	After Care/ Late Snack*	After Care/ Late Snack*	After Care/ Late Snack*

*Before and After care is an optional, additional charge, and availability is limited. Breakfast and Late snack are included in these programs.

*Nest students will nap based on their individual needs and schedules, and will have up to three opportunities throughout the day for nap. Bottles will also be given based on individual needs.