Limited Drop-In Availability: Winter 2017 Children's Programs

PLEASE CALL US AT (508) 898-3362 DURING OFFICE HOURS TO CHECK AVAILABILITY AND RESERVE YOUR SPACE.

WEDNESDAYS

10:00 AM - 10:45 AM

Baby Yoga (3 weeks to pre-crawling w/ caregiver); $15/class

Baby Yoga is a great way to spend one on one time with your little one. The yoga poses done in each class will help your baby's development and sleep patterns. During each class we will learn new poses that you can take home with you to use in your home setting to help calm and bond with your baby.

10:00 AM - 10:45 AM

Mad Science & Sensory (3-5 years); $15/class

This early childhood expert-led, highly interactive class gives kids a lesson in basic scientific principles (ex. chemical reactions) through super fun projects, art, and ooey gooey hands-on sensory exploration and play.

11:00 AM - 11:30 AM

Tyke Yoga (2-4 years w/ caregiver); $15/class

Tyke yoga is a 30 minute class filled with yoga poses, games, songs, dance, and endless fun and adventure! This is a great class to let out some energy while calming and "centering" your child. During class, children will strengthen their gross and fine motor skills while working on their coordination and attention span.

4:30 PM - 5:00 PM

Kids Bootcamp (6-10 years) ; $15/class

Led by a certified group fitness instructor, Kids Bootcamp is perfect for boys and girls ages 6-10 years old. Each class features developmentally appropriate workouts designed to get kids moving, interacting with other children, and having a blast while they exercise.

THURSDAYS

10:00 AM - 10:45 AM

Infant Sign Language: Sign, Say & Play (6-15 months w/ caregiver); $12.50/class

Consisting of a series of six, theme-based classes generally offered over a 6-week period, these 45-minute sessions are designed for parents and babies to attend together. Each week families learn useful signs through fun songs, books, and activities. In addition, parents learn simple ways to support their baby's intellectual development.

4:00 PM - 4:45 PM

Kids Yoga (5-8 years) ; $15/class

Traditional yoga poses help kids cultivate a deeper understanding of their environment and themselves while developing strength, flexibility, coordination and balance - in both body and mind. As this is a very playful age, the class focuses on simple practices to introduce the healthful benefits of yoga. No previous yoga experience necessary.

FRIDAYS

10:00 AM - 10:30 AM

Mommy & Me Ballet (2 years w/ caregiver); $15/class

Take class alongside your tiny dancer! In this expert-led class—created specifically for two-year olds—moms have a chance to interact with their children through a combination of basic dance, music, creative movement, props and play. This program is geared toward developing motor skills and self-confidence.

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