



Parent Place *Grown-Up and Me* Fall 2017 Schedule

Tuesday, October 17 – Friday, December 22

Tuesdays

Oct 17–Dec 21 • 9:00am–11:30am
\$270 Member & Guest

Toddler Talk

14–24 mos

Students will actively participate in their learning as they explore, inquire, experience, socialize and make meaning of the world around them and all the time having fun as they are learning.

Oct 24–Dec 19 • 9:15am–10:00am
\$150 Member & Guest

You & Your Almost 2

14 mos–3 years

Join Toni Silver to help build confidence in your child to be without a caregiver through methods including circle time, free play, and art activities. As the bond between teacher and child strengthens throughout the class, parents or caregivers will begin to leave in short amounts of time, which will increase with each week.

Wednesdays

Oct 18–Dec 20 • 11:30am–12:15am
\$118 Member & Guest

Music with Miss Jodi

Birth–2 years

Sing along with Miss Jodi to traditional children’s music, original Circle Time Live music and enjoy puppets, bubbles, and tons of interactive fun.



Thursdays

Oct 18–Dec 21 • 9:00am–11:30am
\$270 Member & Guest

Toddler Talk

14–24 mos

Students will actively participate in their learning as they explore, inquire, experience, socialize and make meaning of the world around them and all the time having fun as they are learning.

Oct 19–Nov 16 • 10:30am–11:30am
FREE

First Steps

Birth–6 mos

Gather with new moms and babies to share the experiences of this remarkable phase of care giving, where you will get to know your new baby as you transition into motherhood. Facilitated by Karen Jacobs, JFS social worker.

Oct 19–Dec 21 • 10:30am–11:15am
\$108 Member & Guest

Teenie Weenie Yogini

Birth–2 years

This precious class will keep you connected to your body as you grow with your Teenie Weenie Yogini. You are both growing at an incredible rate and changing every day. You will explore pose modifications for both you and your baby to help you ease into new sleeping, eating, and social patterns. Come breathe with your baby.

Instructor: Tami Rager

Fridays

Oct 20–Dec 22 • 1:00pm
FREE Member/\$10 (Guest per class)

Moms and Strollers with Sharon

Birth–3 years

Trying to get back in shape after the birth of your baby can seem more challenging than motherhood itself! In this class you will use your stroller as a fitness apparatus to push your way to health and fitness. Whether your goal is to run a marathon or simply to get back into your old jeans, we will help you get there.

For more information, contact Sharon Tobey at 973-530-3407 or stobey@jccmetrowest.org.



DROP-INS WELCOME | \$18/class

Want to participate, but can't commit to full sessions? Pop on in and enjoy our offerings at your leisure!

