

## Tots Activities

### **Parent & Me Total Sports Squirts®**

Ideal for any child age 2 – 3 just starting out in the world of sports, this program introduces to children to a new sport each session. With a helping hand from Mom or Dad children have the opportunity to try T-Ball, lacrosse, soccer, basketball, floor hockey, parachute games and more in a safe and structured environment. This is an excellent opportunity for you to spend quality time together whilst easing your child into social situations with support and confidence. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication. More details are available online, please visit:

<http://ussportsinstitute.com/parent-a-me-home/parent-a-me-sports.html>.

#### **Spring Session: Sunday, 10:00 – 10:50 a.m.**

Dates: 4/17 – 6/12 (8 wks) – no class 5/29

Place: Huckleberry Hill School, front field

Fee: \$145.00

#### **Summer Session: Friday, 9:00 – 9:50 a.m.**

Dates: 7/1 – 8/12 (7 wks)

Place: Town Hall Field

Fee: \$125.00

### **Total Sports Squirts®**

Children age 3 to 5 will experience a new sport each week including lacrosse, soccer, basketball, t-ball, floor hockey, parachute games and more in a safe, structured environment. The Total Sports Squirts program is ideal for the child who wants to try their hand at a little of everything. The emphasis is on safety, fun and learning. All sports are presented in a positive and relaxed environment with an emphasis on participation, interaction and communication. More details are available online, please visit:

<http://www.ussportsinstitute.com/squirts-home/sports-squirts.html>.

#### **Spring Session 1: Sunday, 11:00 a.m. – 12:00 p.m.**

Dates: 4/17 – 6/12 (8 wks) – no class 5/29

Place: Huckleberry Hill School, front field

Fee: \$145.00

#### **Spring Session 2: Monday, 10:15 – 11:15 a.m.**

Dates: 4/18 – 6/6 (7 wks) – no class 5/29

Place: Town Hall Horse Field

Fee: \$125.00

#### **Summer Session: Friday, 10:00 – 11:00 a.m.**

Dates: 7/1 – 8/12 (7 wks)

Place: Town Hall Horse Field

Fee: \$125.00

### **New ~ Lacrosse Squirts®**

Players age 3 to 5 will learn how to cradle, shoot, catch, and scoop. Throughout the program participants will have fun developing their knowledge and understanding of scrimmaging in Lacrosse. More details available online, please visit: <http://ussportsinstitute.com/programs/sports-squirts/lacrosse-squirts.html>.

#### **Spring Session 1: Monday, 9:00 – 10:00 a.m.**

Dates: 4/18 – 6/6 (7 wks) – no class 5/29

Place: Town Hall Horse Field

Fee: \$125.00

#### **Summer Session: Friday, 11:15 a.m. – 12:15 p.m.**

Dates: 7/1 – 8/12 (7 wks)

Place: Town Hall Horse Field

Fee: \$125.00

## **Singing and Signing Time with Ms. Janine at the Playground**

Singer/Signer/Songwriter/Guitarist, Janine LaMendola "Ms. Janine" will be playing children's music with sign language fun at Kids Kingdom this spring and summer. You're guaranteed to learn several signs and have fun at the same time! In case of bad weather please join her inside the Town Hall in Room 133. All ages welcome at these free programs!

### **Spring Session: Wednesday, 4:15 – 5:00 p.m.**

Dates: 5/4, 5/11, 5/18, 5/25 (4 wks)

### **Summer Session: Wednesday, 3:00 – 3:45 p.m.**

Dates: 7/6, 7/13, 7/20, 7/27 (4 wks)

Place: Kids Kingdom Playground, 100 Pocono Road

## **Time for 2 Gymnastics (Parent/Child)**

Two year olds and their parent or caregiver will work together under the guidance of an instructor. Children will explore how to stretch, and how to coordinate their body movements. Skills introduced include rolling and handstands. Classes are limited to only 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 9:00 – 9:45 a.m.

Session 1: 4/27 – 5/18 (4 wks) Fee: \$60.00/session

Session 2: 5/25 – 6/15 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

## **Pre-School Gymnastics (Age 2.5 – 3)**

Children age 2.5 – 3 will work with a qualified instructor to improve coordination, strength, and motor skills through movement and play, and begin learning basic gymnastics skills including rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

Day: Wednesday Time: 10:00 – 10:30 a.m.

Session 1: 4/27 – 5/18 (4 wks) Fee: \$45.00/session

Session 2: 5/25 – 6/15 (4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

## **Pre-School Gymnastics Age 3 or Age 4**

Children age 3 or 4 will practice following directions and taking turns as they move through independent and spotted gymnastics skill stations. Skills introduced include walking on a low balance beam, hanging on a low bar, rolls, handstands, bridges, and cartwheels. Children will participate independently, without the assistance of the parent or caregiver. Classes are limited to 5 children. A leotard is recommended for girls; sports shorts and fitted tank or t-shirt for boys. Everyone will participate with bare feet. Please bring a water bottle.

### **Age 3 – Fridays, 9:00 – 9:45 a.m.**

### **Age 4 – Fridays, 10:00 – 10:45 a.m.**

Session 1: 4/29 – 5/20 (4 wks)

Session 2: 5/27 – 6/17(4 wks)

Place: Kratos Fitness & Acrobatics, 28 Old Grays Bridge Rd.

Fee: \$60.00/session

## **Mother's Morning Out**

This pre-school readiness program is designed for children age 2 – 4 (without parent/caregiver) to experience the joy of learning, cooperative play and social interaction with other children in hopes to prepare them for their first preschool experience. A typical class includes circle time, songs and parachute play, weather, group gym games, an arts & craft project and a story. Appropriate transitions between activities allow children to recognize and become familiar with the structure of the day and to look forward to the next activity. As part of our group gym time, we are incorporating SPARK, a research-based, nationally recognized Physical Activity program for Pre-K children. Children must turn two by the start of the program and do not need to be potty trained. Please pack a snack and a drink for your child each class. There is a \$10.00 discount off the price for the second child registered for the same day/session.

**Day: Monday      Time: 9:15 – 11:15 a.m.**

Session 1: 4/25, 5/2, 5/9, 5/16 (4 wks)

Session 2: 5/23, 6/6, 6/13, 6/20 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit      Fee: \$96.00/session

**Day: Wednesday      Time: 9:15 – 11:15 a.m.**

Session 1: 4/27, 5/4, 5/11, 5/18 (4 wks)

Session 2: 5/25, 6/1, 6/8, 6/15 (4 wks)

Session 3: 6/22, 6/29, 7/6, 7/13 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit      Fee: \$96.00/session

**Day: Friday      Time: 9:15 – 11:15 a.m.**

Session 1: 4/29, 5/6, 5/13, 5/20 (4 wks)

Session 2: 5/27, 6/3, 6/10, 6/17 (4 wks)

Place: Congregational Church Pre-School Room

Instructors: KidsFit      Fee: \$96.00/session

## **Pre-Ballet for Tots**

This class will introduce boys and girls ages 3-5 to age-appropriate beginning ballet exercises in an energetic, creative, and nurturing way. Students are introduced to the world of dance through exercises that enhance musicality, performance, coordination and begin learning the basic postures and positions of ballet.

Recommended attire: Girls- any color leotard, pink tights, pink ballet shoes. Hair must be pulled back. Boys- solid color t-shirt and shorts or sweatpants and black ballet shoes.

Day: Monday      Time: 10:00 – 10:45 a.m.

Dates: 4/25 – 6/13 (7 wks) – no class 5/30

Place: Congregational Church – Fellowship Hall (lower level)

Instructor: Dolly Pinto      Fee: \$61.00

## **Italiano: Bambino Mio!**

Learning the language at an early age gives children a greater chance to become proficient as well as many lifelong advantages. This is a play-based program that will introduce preschool children aged 3-5 to conversational Italian and to the colorful Italian vocabulary and basic expression through songs, games, and crafts.

Day: Tuesday      Time: 10:00 – 10:45 a.m.      Fee: \$70.00

Dates: 4/26 – 6/14 (8 wks)      Instructor: Anna Prendi

Place: Congregational Church Pre-School Room

## **New ~ Peaceful Warriors Yoga (ages 4-6)**

During this 45-minute class, children are brought to an awareness of themselves through the imaginative power of stories. Sharing, turn taking, kindness, staying calm, expressing feelings, and self-love come to life through creative breath work, mindful movement, cooperative games, guided meditations, and a cozy relaxation period that travels off the mat.

Day: Monday      Time: 2:15 - 3:00 p.m.      Fee: \$112.00

Dates: 5/2 – 6/13 (6 wks) – no class 5/30      Instructor: Sharon Poarch, RPT

Place: SOUND, 31 Hawleyville Road, Newtown