

READY, SET, KIDS! School Year 2017-2018 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*Spanish: 1 to 3 yrs</i> 10:30 - 11:30 am			<i>*Spanish: 1 to 3 yrs</i> 9:15 - 10:15 am		<i>*Spanish: 1 to 3 yrs</i> 9:00 - 10:00 am
Family & Me Yoga+ 9:30 - 10:15 am	<i>*Spanish: 3 to 5 yrs</i> 9:15 - 10:30 am			<i>*Spanish: 3 to 5 yrs</i> 10:30 - 11:45 am		<i>*Spanish: 3 to 5 yrs</i> 9:00 - 10:15 am
Tiny Tot Tumbler+ 10:30 - 11:15 am	<i>*STEM Preschool Program (3-5 yrs)</i> 9:00 am - 1:00 pm	<i>*Spanish extended immersion (2 yrs)</i> 9:30 am - 12:00 pm	<i>*Spanish extended immersion (3-5 yrs)</i> 9:00 am - 1:00 pm	<i>*German extended immersion (2-4 yrs)</i> 9:00 am - 1:00 pm	<i>*Spanish extended immersion (3-5 yrs)</i> 9:00 am - 1:00 pm	<i>*Family Spanish (2-5 yrs)</i> 10:30-11:45am
	<i>*Preschool Play (2 to 3 yrs)</i> 9:00 am - 12:00 pm	<i>*Preschool Play (2 to 3 yrs)</i> 9:00 am - 12:00 pm	<i>*Spanish extended immersion (2 yrs)</i> 9:30 am - 12:00 pm	<i>*Science Explorers</i> 3:15-4:15 pm (4-7 yrs) 4:30-5:30pm (3-5 yrs)	<i>*Spanish: 5 to 7 yrs (advanced)</i> 3:00 - 4:00 pm	<i>*Spanish: 6 to 10 yrs</i> 9:00 - 10:15 am 1:00-2:15 pm
		<i>*Mandarin: 1 to 3 yrs</i> 9:15 - 10:15 am	<i>*Mandarin extended immersion (3-5 yrs)</i> 9:00 am - 12:30 pm		<i>*Spanish: 3 to 5 yrs</i> 4:00 - 5:15 pm	<i>*Mandarin: 1 to 3 yrs</i> 9:15 - 10:15 am
	<i>*Spanish: 3 to 5 yrs</i> 3:15 - 4:30 pm	<i>*Mandarin: 3 to 5 yrs</i> 10:30 - 11:45 am	<i>*Spanish: 6 to 10 yrs</i> 3:15 - 4:30 pm		<i>*Spanish: 6 to 10 yrs</i> 4:00 - 5:15 pm	<i>*Mandarin: 3 to 5 yrs</i> 10:45am - 12:00 pm
		<i>^Little Makerspace: 2-3 yrs</i> 9:30 - 10:30 am	<i>^New Additions</i> 9:30 - 11:00 am		<i>*Mandarin extended immersion (3-5 yrs)</i> 8:40 am - 11:40 am	<i>*Science Explorers</i> 10:45 - 11:45 am (5-7 yrs) 12:15 - 1:15 pm (3-5 yrs)
	<i>*Spanish: 6 to 10 yrs</i> 3:15 - 4:30 pm	<i>^Prenatal Yoga</i> 9:30 - 10:30 am	<i>^Bizzy Bees:16-24m</i> 9:30- 10:30 am	<i>^Jitterbugs Music 0-5yrs</i> 10:00 - 10:45 am	<i>^PJ Library Books & Blocks Drop-in 0-5 yrs</i> 9:30 am - 11:00 am	<i>Family & Me Cardio Dance+</i> 9:30 - 10:15 am <i>Mom & Daughter Kickboxing+</i> 10:30 - 11:30 am
	<i>^Jitterbugs Music 0-5yrs</i> 10:00 - 10:45 am	<i>^Postnatal Yoga</i> 11:00 - 12:00 pm	<i>^Little Cruisers: 6-14m</i> 11:00 - 12:00 pm			
	<i>^Jitterbugs Music 0-5yrs</i> 11:15am - 12:00pm	<i>Teen Yoga+</i> 7:00 - 8:00 pm				

Follow symbols: * ^ + [*arlington@yakacademy.com](mailto:arlington@yakacademy.com) [^metronorth@jccgb.org](mailto:metronorth@jccgb.org) [+info@h2kchildrenfitness.com](mailto:info@h2kchildrenfitness.com)
[register online here](#) [register online here](#) [register online here](#)

Course Descriptions

Yak Academy Language Classes*	Yak Academy's programs are full-immersion language classes that run on an ongoing monthly basis. We integrate fun play-based immersion, world-class instructors, and a unique environment of learning to create a powerful and effective language experience. With our proprietary curriculum, we introduce practical themes and design lessons that are age-appropriate and fun! This is a drop-off program for children ages 3+. Classes are ongoing throughout the school year and enrollment is always open if space allows.
Science Explorers*	Science Explorers classes encourage children to have fun while they are observing, hypothesizing, experimenting and reflecting about their world. We offer a variety of themes including: Engineering: Things that Fly, Chemistry: Kitchen Science, Secret Agent Science as well as Force & Motion and Electricity & Magnetism. This is a child-only class for children ages 3+. Classes run in ongoing 6 week sessions. Inquire about space availability.
Pre-school Play*	This drop-off class is warm introduction to the social and classroom environment for your 2 or 3 year old. In this Montessori & Reggio-Emilia inspired program, classes are structured with breaks for snacks, diapering/toileting, but designed to be child-led and play-based, fostering independence and self-guidance. The program's focus is on respect and community.
Jitterbugs Music^	For children 0-5 years, with adult. Jitterbugs Mixed Ages classes are packed with activities meant to develop not only a child's natural musical ability, but their natural passion for music as well. Classes integrate singing and vocal play, rhythm training, instrument exploration, musical games and pretend play. All of these things improve your child's ability to think, create and express.
PJLibrary Books & Blocks^	Join in a fun, weekly playtime. Enjoy stories, songs, activities and free play with other families. Wind down with a warm and interactive welcome to Shabbat. Starts Oct. 20, 2017.
Little Cruisers Family	For babies 6-14 months, with adult. Experience family play time. This class offers regular routines with song, baby sign language, parachute play, story time and more. Discover how your baby learns, help build your baby's confidence, and connect with other families
Bizzy Bees	For toddlers 15-24 months, with adult. As your toddler begins to move, walk and talk more, this class will have a variety of activity stations designed to help continue to develop fine and gross motor skills and even greater sensory awareness. Discussions will focus on positive discipline, picky eating, sleep, toileting readiness and much more.
New Arrivals^	For babies 0-4 months, with adult. Expert led discussions on topics such as soothing your baby, sleep, health and wellness, tummy time, new roles and relationships and getting out will all be covered in a supportive, non-judgmental environment. Includes interactive activities such as infant massage, finger plays and songs.
New Additions^	For babies 0-6 months, with adult. Enjoy precious one-on-one time with your new baby while sharing the challenges and joys of having two children with an expert facilitator and other parents. Learn fun ways to help foster their growing sibling relationship while learning and enjoying the company of other moms adjusting to this new role.
Prenatal Yoga^	Connect with your baby through breath and movement, while preparing for labor and birth. Vinyasa flow is safe for all stages of pregnancy and builds strength in the lower back and hip muscles so you can comfortably carry your growing baby. No yoga experience necessary. 1st and 2nd time moms welcome!
Postnatal Yoga^	For moms and babies 0-6 months. Welcome to the fourth trimester! Nourish your new relationship with your baby as you take care of your postpartum body. Poses will stretch and soothe the back and shoulder muscles and focus on total abdominal strength, while integrating the core and pelvic floor. Bring a baby blanket. No yoga experience necessary.
Little Makerspace^	Join us in our Little Makerspace just for 2's and 3's! Hang out with other parents while kids build with different materials, work with "loose parts," handle sensory doughs, make art, and more. Each week kids explore a different set up and then wind down with entertaining stories, songs, and finger plays.
Family Yoga+	Family and me Yoga Jr. is a super fun and friendly class. Ages 3-6 yrs welcome. We will learn breathing techniques, fun poses, go on yoga adventures, play games, sing songs and relax. This class will allow you to bond with your child both physically and energetically, leaving you both more calm and connected and ready for the day!
Family & Me Cardio Dance+	Join H2K for our Family and Me Cardio Dance class! We will be movin', groovin' and working up a sweat. Each class will be a combination of dancing, games, musical obstacle courses and exercises with mommy and daddy. We will end each class with healthy goals and meditation with our very own H2K Buddha-Dog.
Tiny Tot Tumblers+	Improve your child's balance and fine motor skills with our super fun Tiny Tot Tumblers class. This class will include balance practice and motor skills development! With the use of balance beams, hula hoops, games and more your child will engage in a creative class learning acrobatics, tumbling and other skills. Caregiver participation required.

Mom & Daughter Kickboxing+	Experience 1 hr of fitness fun with your daughter. Learn punches, kicks and self-defense! We will have non-contact sparring, team building exercises and boxing drills. At the end of class we will meditate and work on healthy goals. Make sure to bring water, wear comfy clothes and be prepared to sweat!
Teen Yoga+	This drop-off class will focus on strengthening and relaxing the body, mind, and spirit. With a combination of hatha yoga sequences, breath work, age-appropriate mindfulness activities, and meditation, your teen will leave class feeling empowered, centered, and connected!