

DANCE & MOVEMENT



Tickle Toes-Babies in Motion

Assist your little one in a playful exploration of movement and song! Tummy time activities and props are fun for both babies and parents! Don't miss out on the fun of this new baby group. (No class 11/11, 1/19)

BABIES IN MOTION I

AGE:2M-1

22354	Mon	9/8-10/13	11:30am-12:15pm
22375	Tue	9/9-10/14	11:15am-12pm
22372	Mon	10/27-12/1	11:30am-12:15pm
22376	Tue	10/28-12/9	11:15am-12pm
22377	Tue	1/6-2/10	11:15am-12pm
22374	Mon	2/23-3/30	11:30am-12:15pm
22378	Tue	2/24-3/31	11:15am-12pm

R \$73/NR \$88

22373	Mon	1/5-2/9	11:30am-12:15pm
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R \$65/NR \$78

LOCATION: NKCC
INSTRUCTOR: KATYA YANCHEVA

BABIES IN MOTION II

AGE:1-2½

22379	Mon	9/8-10/13	10:30-11:15am
22380	Mon	10/27-12/1	10:30-11:15am
22382	Mon	2/23-3/30	10:30-11:15am

R \$73/NR \$88

22381	Mon	1/5-2/9	10:30-11:15am
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R \$65/NR \$78

LOCATION: NKCC
INSTRUCTOR: KATYA YANCHEVA

Kids in Motion Parent/Child

Up and over, under and through, balls and streamers, tunnels and YOU! Meet friends, build confidence, and have fun developing large muscle motor skills. This program progresses with your children...they'll be crawling, climbing, balancing, and bouncing their way through each class! Child must be walking! (No class 11/11, 11/26)

PARENT/CHILD MOTION I

AGE:1½ -2½

22410	Tue	9/9-10/14	10:20-11:05am
22413	Wed	9/10-10/15	10:20-11:05am
22412	Tue	10/28-12/9	10:20-11:05am
22414	Wed	10/29-12/10	10:20-11:05am
22448	Tue	1/6-2/10	10:20-11:05am
22453	Wed	1/7-2/11	10:20-11:05am
22449	Tue	2/24-3/31	10:20-11:05am
22454	Wed	2/25-4/1	10:20-11:05am

R \$57/NR \$68

LOCATION: NKCC
TUESDAY INSTRUCTOR: KATYA YANCHEVA
WEDNESDAY INSTRUCTOR: JANICE GOEBEL

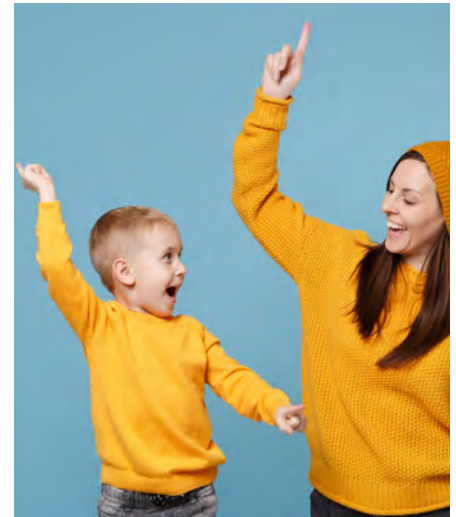
PARENT/CHILD MOTION II

AGE:2-3

22415	Tue	9/9-10/14	9:30-10:15am
22418	Wed	9/10-10/15	9:30-10:15am
22416	Tue	10/28-12/9	9:30-10:15am
22419	Wed	10/29-12/10	9:30-10:15am
22446	Tue	1/6-2/10	9:30-10:15am
22450	Wed	1/7-2/11	9:30-10:15am
22447	Tue	2/24-3/31	9:30-10:15am
22451	Wed	2/25-4/1	9:30-10:15am

R \$57/NR \$68

LOCATION: NKCC
TUESDAY INSTRUCTOR: KATYA YANCHEVA
WEDNESDAY INSTRUCTOR: JANICE GOEBEL



Twirling Two's- Parent/Child

Don't wait until you're three to twirl! Bring your parent in their sweats (it's ok), and twirl to the music in your own special way. When you turn three, you'll be ready, we bet, for Preschool Dance A and a pirouette! All genders welcome. (No class 11/11, 11/25)

AGE:2

22553	Tue	9/9-12/9	11:15am-12pm
22554	Tue	1/13-3/31	11:15am-12pm

R \$115/NR \$138

LOCATION: NKCC
INSTRUCTOR: TBA

Parent and Kid Zumba

Experience the joy of dancing together! This class will focus on the bonding experience between kids & parents / caregivers with the help of dance, music and movement. During the class, everyone will enjoy dancing with various props. (No class 9/18, 11/27)

AGE:3-6

22492	Thu	9/11-10/23	5-5:45pm
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R \$108/NR \$130

22493	Thu	11/6-12/11	5-5:45pm
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R \$90/NR \$115

22498	Thu	1/8-2/19	5-5:45pm
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22499	Thu	2/26-4/9	5-5:45pm
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R \$140/NR \$168

LOCATION: NKCC
INSTRUCTOR: TANYA DANCE FITNESS

Happy Seeds Yoga

Yoga comes to life in these fun and creative classes designed to stimulate your toddler's growing curiosity. In this class, caretakers and littles will hold yoga poses, do animated breathing exercises and dance. Children will spark their inner yogini while learning emotional calming skills, enhancing language development and motor coordination. (No class 11/27, 2/12, 4/16)

AGE:1-4

22577	Thu	9/11-10/16	10-10:45am
22578	Thu	10/30-12/11	10-10:45am
22579	Thu	1/15-2/26	10-10:45am
22580	Thu	3/12-4/23	10-10:45am

R \$108/NR \$130

LOCATION: NKCC

INSTRUCTOR: MAYLEN ARROYO ALVAREZ



PARENT & LITTLE BARRE

See page 39

PARENT/CHILD ART & MUSIC

Parent / Child Art

Preschoolers develop observation skills, creativity, self-expression, and confidence in this class where you might make slime from hair conditioner, paint with marshmallows, and create puffy paint with shaving cream!

Knick Knack Welcome Back!

It's back to school time, so grab a smock and join the fun while we make fall come alive with apples, leaf art and more!

AGE:2½-3½

22534	Tue	9/9-9/23	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA



Jack-O-Lantern Jamboree!

Spiders and pumpkins and ghosts, oh my! Don't be afraid, they're cute, friendly, and fun to make, and when you are done, it's a project to take!

AGE:2½-3½

22535	Tue	10/7-10/21	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA

Wobble Wobble Gobble Gobble

We're whipping up some pumpkin pie dough, rainbow turkeys, and more in this class that will have you "thankful" you signed up! (No class 11/11)

AGE:2½-3½

22536	Tue	11/4-11/25	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR:TBA

Mittens and Mistletoe

Holiday inspired arts and craft projects are planned...think silver and gold and let the glitter unfold!

AGE:2½-3½

22537	Tue	12/2-12/16	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA



Snowflakes and Sprinkles

What to do when it's cold and frosty outside? Come inside where we'll make indoor snow, snowmen, and more!

AGE:2½-3½

22538	Tue	1/6-1/20	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA

Be Mine...Valentine

Roses are red, hearts are too, it's a lovable class for lovable you. We'll bring out the lace, the red, and the pink, we'll make everything as sweet as you can possibly think!

AGE:2½-3½

22539	Tue	2/3-2/17	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA

Lucky Charms and Leprechauns

Blarney Stones and rainbows and pots o' gold for taking, lucky charms and shamrocks are crafts you will be making. Lucky you!

AGE:2½-3½

22540	Tue	3/3-3/17	9:30-10:15am
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R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA



Messy Art for Twos with Parent

Tickle your two-year old's senses and play messy by smearing paint and kneading dough. Sensory and tactile play helps to develop self-expression and creativity while rewarding children with the emotional pleasures of "hands-on" art. Dress for a mess! (No class 11/11)

AGE:2

22527	Tue	9/9-9/23	10:30-11:15am
22528	Tue	10/7-10/21	10:30-11:15am
22529	Tue	11/4-11/25	10:30-11:15am
22530	Tue	12/2-12/16	10:30-11:15am
22531	Tue	1/6-1/20	10:30-11:15am
22532	Tue	2/3-2/17	10:30-11:15am
22533	Tue	3/3-3/17	10:30-11:15am

R \$32/NR \$38

LOCATION: NKCC
INSTRUCTOR: TBA

Boogie and Books

Join Miss Karen in a beautiful park setting while she shares whimsical engaging stories and music with instruments to sing-a-long and boogie to! Bring a snack to enjoy in the park. (No class 2/16, 4/13)

AGE: 2½-5

21983	Mon	9/8-9/29	10-11am
21984	Mon	10/6-10/27	10-11am
21985	Mon	11/3-11/24	10-11am
21987	Mon	1/26-2/23	10-11am
21988	Mon	3/2-3/23	10-11am
21989	Mon	3/30-4/27	10-11am

R \$42/NR \$50

21986	Mon	12/1-12/8	10-11am
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R \$21/NR \$25

LOCATION: NKCC (NOV-MAR)
NORTH ROSE HILL WOODLANDS PARK (APR-OCT)
INSTRUCTOR: KAREN RENFROE-GIELGENS

Tiny Timbres Music

Join us for a fun, play-based exploration of music! We will sing songs from a variety of genres, move creatively, explore with a variety of percussive and tonal instruments, play cooperative games, and more! 6 months to 5-year-olds welcome, babies younger than 6 months may attend with an older sibling. Parent/Caregiver participation required. (No class 11/11)

AGE:½-5

22355	Tue	9/16-10/14	9:15-10am
22356	Tue	9/16-10/14	10:15-11am
22357	Tue	9/16-10/14	11:15am-12pm
22501	Tue	10/21-11/18	9:15-10am
22502	Tue	10/21-11/18	10:15-11am
22503	Tue	10/21-11/18	11:15am-12pm

R \$115/NR \$143

22504	Tue	11/25-12/30	9:15-10am
22505	Tue	11/25-12/30	10:15-11am
22506	Tue	11/25-12/30	11:15am-12pm

R \$140/NR \$168

LOCATION: NKCC
INSTRUCTOR: LEAH NIELSON



PARENT/CHILD GENERAL PROGRAMS



Self Defense for Children with Parent

Keep the magic of childhood safe in this low-key, friendly, and age-appropriate safety skills classes for girls and boys ages 5-10. Learn about risks facing your kids, how to frame the discussion with children, and recognize when someone may be targeting your family. This is a parent/child class.

AGE:8-10

21975	Sat	10/18	12-1:30pm
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AGE:5-8

21977	Sat	2/21	12-1:15pm
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R \$54/NR \$65

LOCATION: NKCC
INSTRUCTOR: STRATEGIC LIVING, LLC

Indoor Playground Drop-In Play

AGE
9M-5YRS

Join the fun, climbing, riding, pushing, pulling, and spinning. There's lots of active fun in our Indoor Playground. For babies we also include busy boxes, and a variety of toddler and baby toys. Adults must supervise children at all times. (No program 11/26, 12/24, 12/31)

NO PRE-REGISTRATION DROP-IN PROGRAM.
\$35 for a 10-punch card OR \$4/visit/person

Fall: 9/10-12/17 ● Dates: 1/7-4/8 ● Wed 10am-1pm

LOCATION: NKCC

PARENT/CHILD COOKING

In this changing monthly themed parent/child cooking class, get ready to peel, pour, shred, shake, bake, mash and more! Held at McAuliffe Park. See your receipt for location details. These are parent/child classes.



Apple of My Eye

September is the perfect time of year to explore everything about the apple. We'll cook a different apple recipe each week and also learn how apples are grown and harvested. Apple stories are also part of the fun!

AGE: 2½-4½
 22187 Wed 9/10-10/1 10:30-11:30am
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS

Little Pumpkin Pie

Ooooo went the wind and out went the lights, and the five little pumpkins rolled to McAuliffe Park! We'll learn how pumpkins grow, and each week we will cook a different pumpkin recipe. Pumpkin stories are also a part of the fun.

AGE: 2½-4½
 22188 Wed 10/8-10/29 10:30-11:30am
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS

Oodles of Noodles

There's oodles of noodles oh what can we say? From angel hair, fusilli, and even penne. Add veggies and cheese and toppings galore, what more can you ask for? We're sure there is more!

AGE: 2½-4½
 22189 Wed 11/5-11/26 10:30-11:30am
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS

Gingerbread Houses

Create pint sized gingerbread houses with your little chef!

AGE: 2½-4½
 22694 Wed 12/3 10:30am-12pm
 22190 Wed 12/10 10:30am-12pm
 R \$20/NR \$24

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS



Hugs and Chocolate Kisses

In this lovable series children will learn that chocolate comes from the beans of the rain forest's cacao trees. And we'll whip up a delicious chocolate concoction each week.

AGE: 2½-4½
 22191 Wed 2/4-2/25 10:30-11:30am
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS



Little Spuds and Tiny Tators

From field to fork the potato has had quite a journey! Hear about the potato's adventure to the kitchen at McAuliffe as we create one potato, two potato, three potato recipes during this series.

AGE: 2½-4½
 22192 Wed 3/4-3/25 10:30-11:30am
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS

Itty Bitty Breakfast Club

Can you give a pig a pancake, or a moose a muffin? Well maybe, if you learn to cook! Everyone knows that breakfast is the most important meal of the day. Join us as we give a tot a teacher, instructions, a recipe, friends.... (No class 4/15)

AGE: 2½-4½
 22194 Wed 4/1-4/29 10:30-11:30am
 R \$60/NR \$72

LOCATION: MCAULIFFE PARK
 INSTRUCTOR: KAREN RENFROE-GIELGENS