



# AUGUST 2023: DROP-IN CLASSES



EAST COUNTY FIRST 5 CENTER  
355 EAST LELAND RD. PITTSBURG, CA 94565

**\*NO NEED TO REGISTER FOR CLASSES JUST FOR THIS SESSION. IMPORTANT NOTE: THERE'S A LIMIT OF CHILDREN PER CLASS, ONCE IT IS FULL YOU WON'T BE ABLE TO PARTICIPATE IN THE CLASS, BUT YOU ARE MORE THAN WELCOME TO USE THE PLAY AREA!\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b>  <b>OPEN HOUSE</b> 10:00AM-12:00PM & 2:00PM-4:00PM 	<b>1</b>  9:30AM-10:30AM LET'S EXPLORE (1Y-2Y) 9:30AM-10:30AM BRIGHT & BEYOND (2Y) 11:30AM-12:30PM STORY TIME (2Y) 2:30PM-3:30PM ART & CRAFT (3Y) 3:30PM-4:30PM 5 PROTECTIVE FACTORS <b>EN (P)</b> <b>VIRTUAL - ZOOM MEETING ID: 857 4835 2264</b>	<b>2</b>  9:30AM-10:30AM RISING STARS (6M-11M) <b>10:00AM-11:00AM 5 FACTORES DE PROTECCIÓN SP (P)</b> <b>VIRTUAL - ZOOM MEETING ID: 851 9227 3362</b> 11:30AM-12:30PM EXPLORING WITH MY BODY (2Y) 2:30PM-3:30PM READ WITH ME (3Y) 4:00PM-5:00PM SCIENCE FUN (4Y-5Y)	<b>3</b>  9:30AM-10:30AM BABY SENSORY SEEKERS (6M-11M) 9:30AM-10:45AM HELP ME GROW (18M-2Y) <b>*BY INVITE ONLY*</b> <b>10:30AM-12:30PM MAMÁ CON MAMÁ SP (P) VIRTUAL -</b> <b>ZOOM MEETING ID: 873 1045 6339</b> 1:15PM-2:45PM HELP ME GROW (2Y-3Y) <b>*BY INVITE ONLY*</b> 2:30PM-3:30PM BUILDING WITH BLOCKS (3Y-5Y) 2:30PM-3:30PM READ WITH ME (4Y-5Y)	<b>4</b>  <b>CENTER CLOSED</b>
<b>7</b>  9:30AM-10:30AM LEARNING TOGETHER (1Y) 11:30-12:30PM SEASON ART (2Y)  <b>CENTER WILL CLOSE AT 12:30PM</b>	<b>8</b>  9:30AM-10:30AM LET'S EXPLORE (1Y-2Y) 9:30AM-10:30AM BRIGHT & BEYOND (2Y) 11:30AM-12:30PM STORY TIME (2Y) 2:30PM-3:30PM ART & CRAFT (3Y) 3:30PM-4:30PM 5 PROTECTIVE FACTORS <b>EN (P)</b> <b>VIRTUAL - ZOOM MEETING ID: 857 4835 2264</b>	<b>9</b>  9:30AM-10:30AM RISING STARS (6M-11M) <b>10:00AM-11:00AM 5 FACTORES DE PROTECCIÓN SP (P)</b> <b>VIRTUAL - ZOOM MEETING ID: 851 9227 3362</b> 11:30AM-12:30PM EXPLORING WITH MY BODY (2Y) 2:30PM-3:30PM READ WITH ME (3Y) 4:00PM-5:00PM SCIENCE FUN (4Y-5Y)	<b>10</b>  <b>CENTER CLOSED</b>	<b>11</b>  9:30AM-10:30AM BUSY HANDS (2Y-3Y) 11:30AM-12:30PM DADDY & ME (3Y-5Y)
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<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>  9:30AM-11:00AM HELP ME GROW (18M-3Y) 1:15PM-2:45PM HELP ME GROW (2Y-3Y)	<b>25</b>



# DROP-IN CLASS DESCRIPTIONS: **AUGUST** 2023

## **CHILDREN CLASSES**

### **BABY SENSORY SEEKERS (6M-11M)**

THIS CLASS IS DESIGNED TO FACILITATE INFANTS WITH THEIR TACTILE, VISUAL, AND AUDITORY STIMULATION. THESE YOUNG SEEKERS WILL HAVE THE OPPORTUNITY TO EXPLORE AND LEARN ABOUT THE WORLD AROUND THEM USING THEIR SENSES. VARIOUS HANDS-ON AGE APPROPRIATE SENSORY ACTIVITIES WILL BE PROVIDED TO ENCOURAGE THESE YOUNG ABSORBENT MINDS!

### **RISING STARS (6M-11M)**

THIS WILL BE AN INTERACTIVE CLASS IN WHICH IDEAS, SUPPORT, AND EDUCATIONAL SKILLS TOOLS WILL BE USED.

### **LEARNING TOGETHER (1Y)**

CHILDREN WILL BE INTRODUCED TO COLORS, NUMBERS, SHAPES, ETC. A GREAT START FOR THEM TO BE ACQUAINTED WHILE WORKING ON DIFFERENT ACTIVITIES. AS WELL AS HAND AND BODY MOVEMENTS.

### **LET'S EXPLORE (1Y-2Y)**

TODDLERS WILL EXPLORE A VARIETY OF SENSORY, GROSS/ FINE MOTOR, AND ARTISTIC ACTIVITIES THAT FOCUS ON THEIR DEVELOPMENTAL MILESTONES.

### **BRIGHT & BEYOND (2Y)**

THE FORMAT AND ACTIVITIES IN BRIGHT & BEYOND PROGRAM ARE PERFECT FOR PARENTS WHO WANT TO PROVIDE INTERACTIVE , CREATIVE PLAY, AND A BROAD-BASED HEAD START FOR THEIR CHILDREN.

### **EXPLORING WITH MY BODY (2Y)**

THIS WILL BE A FUN CLASS WHERE CHILDREN WILL EXPLORE WITH THEIR BODY. SENSORY ACTIVITIES AS WELL AS ACTIVITIES WHERE THEY WILL MOVE THEIR WHOLE BODY.

### **SEASON ART (2Y)**

IN THIS CLASS, THE CHILDREN CONTINUE TO WORK ON THEIR ABILITIES THAT INVOLVE FINE MOTOR SKILL, AS WELL AS THE DEVELOPMENT OF THEIR OWN CREATIVITY.

### **STORY TIME (2Y)**

A CLASS WHERE CHILDREN WILL COME AND CREATE ACTIVITIES BASED ON THE STORYBOOK. GREAT FOR THEIR CREATIVITY, GROSS AND FINE MOTOR SKILLS.

### **BUSY HANDS (2Y-3Y)**

CHILDREN WILL KEEP THEIR HANDS BUSY BY DOING DIFFERENT ACTIVITIES THAT WILL HELP THEM WITH THEIR FINE AND GROSS MOTOR SKILLS. AS WELL AS DIFFERENT SENSORY ACTIVITIES, HANDS AND BODY MOVEMENT.

### **1, 2, 3 COUNT WITH ME (3Y)**

THIS CLASS WILL TEACH COUNTING THROUGH PLAY AND CONVERSATIONS. WE WILL USE DIFFERENT MATERIALS TO HELP LEARN THE NUMBERS VISUALLY.

### **ART & CRAFT (3Y)**

THIS CLASS PROVIDES A DEVELOPMENTAL APPROACH TO GUIDE EACH CHILD'S SELF-EXPRESSION, PARENTS AND CHILDREN WILL DEVELOP SKILLS TO ENGAGE IN CREATIVITY BY MAKING TOGETHER. THIS CLASS ALSO HAS A PARENT EDUCATION COMPONENT, DESIGNED TO PROVIDE PARENTS WITH KNOWLEDGE OF HOW CHILDREN'S ART DEVELOPS THROUGH EXPERIENCES.

### **READ WITH ME (3Y) & (4Y-5Y)**

THE OBJECTIVE OF THIS CLASS IS TO ENCOURAGE DAILY READING IN CHILDREN. ALSO IN CLASS THE CHILDREN WILL SHARE WHICH WAS THEIR FAVORITE BOOK OF THE WEEK. AND THE ACTIVITIES OF THE CLASS WILL BE APPROPRIATE TO THEIR AGE SUPPORTING THE BEST DEVELOPMENT OF ALL THEIR ACTIVITIES.

### **BUILDING WITH BLOCKS (3Y-5Y)**

WHEN CHILDREN ARE AT PLAY, THEY EXPLORE THE WORLD. WHEN CHILDREN CREATE, THEY EXPRESS THEMSELVES. AND WHEN CHILDREN BUILD, THEY SOLVE PROBLEMS. OUR HANDS-ON BLOCKS CURRICULUM WILL HELP CHILDREN BUILD ON THEIR MATH AND SCIENCE SKILLS THROUGH THE MEDIUM.

### **DADDY & ME (3Y-5Y)**

THIS CLASS IS DESIGNED SO THAT PARENTS HAVE THE OPPORTUNITY TO SPEND TIME TOGETHER. CHILDREN WILL CREATE FUN ART PROJECTS WHILE SHARING ONE-ON-ONE TIME WITH DAD.

### **SCIENCE FUN (4Y-5Y)**

CHILDREN WILL DISCOVER THE SCIENCE AROUND THEM IN THIS INTERACTIVE CLASS. CHILDREN WILL LEARN THINGS SUCH AS ASTRONOMY, SEED PLANTING, SENSES, THE BODY, BUGS AND INSECTS.

## PARENTING CLASSES

### **MAMÁ CON MAMÁ (SP) VIRTUAL ONLY**

THIS CLASS IS A SUPPORT GROUP FOR SPANISH SPEAKING MOTHERS. VARIOUS TOPICS RELATED TO THE UPBRINGING OF CHILDREN ARE SHARED.

### **5 PROTECTIVE FACTORS (EN) / 5 FACTORES DE PROTECCIÓN (SP)**

#### **VIRTUAL ONLY**

PARENTS WILL GO INTO A DEEPER DIVE IN LEARNING MORE ABOUT THE 5 PROTECTIVE FACTORS THAT HELPS STRENGTHEN THE FAMILIES.

# **RULES FOR DROP-IN CLASSES**

## **AUGUST 2023**

**THIS WILL BE ONLY A 3 WEEK SESSION AND ALL CLASSES WILL BE "DROP-INS"**

1- THE CLASSES WILL BE BASED ON THE RULE "FIRST COME, FIRST SERVE". UPON ARRIVAL THERE WILL BE SOMEONE SIGNING FAMILIES INTO CLASS.

2.- **NO SIBLINGS OLDER THAN 8 YEARS IN THE CLASSROOM.** SIBLINGS CAN BE IN THE PLAY AREA AND YOU MAY BRING QUIET ACTIVITIES FOR THEM, SUCH AS A BOOK TO READ, ACTIVITY NOTEBOOK, ETC.. WE WILL OFFER SOME QUIET ACTIVITIES LIKE PUZZLES OR BLOCKS TOO.

3.- EACH CLASS WILL HAVE A CAPACITY. DEPENDING ON THE CLASS, 10 TO 14 CHILDREN IN TOTAL WILL BE ACCEPTED.

4.- ONCE THE CLASS IS FULL, YOU AND YOUR CHILDREN ARE WELCOME TO STAY IN THE PLAY AREA. **REMINDER, ALL CHILDREN REQUIRE PARENT/ GUARDIAN SUPERVISION WHILE AT THE FIRST 5 CENTER.**

5.- IF YOU, YOUR CHILD OR SOMEONE IN YOUR FAMILY IS SICK, PLEASE STAY HOME.

6.- ALL PARENTING CLASSES WILL BE **VIRTUAL**, IN THE CALENDAR YOU WILL FIND THE ID/PASSCODE TO CONNECT. (YOU CAN ALSO CALL US AND WE WILL GLADLY PROVIDE IT TO YOU)

7.- ON AUGUST 15 WE WILL ANNOUNCE THE CALENDAR FOR THE SEPTEMBER-OCTOBER SESSION AND THE LINK TO REGISTER FOR OUR CLASSES.

ANY QUESTIONS YOU CAN CALL US AT THE FOLLOWING NUMBERS:

- ALONDRA: (415) 971-6362
- MISS JULIE (415) 971-6121
- MISS IRMA: (415) 971-7039
- GIANNA: (415) 971-6202
- DEEANNA: (415) 971-6283

CENTER PHONES WILL BE UP SOON!