

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 CLOSED 	2 9:30-10:30 Virtual(3-5y) El Mundo en Español 9:30-10:30(3-5y)Magic Music 11-12 (3-5y)Museum Makers 12:30-1:30 (3-5y) Zumbini 1:30-2:30(1-2y)Baby Zumbini 3-4 (1-2y) Baby Talk 5-6 Virtual(All ages) Sensational Senses	3 9:30-10:30 (4-5y) Give me 5- Math Tandem 9:30-10:30 Virtual (0-7m) Cuddles + Snuggles 11-12 (Invite Only) Help Me Grow 1:15-2:15(4-5y)KR:Garden Party 3-4 Drop-In (All)Radically Retro	4 10-12 Serenamente 12-1 Together we can! 1:20-2:20 Drop-In(0-3y) Fun Zone 2:40-3:40 (4-5y) Movement Explorers 4-5 (3-5y) I Love Me 5:15-6:15 Drop-In (All) Black Girl Power	5 9:30-10:30 Mom's+Stress 10:45-11:45 (3-5y) Museum Makers 12-1 (2-3y) Curious Minds 1:30-2:30 (4-5y) KR: Garden Party	6 10-11 Drop-In (All) Count+Match w/ Ms. Berenice 11-12:30 Drop-In (All Ages) Daddy+Me
8 10-11 Drop-In (All ages) Storytime+ Art 1-2 (6-12m)Baby Signs 2:30-3:30 (2-4y)Gross Motor 6-8 Virtual - Triple P	9 9:30-10:30 Virtual(3-5y) El Mundo en Español 9:30-10:30(3-5y)Magic Music 11-12 (3-5y)Museum Makers 12:30-1:30 (3-5y) Zumbini 1:30-2:30(1-2y)Baby Zumbini 3-4 (1-2y) Baby Talk 5-6 Virtual(All ages) Sensational Senses	10 9:30-10:30 (4-5y) Give me 5- Math Tandem 9:30-10:30 Virtual (0-7m) Cuddles + Snuggles 11-12 (Invite Only) Help Me Grow 1:15-2:15(4-5y)KR:Garden Party 3-4 Drop-In (All) Space Cadets	11 10-12 Serenamente 12-1 Together we can! 1:20-2:20 Drop-In(0-3y) Fun Zone 2:40-3:40 (4-5y) Movement Explorers 4-5 (3-5y) I Love Me 5:15-6:15 Drop-In (All) BGP	12 9:30-10:30 Mom's+Stress 10:45-11:45 (3-5y) Museum Makers 12-1 (2-3y) Curious Minds 1:30-2:30 (4-5y) KR: Garden Party	13 10-11 Drop-In (All) Art 11-12:30 Drop-In (All) Daddy+Me
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22	23	24	25 10-12 Serenamente 11-12 Drop-In (All ages) STEM/Storytime w/ CC Library	26	27
29 KEY: Parent Classes =Blue Children Classes=Green Virtual Children Classes=Orange Drop In or Events=purple	30 	HOURS OF OPERATION Mon-Thurs 9am-5pm Friday 9am-5pm Saturday As Scheduled	FREE PLAY HOURS Mon-Thurs 9am-5pm Friday 9am-1pm		



In partnership with:



Antioch First 5 Center In Person and Virtual Programming Class and Event Descriptions March/April 2024

Children's Classes

Baby Signs

(In Person) 6-12 month olds

An interactive play group that will help parents and children learn useful signs, songs, and games. Through singing, dancing, and activities that highlight important developmental skills, parents and kids will begin signing right away.

Family Power Workshop

(Virtual) 3-5 year olds

Through puppets and fun, interactive stories, learn how to introduce People Safety Skills and to continue to practice them in your daily life. Help your child learn how to handle a friend saying something mean, check first before touching something unsafe, move away from someone doing something that could be hurtful, and get help from you effectively, even when you are busy.

Gross Motor Skills

(In Person) 2-4 year olds

This class is for children to enhance on their gross motor skills through play, while also working on hand eye coordination and balance. Join us as we build on skills we have already learned as well as social skills needed for sports and team collaboration.

El Mundo en Español (Virtual) 3-5 year olds

In this class, young learners will embark on an exciting adventure into the **Spanish** language. Through engaging activities, songs, and games, children will be introduced to the beauty and richness of the Spanish language and culture. Each session will be filled with fun and interactive opportunities for children to explore and express themselves in Spanish. Join us as we journey together to discover the wonders of the Spanish-speaking world!

Magic Music

(In Person) 3-5 year olds

This class is an interactive exploration of music through singing and percussion instruments. We will use instruments such as drums, tambourines, and bells to jam along to our most familiar nursery rhymes.

Museum Makers

(In Person) 3-5 year olds

An interactive exploration of five different art mediums that build knowledge, fine motor, and literacy skills.

Zumbini

(In Person) 3-5 yr olds

This class includes dancing, signing, and playing different instruments to exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.

Baby Zumbini

(In Person) 1-2 yr olds

This class includes dancing, signing, and playing different instruments to exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.

Baby Talk

(In Person) 1-2 year olds

This class builds talking and literacy skills through music and play. A book recommendation and literacy tips are given at the end of each class.

Give me 5 – w/ Math Tandem

(In Person) 4-5 year olds

This class engages children and parents in fun and interactive problem-solving activities. Children build on math basics such as number recognition and counting, while parents get to help their children in creative projects.

Help Me Grow

(In Person) By Referral

This developmental play group is designed to assist children who have been identified as needing additional support through their ASQ (Ages & Stages Questionnaire). Individuals will be contacted by the Center and offered opportunities to participate in this play group. If you have further questions please contact a Community Resource Specialist.

Kinder Readiness: Garden Party

(In Person) 4-5 year olds

Practice your kinder skills by learning all about nature! This class helps build proficiency with listening, class participation, and socializing.

Movement Explorers

(In Person) 4-5 year olds

Our class is designed to ignite your little one's curiosity and love for movement. In this dynamic and engaging environment, children will embark on a journey of discovery through play, music, and exploration. Each session is carefully crafted to encourage gross motor skills development, balance, coordination, and spatial awareness. From dance to obstacle courses, parachute games to sensory activities, our Movement Explorers will have endless opportunities to move, explore, and grow!

I Love Me! *Black Empowerment*

(In Person) 3-5 year olds

Families with Black children, come join us for a Black-centered classroom experience that strengthens a positive self-image with story-time, songs, and play!

Curious Minds

(In Person) 2-3 year olds

Curious Minds, where the boundless curiosity is celebrated and nurtured! In this dynamic class, young explorers will embark on a journey of discovery, fueled by their insatiable desire to learn and explore the world around them. Through hands-on activities, engaging experiments, and imaginative play, children will delve into a variety of experiments, from science and nature to art and storytelling. Our goal is to inspire a lifelong love for learning and foster the development of critical thinking skills, creativity, and a thirst for knowledge. Join us as we unleash the potential of your little one's curious mind and embark on exciting adventures together!

Drop-In Classes

Drop-In Story Time & Art *(In Person) All ages*

This class combines the joy of listening to stories with the excitement of creating art. Each session begins with an engaging story read aloud, followed by simple and fun art activities related to the story. From drawing and coloring to crafts and collage, kids will explore their creativity while expanding their imagination and developing fine motor skills. Come join the fun and let your child's imagination soar in Storytime & art fun!

Drop-In Radically Retro *(In Person) All Ages*

This is an opportunity to come to the center, meet other families, and explore open-ended play with your child for retro fun.

Drop-In Space Cadets

This is an opportunity to come to the center, meet other families, and explore open-ended play with your child for Space-themed fun.

Drop-In Fun Zone *(In Person) (0-1y) (2-3)*

Welcome to Fun Zone, where children are encouraged to explore, play, and learn in a vibrant and stimulating environment. Children will embark on exciting adventures filled with laughter, discovery, and endless fun. From sensory bins to arts and crafts, each class in Fun Zone is carefully crafted to spark joy and foster early childhood development. Join us as we create unforgettable memories and lay the foundation for a lifetime of learning and exploration!

Drop-In Black Girl Power *(In Person) All ages*

This is an opportunity to come to the center, meet other families, and explore open-ended play with your daughter for Black-centered fun.

Drop-In Count & Match with Ms. Bernice *(In Person) All ages*

Parents and caretakers will explore and engage with their children in a fundamental way of learning and matching numbers and colors while children enhance their memory skills through using everyday materials.

Drop-In Daddy & Me
(In Person) All ages

Children have the opportunity to spend quality time with the special male figure in their life. This class will include special projects, breakfast and an unforgettable bonding time.

Drop-In Art
(In Person) All ages

This class will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting.

Drop-In STEM/Story Time with CC Library
4th Thursday of the Month (In Person) All ages

STEM: Come explore the world of STEM (science, technology, engineering, and mathematics with the Contra Costa Libraries through fun educational activities).

Story Time: This class consists of story time, group discussion, class participation, and a chance to role play all in one, in partnership with CC Libraries.

Parent Classes

Triple P- By Referral Only
(Virtual) Adults

Parents come together to learn, rehearse, and put positive parenting strategies into practice. Parents will learn the fundamentals of parent-child relationships and development.

Together We Can
(In Person) Adults

This is your opportunity to receive additional support in the way that you need. Staff members will be available to help you 1 on 1 during this time, no appointment necessary. This includes administrative, technical support, and more.

Mom's & Stress
(In Person) Adults

In this class, mothers will be able to discuss the different types and triggers of stress while exploring different stress-relieving activities that can also be held in-home or around the community. Some topics covered include meditation, painting and essential oils.

Calm Mama, Calm Baby Parent Support Group (Spanish)
(In Person) Adults

As a support group for expecting moms, this is a space for new and experienced moms to learn that they are truly not alone in their experiences. Women gain invaluable information and support from each other in these groups.