



Antioch First 5 Center February 2025 Calendar

Center Operation Hours
Monday-Friday 8:00-5:00
Saturday 8:00-1:00

300 H Street Antioch, CA 94509 • (925) 301-4052 • first5coco.org   @antiochfirst5center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>Drop in free play (all ages) 9:00-12:00pm</i>
3 Curious Minds A (12-23m) 9:30-10:30am Jump Bunch (3-4y) 11:00-12:00pm Curious Minds B (2y) 1:30-2:30pm Let's Count & Match with Mrs. Bernice (4-5y) 4:30-5:30pm	4 Zumbini (2y) 10:00-11:00am Zumbini (3y) 11:00-12:00pm 24/7 Dads (Adults) 1:00-2:00pm Tiny Tots (1-2y) 2:30-3:30pm	5 Cuddles & Snuggles (0-7m) 9:30-10:30am Help Me Grow (By Invite) 11:00-12:00pm Fun Zone (1-2y) 2:00-3:00pm	6 El Mundo en Español A (2y) 10:00-11:00am Crafting with my kid (2-4y) 1:00-2:00pm El Mundo en Español B (3-4y) 2:30-3:30pm	7 Tunes & Stories (0-11m) 9:30-10:30am Mini Disco (2-4y) 11:00-12:00pm Gross Motor Skills (4-5y) 2:00-3:00pm	8 <i>Drop in free play (all ages) 9:00-12:00pm</i>
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17 CLOSED Holiday	18	19 Help Me Grow (By Invite) 11:00-12:00pm (V, Spanish) Potty Training Workshop 3-4pm	20	21	22 <i>Drop in free play (all ages) 9:00-12:00pm</i>
24	25	26 Help Me Grow (By Invite) 11:00-12:00pm	27 <i>Bilingual Story Time with CC Libraries (All ages) 11:00-12:00</i>	28	
		Free Play Hours Mon/Wed/Thurs 9:00-4:00 Tuesday 9:00-3:00 Friday 9:00-12:00 Saturday 9:00-12:00	KEY: Parent Classes in Blue V = Virtual Children Classes in Green Events in purple		

****Food Pantry, Clothing Swap, & Free Book Swap available during Operating Hours****

Antioch First 5 Center

In partnership with:



Antioch First 5 Center Class and Event Descriptions January/February 2025

Curious Minds - Mondays (A & B classes) (In Person) A: 12-23 months / B: 2 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!

Jump Bunch – Mondays (In Person) 3-4 years old

This class will engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities.

Let's Count & Match with Ms. Bernice- Mondays (In Person) 4 -5 year olds

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.

Zumbini – Tuesdays (A & B classes) (In Person) A: 2 year olds / B: 3 year 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

24/7 Dads - Tuesdays (In Person) Adults

An evidence-based fatherhood program that helps empower father and male caregivers to improve their knowledge, behavior, and skills of dads of all races, religions, and demographics.

Tiny Tots - Tuesdays (In Person) 1-2 year olds

Engage with your tiny tot as you both expand on new and developing skills! Activities will be centered around milestone skills for this age group and will be adjusted based on participant capabilities.

Cuddles & Snuggles - Wednesdays (In Person) 0-7 months

In this class, we immerse ourselves in the wonderful world of babies, where love and hugs are the foundation of our learning. During our class, babies will have the opportunity to explore, play, and grow in a safe and nurturing environment. From gentle songs to sensory activities, every moment is designed to foster your little one's physical, cognitive, and emotional development. Join us for an experience filled with affection, learning, and of course, lots of cuddles and snuggles!

Help Me Grow - Wednesdays
(In Person) By Invitation Only

This developmental play group is designed to assist children who have been identified as needing additional support through their ASQ (Ages & Stages Questionnaire).

Fun Zone - Wednesdays
(In Person) 1-2 year olds

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!

El mundo en Español – Thursdays (A & B Classes)
(In Person) A: 2 year olds / B: 3-4 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.

Crafting With My Kid - Thursdays
(In Person) 2-4 year olds

Come and join us for a fun and creative class. In this class you and your child will engage in different crafts & activities.

Tunes & Stories - Fridays
(In Person) 0-11 months

This engaging class focuses on the joy of reading and the power of music in fostering your baby's early development. Each week, we'll explore vibrant books with simple stories and soothing melodies that captivate your baby's attention through rhythmic, gentle movements and playful songs. Our goal is to nurture your baby's language skills, sensory awareness and bond with caregivers.

Mini Disco (Spanish) - Fridays
(In Person) 4-5 year olds

In this class, you and your child will create a unique and meaningful bond through dance. As your little one moves, they'll strengthen muscles, improve memory, and

develop essential skills like coordination, balance and spatial awareness. Come dance with the best partner your child could have – you! Together, you'll deepen connection, create lasting memories and rediscover the joy of movement. Dance is a universal language that allows you to express the love and joy between you both.

Gross Motor skills - Fridays
(In person) 4-5 year olds

This class is for children to enhance 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.

Potty Training Workshop - English - January 22
(Virtual) Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

Taller de Pañal - Spanish - February 19
(Virtual) Adults

Taller para dejar el pañal. Este taller proporcionara información a los padres sobre el entrenamiento para que sus niños dejen el pañal. Los temas de este taller incluirán los temas para el entrenamiento, las señales de preparación de su hijo y maneras positivas para ayudar a los niños a dejar el pañal

Drop-In Coffee with the CRS- Orientation to new families - January 23 & February 13, 10:00-11:00am
(Virtual) Adults

Come and learn about the services First Five offers to families.

Drop-In Bilingual Story Time with CC Libraries- January 23 & February 27, 11:00-12:00pm
(In Person) All ages

This class consists of story time, group discussion, class participation, and a chance to role play all in one, in partnership with Contra Costa Libraries

Drop-In Free Play - As scheduled
(In Person) All Ages

Drop by the center for an extra free play! Escape the heat or the home by spending time with your child in a neutral and safe location.