Antioch First 5 Center

Antioch First 5 Center
July 2025

300 H Street Antioch, CA 94509 ● (925) 301-4052

first5coco.org @antiochfirst5center

Open & Free Play Hours
Monday-Friday 8:00-5:00
Saturday 8:00-1:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 **CLOSED**	4 **CLOSED**	5 **CLOSED**
7 **CLOSED**	8 **Session Begins** **Wiggly Ones** (1yr) 9-10 **Zumbini** (2-3yrs) 10:30-11:30 **Let's Explore Through Play** (3yrs) 11:30-12:30 **Sensory Art** (2-3yrs) 2-3	9 **Kinder Readiness** (4-5yrs) 9-10 **Help Me Grow** (By Invite) 11-12 **Art Adventures** (3yrs) 2-3 **Stories, Songs and Sign Language** (3-5yrs) 1-2pm **Virtual Make Parenting a Pleasure** (Adults) 5-6pm	10 **Unidas Por un Proposito** (Adults) 9-10:30 **Tummy Time and Music** (0-11mos) 9:30-10:30 **Ready Set Learn** (4-5yrs) 2-3	11 **Summer Science** (3-4yrs) 9-10 **Blooming Wellness for Moms** (Adults) 9:30-10:30 **Big Letters, Small Letters** (3-4yrs) 11-12 **Mini Disco** (2-3yrs) 12:30-1:30	12 **Story Time & Art** (2-5yrs) 9:30-10:30 ***Dad & Me Time*** *(2-5yrs) 11-12*
14 **Ready for Learning** (3yrs) 9-10 **Jump Bunch** (3-4yrs) 11-12 **Terrific Toddlers** (2yrs) 1:30-2:30 **Bright & Beyond** (2-3yrs) 3-4 **Count and Match with Ms. Bernice** (4-5yrs) 4:30-5:30	15 **Wiggly Ones** (1yr) 9-10 **Zumbini** (2-3yrs) 10:30-11:30 **Let's Explore Through Play** (3yrs) 11:30-12:30 ***Food Distribution Event*** *(Adults) 12-2* **Sensory Art** (2-3yrs) 2-3	16 **Kinder Readiness** (4-5yrs) 9-10 **Help Me Grow** (By Invite) 11-12 **Art Adventures** (3yrs) 2-3 **Stories, Songs and Sign Language** (3-5yrs) 1-2pm **Virtual Make Parenting a Pleasure** (Adults) 5-6pm	17 **Unidas Por un Proposito** (Adults) 9-10:30 **Tummy Time and Music** (0-11mos) 9:30-10:30 **Story Time Plus (special guest CC Libraries)** (3yrs) 11-12 **Ready Set Learn** (4-5yrs) 2-3	18 **Summer Science** (3-4yrs) 9-10 **Blooming Wellness for Moms** (Adults) 9:30-10:30 **Big Letters, Small Letters** (3-4yrs) 11-12 **Mini Disco** (2-3yrs) 12:30-1:30	19 **Story Time & Art** (2-5yrs) 9:30-10:30
21 **Ready for Learning** (3yrs) 9-10 **Jump Bunch** (3-4yrs) 11-12 **Terrific Toddlers** (2yrs) 1:30-2:30 **Bright & Beyond** (2-3yrs) 3-4 **Count and Match with Ms. Bernice** (4-5yrs) 4:30-5:30	22 **Wiggly Ones** (1yr) 9-10 **Zumbini** (2-3yrs) 10:30-11:30 **Let's Explore Through Play** (3yrs) 11:30-12:30 **Sensory Art** (2-3yrs) 2-3	23 **Kinder Readiness** (4-5yrs) 9-10 **Help Me Grow** (By Invite) 11-12 **Art Adventures** (3yrs) 2-3 **Stories, Songs and Sign Language** (3-5yrs) 1-2pm **Virtual Make Parenting a Pleasure** (Adults) 5-6pm	24 **Unidas Por un Proposito** (Adults) 9-10:30 **Tummy Time and Music** (0-11mos) 9:30-10:30 ***Virtual Coffee with the CRS*** *(Adults) 10-11am* **Story Time Plus** (3yrs) 11-12 **Ready Set Learn** (4-5yrs) 2-3	25 **Summer Science** (3-4yrs) 9-10 **Blooming Wellness for Moms** (Adults) 9:30-10:30 **Big Letters, Small Letters** (3-4yrs) 11-12 **Mini Disco** (2-3yrs) 12:30-1:30	26 **Story Time & Art** (2-5yrs) 9:30-10:30
28 **Ready for Learning** (3yrs) 9-10 **Jump Bunch** (3-4yrs) 11-12 **Terrific Toddlers** (2yrs) 1:30-2:30 **Bright & Beyond** (2-3yrs) 3-4 **Count and Match with Ms. Bernice** (4-5yrs) 4:30-5:30	29 **Wiggly Ones** (1yr) 9-10 **Zumbini** (2-3yrs) 10:30-11:30 **Sensory Art** (2-3yrs) 2-3	30 **Help Me Grow** (By Invite) 11-12' **Virtual Potty Training Workshop Sp.** (Adults) 2-3pm **Art Adventures** (3yrs) 2-3 **Stories, Songs and Sign Language** (3-5yrs) 1-2pm **Virtual Make Parenting a Pleasure** (Adults) 5-6pm	31 **Unidas Por un Proposito** (Adults) 9-10:30 **Tummy Time and Music** (0-11mos) 9:30-10:30 **Ready Set Learn** (4-5yrs) 2-3	Parent Classes in Blue Children Classes in Green Events in purple Scan the QR code to enroll	

**Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours

Antioch First 5 Center

In partnership with:

Antioch First 5 Center
Class and Event Descriptions
July/August 2025

Ready for Learning – Mondays
(In Person) 3yrs
In this class children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

Jump Bunch – Mondays
(In Person) 3-4yrs
This class will engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing the to play organized sport activities

Terrific Toddlers- Mondays
(In Person) 2yrs
Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

Bright & Beyond - Mondays
(In Person) 2-3yrs
This class will demonstrate how to use the Bright & Beyond activity cards at home with your child. Bright & Beyond activity cards encourage children's development with easy, enjoyable parent and child activities. The cards provide intriguing, age specific activities that promote thinking, coordination, creativity, and more by using simple, everyday items that families already have at home.

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

Wiggly Ones - Tuesday
(In Person) 1yrs
This art and movement program will help your child 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.

Zumbini – Tuesdays
(In Person) 2-3yrs
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

Let's Explore Through Play - Tuesdays
(In Person) 3yr
This discovery-based class encourages 3-year-olds to learn through hands-on fun. From nature walks to simple science and art, they explore the world around them while building confidence, curiosity and creativity.

Sensory Art- Tuesdays
(In Person) 2-3yr
Kids will explore the world through their senses. We will focus on the process, not the product, as children discover colors, textures and sounds through art.

Kinder Readiness - Wednesdays
(In Person) 4-5yr
Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

Art Adeventures - Wednesdays
(In Person) 3yrs
In this class, children will have the opportunity to engage with different materials and practice sharing what they create with others.

Stories, Songs and Sign Language
(In Person) 2-3yrs
In this class we will read stories and sing songs that will help build a love for literacy while learning some signs to go along with the books and songs. This will help encourage communication skills in a variety of ways.

Tummy Time & Music - Thursdays
(In Person) 0-11m
This class will give you the opportunity to spend some time with your child doing tummy time. Tummy time helps to strengthen muscles in the neck, back, arms, shoulders, and legs. You will get the chance to connect with other families while participating in various activities.

Story Time plus - Thursdays
(In Person) 3yrs
This Storytime class will be combined with a book borrowing component in partnership with Tandem's Story cycles. Families will listen to stories, do some activities and take home a bag of books to borrow.

Ready, Set, Learn - Thursdays
(In Person) 4-5yrs

This class will help children build skills such as fine motor, listening and problem solving. Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

Summer Science - Fridays
(In Person) 3-4yrs
Families will learn about the science involved in the change of seasons. We will learn more about changes to nature.

Big Letters, Small Letters - Fridays
(In Person) 3-4yrs
The class focus will be recognizing on uppercase and lowercase letters through songs and activities.

Mini Disco - Fridays
(In person) 2-3 yrs
In this class you, your child and the dance will form a strong and special bond. At the same time your little one exercises his/her muscles and memory. Develops coordination, balance and body/spatial awareness skills. Join us to dance with the best dance partner your little one can have. Come strengthen ties, create new memories with them and invite your inner child to the party. Dance is a universal language, come express all that love that exists between you by dancing.

Story Time & Art - Saturdays
(In Person) 2-5yrs
This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Food Distribution – June 15th, August 5th & 19th
(In person) Adults
Join us to pick up food for your family to help stretch the budget. This is an opportunity to obtain supplies and talk about other ways to feed your family.

Make Parenting A Pleasure - Wednesdays
(Virtual) Adults
Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

Unidas Por un Proposito - Thursdays
(In person) Thursdays
United for a Purpose is a Spanish parent class that has an initiative filled with love for the human being and with a valuable purpose: the internal recognition, love, and respect that one must have for oneself to shine with one's own light.

Blooming Wellness for Moms - Fridays
(In person) Adults

This health focused class is a nurturing series designed specifically for moms, offering a supportive space to prioritize physical and mental well-being. Women will be empowered with practical tools and knowledge—ranging from nutrition and movement to mindfulness and stress management—helping them care for themselves as intentionally as they care for others which helps mothers bloom with confidence and vitality.

Coffee with CRS – July 24 & August 14
(Virtual) Adults
Join the CRS to learn about available resources in the community and to discuss home safety topics. This is a bilingual virtual workshop with our two community resource specialists, Bany and Rocio.

Parent Cafe – August 28
(In person) Adults
Parent Cafe engage parents/caregivers in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors.

Potty Training Spanish July 30, English August 20
(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.

Dad & Me Time – July 12 & August 9
(In person) 2-5y
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.