




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Parent Classes in Blue Children Classes in Green Events in purple <u>Scan the QR code to enroll</u>	1 Colors (3yrs) 9-10 Help Me Grow (By Invite) 11-12 Ready for Learning in Spanish (3yr) 2-3 Make Parenting a Pleasure Spanish Virtual (Adult) 2:30-4:30 Danzability (3-5yrs) 3:30-4:30 Virtual Triple P Spanish (Adults) 6-8	2 Unidas Por un Propósito (Adults) 9-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Gross Motor Play (3yrs) 3:30-4:30	3 Big Letters, Small Letters (3-5yrs) 9-10 Belly Dancing with Hind (Adults) 9:30-10:30 Fantastic Fine Motors (2-3yrs) 11-12 Mini Disco in Spanish (2-3yrs) 12:30-1:30	4 Little Artists (2-5yrs) 10-11
6 Five Sense (2yrs) 9:30-10:30 Jump Bunch (3-4yrs) 11-12 Bright & Beyond (1yr) 12:30-1:30 Road Map to Kindergarten Virtual (Adults) 3-4 Let's Count and Match Ms. Bernice (3-5yrs) 4:30-5:30 Fathers First (Adults) 5-6	7 Let's Play and Explore (1yr) 9-10 Zumbini (2-3yrs) 10:30-11:30 Food Distribution (Adults) 12-2 Sensory Seekers (2yrs) 2:30-3:30	8 Colors (3yrs) 9-10 Help Me Grow (By Invite) 11-12 Ready for Learning in Spanish (3yr) 2-3 Make Parenting a Pleasure Spanish Virtual (Adult) 2:30-4:30 Danzability (3-5yrs) 3:30-4:30 Virtual Triple P Spanish (Adults) 6-8	9 Unidas Por un Propósito (Adults) 9-10:30 Virtual Coffee with the CRS (Adults) 10-11 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Gross Motor Play (3yrs) 3:30-4:30	10 Big Letters, Small Letters (3-5yrs) 9-10 Belly Dancing with Hind (Adults) 9:30-10:30 Fantastic Fine Motors (2-3yrs) 11-12 Mini Disco in Spanish (2-3yrs) 12:30-1:30	11 Little Artists (2-5yrs) 10-11 Dad and Me Time (2-5yrs) 11:30-12:30 
13 Five Sense (2yrs) 9:30-10:30 Jump Bunch (3-4yrs) 11-12 Bright & Beyond (1yr) 12:30-1:30 Road Map to Kindergarten Virtual (Adults) 3-4 Let's Count and Match Ms. Bernice (3-5yrs) 4:30-5:30 Fathers First (Adults) 5-6	14 Let's Play and Explore (1yr) 9-10 Zumbini (2-3yrs) 10:30-11:30 Sensory Seekers (2yrs) 2:30-3:30	15 New Enrollment Available Colors (3yrs) 9-10 Help Me Grow (By Invite) 11-12 Ready for Learning in Spanish (3yr) 2-3 Make Parenting a Pleasure Spanish Virtual (Adult) 2:30-4:30 Danzability (3-5yrs) 3:30-4:30 Virtual Triple P Spanish (Adults) 6-8	16 Unidas Por un Propósito (Adults) 9-10:30 Read Aloud with Tandem (All Ages) 11-12 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Gross Motor Play (3yrs) 3:30-4:30	17 Big Letters, Small Letters (3-5yrs) 9-10 Belly Dancing with Hind (Adults) 9:30-10:30 Fantastic Fine Motors (2-3yrs) 11-12 Mini Disco in Spanish (2-3yrs) 12:30-1:30	18 Session Ends Little Artists (2-5yrs) 10-11
20 Fall Fest Event (All Ages) 10-12	21 Food Distribution (Adults) 12-2	22 Help Me Grow (By Invite) 11-12 Virtual Potty-Training Workshop English (Adults) 2:30-3:30 Virtual Triple P Spanish (Adults) 6-8	23 CC Libraries Bilingual Story Time (All Ages) 11-12 Parent Café (Adult) 1:30-3	24 CLOSED	25
27	28	29 Help Me Grow (By Invite) 11-12 Virtual Triple P Spanish (Adults) 6-8	30	31 	

Antioch First 5 Center

Class and Event Descriptions

September/October 2025

Antioch First 5 Center



In partnership with:



Five Senses - Mondays

(In Person) 2yr

Focused on the five senses, this class would involve a variety of engaging activities that stimulate a child's sight, smell, taste, touch, and hearing. The goal is to help toddlers learn about their world through sensory exploration and develop an understanding of how their senses work

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 them to play organized sport activities

Bright & Beyond - Mondays

(In Person) 1yr

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.

Road Map to Kindergarten - Mondays

(Virtual) Adults

This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness. This class begins in the Fall and continues through the spring.

Let's Count & Match with Ms. Bernice- Mondays

(In Person) 3-5yrs

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.

Fathers First - Mondays

(In Person) Adults

First 5 Fathers provides a dedicated space for fathers of children aged five and under to connect, share experiences, and explore the challenges and rewards of early parenthood. These sessions foster mutual learning and support, strengthening bonds through open dialogue and shared insight.

Let's Play and Explore - Tuesdays

(In Person) 1yr

This discovery-based class encourages 1-year-olds to learn through hands-on fun activities. From nature walks to simple science and art, they explore the world around them while building confidence, curiosity and creativity.

Zumbini – Tuesdays

(In Person) 2-3yrs

This class includes dancing, singing, 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.

Sensory Seekers - Tuesdays

(In Person) 2yr

In this class, we will work on age-appropriate multi-sensory activities that are designed to encourage toddlers with their tactile, visual, and auditory stimulation.

Colors - Wednesdays

(In Person) 3yrs

This class focused on colors will involve hands-on activities that introduce and reinforce color recognition through play. This includes sorting objects by color, creating art with different colored materials, and using everyday items to identify and name colors.

Ready for Learning in Spanish - Wednesdays

(In Person) 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.

Make Parenting A Pleasure Spanish - Wednesdays

(Virtual) Adults

Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

Danzability - Wednesdays

(In Person) 3-5 yrs

In this class children and families will get a chance to explore different types of dances from all around the world for any abilities. This class will be offered bilingual and will engage families to explore their physical skills through movement.

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.

Bridge to Kindergarten - Thursdays

(In Person) 4-5yrs

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for kindergarten. This class begins in the Fall and continues through the spring.

Road Map to Kindergarten - Thursdays

(In Person) Adults

This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness. This class begins in the Fall and continues through the spring.

Gross Motor Play- Thursdays

(In Person) 3yrs

In this class children will get a chance to explore using their big muscles through activities such as jumping, kicking, throwing and more. Families will discover ways to encourage children building these large muscle groups to help develop and grow.

Big Letters, Small Letters - Fridays

(In Person) 3-5yrs

The class focus will be recognizing uppercase and lowercase letters through songs and activities.

Belly Dancing with Hind - Fridays

(In person) Adults

Get to know other parents while working up a sweat while learning the basics of Belly Dancing with Hind! Childcare for children ages 18-months and older will be provided.

Fantastic Fine Motors - Fridays

(In Person) 2-3yrs

In this class, children will focus on developing and improving the ability to use small muscles in the hands, fingers, and wrists for precise movements. This class is perfect to inhale coordination and control which are essential for tasks like writing, drawing, cutting, and manipulating objects.

Mini Disco in Spanish - Fridays

(In person) 2-3 yrs

In this class you, your child and the dance will form a strong 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.

Little Artists - Saturdays

(In Person) 2-5yrs

Create art with your little one through several different art mediums to strengthen problem-solving, fine motor and gross motor skills!

Food Distribution – September 2nd & 16th, October 7th & 21st

(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.

Coffee with CRS – September 11^t & October 9

(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 – September 4th & October 23rd

(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 September 3rd, English October 22nd

(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 – September 13th & October 11th

(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.

Fathers and Family Social Event at Small World Park – September 6

Fathers must be present to attend. Join us for an exciting day out with the entire family. We will provide the entry and food for the day. Pre-registration is required, and space is limited.

Vitality – September 18th

(Virtual) Adults

In this workshop we will have conversations about working together to create a sustainable future for families bridging generations and community together.