

# WEST COUNTY FIRST 5 CENTER: AUGUST 2025

2707 Dover Avenue, San Pablo, CA 94806 (510) 232-5650

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CLASS SIGN-UPS</b></p>	<p><b>CENTER HOURS</b></p> <p>MON, WED, FRI: 9:00AM-5:00PM</p> <p>TUES: 9:00AM-7:30PM</p> <p>SAT: 9:30AM-1:30PM</p>	<p><b>PLAYROOM HOURS</b></p> <p>TUES: 2-4PM WED: 2-4PM THURS: 2-4PM FRI: 2-4PM</p> <p>SAT: 9:30AM-1:30PM</p>		<p>1</p> <p>Tiny Sparks (1-2y) 9:15-10:15 am</p> <p>Nature Surrounds Me (2-3y) 10:00-11:00 am</p> <p>Bouncy Minds (3-4y) 11:15-12:15 pm</p> <p>Bouncy Minds (3-4y) 12:30-1:30 pm</p>	<p>2</p> <p>Story Train w/ Mr. Ty (2-5y) 10:00-10:45 am</p> <p>Read Aloud w/ Mr. Ty (0-5y) 11:00-12:00 pm</p>
<p>4</p> <p>Help Me Grow Developmental Playgroup (1.5-5y) 9:15am-10:15 am</p> <p>Baby Zumbini (11-23m) 9:30-10:15 am</p> <p>Circle of Security (ENG) 10:00-11:30 am</p> <p>Zumbini (2-3y) 10:30-11:15 am</p> <p>Summer Adventures (2.5-3y) 10:30-11:30 am</p> <p>Summer Adventures (2.5-3y) 12:00-1:00 pm</p> <p>Joyful Journeys (2-3y) 12:30-1:30 pm</p>	<p>5</p> <p>Snuggles &amp; Cuddle (0-10m) 10:00-11:00 am</p> <p>Pathway to Preschool (3-4y) 10:00-11:30 am</p> <p>Art Jungle (2-3y) 1:00-2:00 pm</p> <p>Creative Connections (3-5y) 1:00-2:00 pm</p>	<p>6</p> <p>Onesies (12-23m) 10:30-11:30 am</p> <p>Cooking Matters (ENG) 10:30-12:00 pm</p> <p>Playful Paths (2-3y) 11:00-12:00 pm</p> <p>Joy Lab (2-3y) 1:00-2:00 pm</p> <p>Tiempo de Te (SPAN) 1:00-2:30 pm</p> <p>Tandem Storytime with Mr. Ty 1:00-2:00 pm</p> <p>Backpack Giveaway 2:00-3:00 pm</p> <p>Circle of Creativity (3-5y) 2:30-3:30 pm</p>	<p>7</p> <p>Art with Heart (2-3y) 10:00-11:00 am</p> <p>The Village (ENG) 10:30-11:30 am</p> <p>Fun Zone (12-23m) 11:15-12:15 pm</p> <p>Art Masters (2-3y) 12:30-1:30 pm</p> <p>Fun Zone (12-23m) 12:30-1:30 pm</p> <p>Fatherhood Group 4:30-6:00pm</p>	<p>8</p> <p>Tiny Sparks (1-2y) 9:15-10:15 am</p> <p>Nature Surrounds Me (2-3y) 10:00-11:00 am</p> <p>Bouncy Minds (3-4y) 11:15-12:15 pm</p> <p>Bouncy Minds (3-4y) 12:30-1:30 pm</p>	<p>9</p> <p>Story Train w/ Mr. Ty (2-5y) 10:00-10:45 am</p> <p>Read Aloud w/ Mr. Ty (0-5y) 11:00-12:00 pm</p>
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HIGHLIGHTED = Virtual Classes SPAN = Spanish parent classes ENG = English parent classes

# WEST COUNTY FIRST 5 CENTER: JULY-AUGUST 2025

2707 Dover Avenue, San Pablo, CA 94806 (510) 232-5650

## Class Descriptions

### CHILD CLASSES

**Art Jungle (2-3 years)**

Children will explore animals and nature through art, creative movement, and storytelling.

**Art Masters (2-3 years)**

Through books and art, children will meet some of the world's greatest artists! Art and literacy will be explored through stories, shared literacy activities, mixed media, and the creation of their own museum walk!

**Art with Heart (2-3 years)**

Expressing Feelings with Art provides a safe space for children to express their emotions through art projects. This class will help children reduce stress, improve social skills, develop self-esteem, and enhance cognitive and sensory motor functions. Imagine a world full of art, vibrant colors, and love.

**Baby Zumbini (11-23 months)**

Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun for you and your little one! This class is designed for infants/toddlers to introduce them to music and its benefits.

**Bouncy Minds (3-4 years)**

While trying to better understand the world, questions like how, when, where, and why pop up like little frogs! In this class, children will develop their intellectual and psychosocial skills while enjoying playtime and making new friends. This is also a space to learn some letters, shapes, and colors through stories, music, and happy moments.

**Circle of Creativity (3-5 years)**

A welcoming space where children come together to explore, imagine, and express themselves in playful and creative ways. Each session offers opportunities for hands-on discovery, movement, and connection—encouraging children to follow their ideas and share joyful moments with others.

**Creative Connections (3-5 years)**

In this engaging and ever-evolving class, children are invited to explore the world around them through stories, movement, artful play, and more. Each week offers a fresh experience designed to spark creativity, build friendships, and support growing minds in a fun and relaxed environment.

**Fun Zone (12-23 months)**

Learning through play is young children's favorite way to explore, discover, and experience the world. In this class, we encourage early development through fun games that help children enhance and fully develop their physical, intellectual, and psychosocial skills. We also promote interaction within a community where everyone has fun, learns, and supports one another.

**Help Me Grow Developmental Playgroup (1.5-5 years)**

These playgroups support child development, offer social interaction, and give parents tips for addressing developmental challenges. Referrals are based on First 5 developmental screenings—ask a First 5 Center staff member to request one.

**Joyful Journeys (2-3 years)**

Every session is a new adventure filled with laughter, movement, and moments of connection. Children and their caregivers are encouraged to follow their curiosity, try new things, and enjoy simple, meaningful experiences that spark imagination and growth.

**Joy Lab (2-3 years)**

A fun and engaging space where little ones experiment with ideas, explore their creativity, and interact in playful ways. With a mix of hands-on fun and guided exploration, each class nurtures early development in a light, joyful setting that's different every time.

**Nature Surrounds Me (2-3 years)**

Come explore nature through art, gardening, music and more!

**Onesies (12-23 months)**

Onesies' wide variety of activities include art, music, storytelling, and fun games that help them with their social and gross motor skills!

**Pathways to Preschool (3-4 years)**

Learn about what to expect when your child enters preschool, while children participate in a separate preschool-simulated class that prepares them for preschool. Topics for parents include social-emotional awareness, separation, routines, and how children learn.

**Playful Paths (2-3 years)**

This joyful class invites toddlers to explore, create, and discover at their own pace. Through guided experiences and open-ended activities, children build confidence, express themselves, and enjoy the wonders of shared play in a warm and supportive environment.

**Read Aloud with Mr. Ty (0-5 years)**

Join the Amazing Mr. Ty for fun virtual storytelling and circle time sessions for Black and African American children ages 0-5. These read-alouds support language, literacy, and cognitive development through songs, books, and family interactions.

**Snuggles & Cuddles - Infant Massage (0-10 months)**

Infant massage and cuddling boost social skills like confidence, empathy, and stress management. Parents will learn how to nurture these through massage, songs, and playtime

**Summer Adventures (2-3 years)**

Summer is a fun time to create memories with your child. Join us for a class filled with a variety of sensory and art activities. Each week, kids will explore a tray with sensory activities to encourage vocabulary, socialization, and most importantly imagination through creative play.

**Story Train with Mr. Ty (2-5 years)**

Join Mr. Ty for a fun storytime with stories, fingerplays, and interactive games! Children will explore creativity, routines, and sharing ideas with friends.

**Tiny Sparks (1-2.5 years)**

A cozy and joyful space for our littlest learners to explore the world around them through movement, rhythm, and simple hands-on fun. Each session invites toddlers and their caregivers to connect, engage their senses, and spark curiosity through gentle activities designed to encourage early development and playful interaction.

**Zumbini (2-3 years)**

Yay for Zumbini! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun!



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## Class Descriptions

### PARENT CLASSES

#### **Fatherhood Group**

Calling all dads and father figures! Join us for a fun and supportive group just for you. This is a space to connect with other dads, share laughs, swap stories, and explore the ups and downs of parenting together. Whether you're a new dad or a seasoned pro, come hang out, get inspired, and enjoy some time dedicated to fatherhood—because dads deserve it too!

#### **Nurturing Parents (ENG)**

This program focuses on recognizing and understanding feelings, handling stress, communication, and child development. For parents of children ages 0-5 years. Dinner and childcare provided.

#### **VIRTUAL: Circle of Security (ENG)**

At times all parents aren't sure what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program helps parents understand their child's emotional world by learning to read their emotional needs, support their child's ability to manage emotions, and nurture their child's developing self esteem.

#### **VIRTUAL: Cooking Matters (ENG)**

Learn the fundamentals of healthy cooking for your family! Topics include choosing fruit and veggies, healthy and yummy substitutes for traditional not-so-healthy foods, strategies to have a productive trip to the grocery store with your child, and more! Includes a weekly bag of groceries to complete the virtual group cooking activities.

#### **VIRTUAL: The Village (ENG)**

Black parenting is a unique experience with challenges and joys, and "The Village" offers support for all caregivers. Share strategies, explore identity, and build community through conversations, support, and self-care activities.

#### **VIRTUAL: Tiempo de Té (SPAN)**

Increase personal empowerment in a space where you will find information, leadership and a community of women like you—free, brave and powerful. Achieve well-being through learning, love and self-care. A space where you can grow, empower yourself, bring pampering to your life and feel accomplished.

**HIGHLIGHTED = Virtual Classes** **SPAN = Spanish parent classes** **ENG = English parent classes**

### COMMUNITY EVENTS

**Storytime w/ Bella:** July 10th, 11:00-12:00 pm & August 14th, 11:00-12:00 pm

**The Village Gatherings:** July 19th, 11:00-12:30 pm

**Kindergarten Countdown Event (San Pablo Library):** July 14th, 12:00-1:00pm

**Nutrition Workshop:** July 15th, 10:00-11:00 am

**Swap:** July 16th, 10:00-11:00 am

**Diaper Distributions:** July 18th, 10:00-1:00 pm & August 21st, 10:00-1:00 pm

**Backpack Giveaway:** August 6th, 2:00-3:00 pm