

Must be enrolled during the designated enrollment period to attend class. Limit one class per child

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Wellness: (Serenamente) (Adults) 9-11 Stories and Snuggles w/Tandem (0-1yrs) 11-12	3 <i>Food Distribution</i> (Adults) 11-12:30	4 Help Me Grow (By Invite) 11-12	5 <i>Conversations with Rhea</i> (Adults) 10-11:30	6 Primero Nuestros Hijos Virtual (Adults) 9:30-11:30 <i>EBRP Naturalist</i> <i>present Reptiles</i> (All Ages) 11:30-12:30	7 CLOSED
9 Session Begins Wellness: (Serenamente) (Adults) 9-11 <i>Coffee with the CRS</i> (Adults) 10-11 Stories and Snuggles w/Tandem (0-1yrs) 11-12 Letter Explorers (3-4yrs) 11:30-12:30 What's Blooming? (3yrs) 1:30-2:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	10 Danzability (2yrs) 9-10 Baby Signs Span. (6-16 mo) 9:30-10:30 Story Time & Art AM (2-3yrs) 10:30-11:30 Story Time & Art PM (2-3yrs) 1:30-2:30 Math Adventure (4-5yrs) 3:30-4:30	11 Bright & Beyond Preschool AM (3-4yrs) 9-10 Baby Signs Eng. (6-16mo) 9:30-10:30 Help Me Grow (By Invite) 11-12 Bright & Beyond Preschool PM (3-4yrs) 2-3 Sensory Seekers (2-3yrs) 3:30-4:30	12 Wiggly Ones AM (1yr) 9-10 <i>Walking & Nutrition</i> (Adults) 10-11 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Wiggly Ones PM (1yr) 2-3 <i>Parent Power: Early</i> <i>Childhood Safety Virtual</i> <i>Workshop Eng</i> (Adults) 5-6	13 Down on the Farm (4-5yrs) 9-10 Primero Nuestros Hijos Virtual (Adults) 9:30-11:30 Zumbini (2-3yrs) 10-11 Spring Into Fun! (3-4yrs) 1:30-2:30	14 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 <i>Finding Calm in the</i> <i>Chaos Virtual</i> (Adults) 10-11:30 Super Surprise Saturday Group B (2-5yrs) 11-12
*16 Wellness: (Serenamente) (Adults) 9-11 Stories and Snuggles w/Tandem (0-1yrs) 11-12 Letter Explorers (3-4yrs) 11:30-12:30 What's Blooming? (3yrs) 1:30-2:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	*17 Danzability (2yrs) 9-10 Baby Signs Span. (6-16 mo) 9:30-10:30 Story Time & Art AM (2-3yrs) 10:30-11:30 <i>Food Distribution</i> (Adults) 11-12:30 Story Time & Art PM (2-3yrs) 1:30-2:30 Math Adventure (4-5yrs) 3:30-4:30	*18 Bright & Beyond Preschool AM (3-4yrs) 9-10 Baby Signs Eng. (6-16mo) 9:30-10:30 Help Me Grow (By Invite) 11-12 Bright & Beyond Preschool PM (3-4yrs) 2-3 <i>Virtual Potty Training</i> <i>Workshop Span</i> (Adults) 2:30-3:30 Sensory Seekers (2-3yrs) 3:30-4:30	*19 Wiggly Ones AM (1yr) 9-10 <i>Walking & Nutrition</i> (Adults) 10-11 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Wiggly Ones PM (1yr) 2-3 <i>Parent Power Early</i> <i>Childhood Safety Virtual</i> <i>Workshop Span</i> (Adults) 5-6	*20 Down on the Farm (4-5yrs) 9-10 Primero Nuestros Hijos Virtual (Adults) 9:30-11:30 Zumbini (2-3yrs) 10-11 Spring Into Fun! (3-4yrs) 1:30-2:30 <i>STEM with CC</i> <i>Librarians</i> (All Ages) 3:00-3:45	21 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 <i>Finding Calm in the</i> <i>Chaos Virtual</i> (Adults) 10-11:30 Super Surprise Saturday Group B (2-5yrs) 11-12
23 Wellness: (Serenamente) (Adults) 9-11 Stories and Snuggles w/Tandem (0-1yrs) 11-12 Letter Explorers (3-4yrs) 11:30-12:30 What's Blooming? (3yrs) 1:30-2:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	24 Danzability (2yrs) 9-10 Baby Signs Span. (6-16 mo) 9:30-10:30 Story Time & Art AM (2-3yrs) 10:30-11:30 <i>Parent Café</i> (Adults) 11-12:30 Story Time & Art PM (2-3yrs) 1:30-2:30 Math Adventure (4-5yrs) 3:30-4:30	25 Bright & Beyond Preschool AM (3-4yrs) 9-10 Baby Signs Eng. (6-16mo) 9:30-10:30 Help Me Grow (By Invite) 11-12 Bright & Beyond Preschool PM (3-4yrs) 2-3 Sensory Seekers (2-3yrs) 3:30-4:30 Dad and Me Virtual Time (2-5yrs) 4:30-5:30	26 Wiggly Ones AM (1yr) 9-10 <i>Walking & Nutrition</i> (Adults) 10-11 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Wiggly Ones PM (1yr) 2-3 <i>Melanin Chat Group</i> <i>Virtual</i> (Adults) 2-3	27 Down on the Farm (4-5yrs) 9-10 Zumbini (2-3yrs) 10-11 Spring Into Fun! (3-4yrs) 1:30-2:30	28 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 <i>Finding Calm in the</i> <i>Chaos Virtual</i> (Adults) 10-11:30 Super Surprise Saturday Group B (2-5yrs) 11-12
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****Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours**

For Virtual Office Hours Mondays & Tuesdays 5-6:30pm call Rhea at 925-783-9199 or Chelsea at 925-758-0202

Antioch First 5 Center

Class and Event Descriptions

March/April 2026

Antioch First 5 Center

In partnership with:



Wellness: (Serenamente) - Mondays

(In Person) Adults

9-week class designed to empower individuals to navigate life's stressors and traumas, fostering resilience and emotional well-being.

Stories and snuggles with Tandem - Mondays

(In Person) 0-1yrs

A cozy, calming class for babies to enjoy sweet stories and special snuggle time. Perfect for nurturing early bonding and a love of books in a warm, welcoming space.

Letter Explorers – Mondays

(In person) 3-4yrs

In this class, children will focus on letter recognition, phonemic awareness, and build foundational literacy through interactive and engaging activities. Children will utilize themed books and crafts to make learning the alphabet fun and accessible.

What's Blooming? – Mondays

(In person) 3yrs

Each week, children learn about a different plant through simple activities and exploration. A fun way to discover how plants grow and bloom!

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.

Danzability – Tuesdays

(In person) 2yrs

In this class children and families will get a chance to explore different types of dance 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.

Baby Signs– Tuesdays & Wednesdays

(In person) 6-16m

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 singing right away.

Story Time & Art – Tuesdays

(In person) 2-3yrs

This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Math Adventure – Tuesdays

(In person) 4-5yrs

A space created for children to explore the world of math through play, music, and discovery. Each week, children will enjoy a new adventure while learning basic math concepts such as numbers, shapes, colors, and measurement—building curiosity, confidence, and joy for learning.

Bright & Beyond Preschool – Wednesdays

(In person) 3-4yrs

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.

Sensory Seekers – Wednesdays

(In person) 2-3yrs

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.

Wiggly Ones – Thursdays

(In person) 1yr

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.

Walking & Nutrition – Thursdays

(In person) Adults

Are you looking for a sustainable way to boost your energy, clear your mind, and fuel your body without the stress of a high-intensity gym environment? Join our Walking &

Nutrition class—a dual-approach class designed to help you move better and eat smarter. Each week, you will get a nutritious recipe.

Down on the Farm – Fridays

(In person) 4-5yrs

In this class children and families will learn about the different aspects of a farm. Families will be given opportunities to discuss and explore what a farm is, who works on the farm and why farms are important for everyone.

Zumbini – Fridays

(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.

Spring Into Fun – Fridays

(In person) 3-4yrs

In this class, children will be exposed to the beautiful Spring activities! They will engage in hands-on activities that embrace the Spring season such as flowers, gardening, etc. Children will engage in nature exploration, sensory bins, and engaging Spring crafts.

Super Surprise Saturday – Saturdays

(In person) 2-5yrs

Join us for our Super Saturday Surprise Class! Each week brings a new fun-filled activity for parents and children ages 2–5 to enjoy together. From creative crafts to playful games, you never know what exciting surprise awaits.

Dad & Me Virtual Time – Wednesdays

(Virtual) 2-5yrs

A special virtual class for dads and their little ones to connect and have fun together. Each week, families will be guided through simple bonding activities that encourage play, learning, and meaningful time together.

Finding Calm in the Chaos – Saturdays

(Virtual) Adults

In this class caregivers will learn tools and tips to help manage stress and regulate emotions. These tools will give parents skills to help not only themselves but their children to handle tough situations.

Parent Café 3/24 & 4/28

(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.

Coffee with the CRS 3/9 & 4/13

(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, Chelsea & Rocio.

Virtual Potty Training Workshop Eng 4/15

(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.

Conversations with Rhea 3/5 & 4/20

(In person) Adults

Come to the center and talk with the director about what you enjoy about the center and what you notice in the community. We want to take some time to listen to what you have to share about the centers and the world with children 5 and under.

Parent Power: Early Childhood Safety Virtual Workshop English 3/12

(Virtual) Adults

Learn practical ways to help keep young children safe without scaring them. This workshop covers setting boundaries, body safety, safety plans, and how to teach kids to ask for help and make safe choices.

Melanin Chat Group Virtual 3/26 & 4/16

(Virtual) Adults

Our support group is a safe space for People of Color to discuss unique racial and cultural experiences and provide connection and healing through peer support.