

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 2 3 4</p> <p>9:00am-10:00am HMG - BY INVITE 10:30am-11:30am HMG - BY INVITE 10:00am-2:30pm Field Trip: Contra Loma with East Bay Regional Parks</p> <p><b>CENTER CLOSED FOR SPRING BREAK!</b></p>					
<p>6</p> <p>9:30am-10:30am Bloom Along (1Y) 9:30am-10:30am Blooming Wellness (P) 11:00am-12:00pm Spring into Spring (2Y) 11:00am-1:00pm Abriendo Mentes, Cerrando Estigmas "A.M.C.E." (P) SPANISH ONLY 12:30pm-1:30pm Zumbini (2Y-3Y) 3:30PM-4:30pm Children's Yoga (3Y-5Y)</p>	<p>7</p> <p>9:00am-10:00am Explore, Learn &amp; Play (For Crawlers) 9:30am-10:30am Exploradores Sensoriales (1Y) SPANISH ONLY 10:00am-11:00am Learning Hands (3Y) VIRTUAL 12:00pm-1:00pm Fantastic Fine Motor (2Y) 2:30pm-3:30pm Explora y Descubre (2Y) SPANISH ONLY 3:00pm-5:00pm T.E.A.M. Dad (P) ENGLISH ONLY - HYBRID 3:30pm-4:30pm Sensory Seekers (2Y) 3:30pm-4:30pm Shapes in Nature (3Y) 4:30pm-5:30pm Book Room (4Y-5Y) 6:00pm-8:00pm Triple P (P) VIRTUAL - SPANISH ONLY - 7 WEEKS</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>WORKSHOP 10:00am-11:00am Rising Sun Workshop</p> </div>	<p>8</p> <p>10:00am-11:30am KinderTools (4Y-5Y) &amp; RMTK (P) ENROLLMENT CLOSED FOR THE 25-26 FY 10:00am-11:00am Spring Explorers (2Y) VIRTUAL 12:00pm-1:30pm Art for Stress Release (P) ENGLISH ONLY 2:30pm-3:30pm Afternoon Art (3Y) 4:30pm-5:30pm Sanja Mann (P) PUNJABI/HINDI/URDU ONLY 5:00pm-6:00pm Life Cycle of Ladybug (4Y-5Y)</p>	<p>9</p> <p>9:00am-10:00am HMG - BY INVITE 9:15am-10:00am Masaje Infantil (6W-5M) SPANISH ONLY 10:00am-11:00am Book Craft (3Y) 10:30am-11:30am HMG - BY INVITE 11:00am-12:00pm Books and Building (2Y) ENROLLMENT THROUGH PITTSBURG LIBRARY 11:30am-12:30pm Mamá con Mamá (P) ONLY FOR SPANISH SPEAKING MOTHERS 12:30pm-1:30pm Story Adventures (3Y-5Y) ENROLLMENT THROUGH PITTSBURG LIBRARY 2:30pm-3:30pm LEGO Lab Innovators (4Y-5Y) 3:00pm-4:00pm Spring Movement (3Y) 3:00pm-4:00pm Afro Beats (2Y-5Y) 5:00pm-6:00pm STEAM Along (4Y-5Y)</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Food Pantry 🍎 12:30pm-1:00pm, 2:00pm-5:30pm</p> </div>	<p>10</p> <p>9:30am-10:30am Toddler Fun Zone (2Y) 10:00am-11:00am Zumba (P) 11:00am-12:00pm Tiny Explorers (1Y) 11:30am-12:30pm Parents Helping Parents (P) 2:30pm-3:30pm Busy Bees (2Y)</p>	<p>11</p> <p>10:00am-11:00am Imagination Station (3Y-4Y) 11:30am-12:30pm Paint, Touch &amp; Play (2Y)</p>
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<p>27</p> <p style="text-align: center;"><b>CENTER CLOSED FOR STAFF DEVELOPMENT</b></p>	<p>28</p> <p>3:00pm-5:00pm T.E.A.M. Dad (P) ENGLISH ONLY - HYBRID 6:00pm-8:00pm Triple P (P) VIRTUAL - SPANISH ONLY - 7 WEEKS</p> <p style="text-align: center;"><b>CENTER CLOSED FOR STAFF DEVELOPMENT</b></p>	<p>29</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>EVENT 4:00pm-7:00pm Little Stars Talent Show</p>  </div>	<p>30</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>EVENT 11:00am-1:00pm Day of the Child</p>  </div>	<p><b>CENTER HOURS</b> Monday-Friday 9:00am-1:00pm, 2:00pm-6:00pm Saturday 9:00am-2:00pm</p> <p><b>PLAY AREA HOURS</b> CLOSED ON TUESDAYS Monday, Wednesday, &amp; Thursday 9:30am-12:30pm, 2:30pm-4:30pm Friday &amp; Saturday 9:30am-12:30pm</p>	<p>Scan this QR Code to access our Center's registration form (for new families), digital session calendars, class descriptions and class enrollment/ waitlist form!</p> 

# March-April 2026 Session: Class Descriptions

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



## Children Classes

### VIRTUAL CLASSES (THROUGH ZOOM)

#### Learning Hands (3 years) VIRTUAL

children will focus on developing and improving the ability to use small muscles in the hands, finger, and wrist for precise movements. Great to inhale coordination and control which are essential for tasks like writing, drawing, cutting and manipulating objects.

#### Spring Explorers (2 years) VIRTUAL

This class will offer age appropriate activities with spring season as our focus.

### OFFSITE CLASSES

#### Books and Building (2 years) ENROLLMENT THROUGH PITTSBURG LIBRARY

Books and Building invites toddlers to explore stories and structures through hands-on play — combining the magic of reading with the creativity of block building to spark imagination, language, and early STEM skills.

#### Story Adventures (3 years to 5 years) ENROLLMENT THROUGH PITTSBURG LIBRARY

Story Adventures takes you on exciting journeys through books, hands-on activities, and imaginative play — bringing stories to life while nurturing language, creativity, and a love for reading.

### IN-PERSON CLASSES

#### Masaje Infantil (6 weeks to 5 months) SPANISH ONLY

Class taught by a certified infant massage instructor. The first week parents will receive information about the importance and benefits of infant massage. The next 5 weeks a series of fun and loving massages are carefully incorporated in order to help parents develop a deeper bond with their babies and perhaps benefit their health, development and emotional health.

#### Explore, Learn, & Play (For Crawlers)

Children get to explore, learn and play, while they interact with other children. Parents/caregivers get to observe and learn about their child's development. This approach will help deepen their connections and set the foundation for raising independent, self-confident, resilient kids.

#### Bloom Along (1 year)

Parents and children work on age-appropriate activities and grow together in this class.

#### Exploradores Sensoriales SPANISH ONLY (1 year)

Practicing the Spanish language. Let's explore sensory activities! In this class, we will explore many open-ended activities.

#### Tiny Explorers (1 year)

Tiny Explorers is a gentle, playful movement class designed especially for one-year-olds and their caregivers. Through songs, simple motions, and sensory play, little ones are encouraged to crawl, wobble, stretch, and explore at their own pace. While giving caregivers a fun way to move and connect with their child.

#### Sensory Seekers (2 years)

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

#### Spring into Spring (2 years)

Spring is around the corner!! There will be movement activities and spring related crafts in this class to explore the change of seasons.

#### Busy Bees (2 years)

Buzz, wiggle, and explore! Busy Bees is a hands-on, sensory-rich class where little ones move, touch, and discover through different activities. While exploring textures, sounds, and colors, helping to build coordination, balance, and sensory awareness. This playful class encourages curiosity, confidence, and joyful learning in a safe, nurturing environment.

#### Explora y Descubir SPANISH ONLY (2 years)

¿Cómo jugamos juntos? En esta clase vamos a practicar los básicos de usar espacio, compartir juguetes y seguir construyendo las habilidades importantes para esta etapa de desarrollo.

#### Fantastic Fine Motor (2 years)

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

#### Paint, Touch, and Play (2 years)

In this class we will be able to explore activities of all kinds. We will either explore by painting, touching or playing with different materials.

#### Toddler Fun Zone (2 years)

In this class we will explore many fun activities in order to practice many important skills like problem-solving, exploring and socializing.

#### Zumbini (2 years to 3 years)

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

#### Afro Beats (2 years to 5 years)

Everyone is Welcomed! AfroBeats is an exciting music, movement, and drumming class. Come find your rhythm, and increase your child's motor skills and hand/eye coordination with beginning drumming techniques. Each week, families will sing, dance, and play rhythm instruments and music-based games.

#### Afternoon Art (3 years)

Join in for an afternoon of age-appropriate hands-on art projects utilizing various sensory items/objects.

#### Book Craft (3 years)

Books encourage language skills, expression of emotions and exposing children to new words. We will read a new book every week and work on crafts based on the book.

#### Shapes in Nature (3 years)

Nature Shapes is a class where children will learn about shapes through hands-on, nature-inspired activities. Using games, imagination and art craft activities, children will make circles like the sun, lines like branches, and curves like leaves. Activities encourage problem-solving, coordination, and curiosity about the natural world.

#### Spring Movement (3 years)

Hop, stretch, and move into spring! This playful movement class invites kids to explore how their bodies move through fun games. We'll jump like frogs, grow like flowers, and flow like the wind while building coordination, balance, strength, and body awareness.

#### Imagination Station (3 years to 4 years)

What can you create? In this class we will explore our creativity. Each class will provide an opportunity to practice and learn many skills in a fun and creative way.

#### Children's Yoga (3 years to 5 years)

Sessions designed for kids, encouraging focus, relaxation, flexibility, and body awareness through playful activities.

#### Book Room (4 years to 5 years)

Get your listening ears and looking eyes ready for this story adventure! In our reading room class students will be exploring a new book and theme every week.

#### KinderTools (4 years to 5 years) ENROLLMENT CLOSED FOR THE FISCAL YEAR 25-26

In this class we will support the children in developing the linguistic, cognitive, social and emotional building blocks for later development. Providing the foundation for learning both socially and academically that will help your child succeed in kindergarten. With the use of age appropriate curricula children will use their skills and knowledge to help them acquire new skills and knowledge.

#### LEGO Lab Innovators (4 years to 5 years)

In this playful, hands-on class, children will explore the exciting world of STEAM (Science, Technology, Engineering, Art, and Math) through LEGO building and beginner-friendly coding. LEGO Lab Innovators is the perfect space for young minds to experiment, imagine, and discover how fun learning can be!

#### Life Cycle of a Ladybug (4 years to 5 years)

In this nature-based class, children will explore the life cycle of a ladybug through fun, hands-on activities. We'll learn how a ladybug grows from egg to larva to pupa and into a colorful adult, using games, art, and storytelling. This class encourages curiosity, early science learning, coordination, and a love for nature in a warm, playful environment.

#### STEAM Along (4 years to 5 years)

STEAM Along focuses on using fun, hands-on activities to explore Science, Technology, Engineering, Arts and Mathematics. Each class is designed to address a particular skill set by giving children an authentic learning experience related to a real-world context.

## Parenting Classes

### VIRTUAL CLASSES (THROUGH ZOOM)

#### Sisters in Parenting - ONLY FOR AFRICAN-AMERICA/BLACK MOTHERS/CAREGIVERS

Dates:

- 03/17/2026
- 04/14/2026

*Sisters in Parenting* is a nurturing and empowering safe space created for African American/Black mothers to come together in sisterhood. Rooted in cultural relevance and collective wisdom, this group centers on open dialogue, shared experiences, and meaningful connections.

#### Triple P - ONLY IN SPANISH 7 CONSECUTIVE WEEKS

This is a 7 week **virtual** program with the principles to help you deal with almost any situation that might arise. You will also learn effective parenting strategies, how to promote your child's development and how to manage common behavioral issues.

### HYBRID CLASSES (THROUGH ZOOM & ALSO IN-PERSON)

#### T.E.A.M. Dad - ENGLISH ONLY

Teach, Experience, And Meaningful Conversations  
What does it mean to you to be a DAD? A space for dads where they can discuss things that matter the most to them and their families. Teach other dads and learn from different experiences. Have meaningful conversations about things dads experience on a daily basis. Discuss tips and tricks, share resources and more!

### IN-PERSON CLASSES

#### Abriendo Mentes, Cerrando Estigmas "A.M.C.E." (P) SPANISH ONLY

Your family's mental and emotional health starts with you. Come and learn how to support your mental and emotional well-being. This class is 6-8 weeks long.

#### Art for Stress Release (P) ENGLISH ONLY

Art can be a powerful tool for stress relief. Come discover the healing power of art! Learn new ways to unwind, express yourself, and build stress management skills through creativity. Let your creativity flow and the stress melt away.

### Blooming Wellness (P) ENGLISH ONLY

*Blooming Wellness* health classes are a nurturing series designed specifically for moms, offering a supportive space to prioritize physical and mental well-being. Each class empowers women 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. Whether you're navigating new motherhood or balancing family life, these classes provide the guidance and community to help you bloom with confidence and vitality.

### Hacer de la Familia un Placer Part 2 (P) CONTINUED CLASS - ENROLLMENT CLOSED

The goal of this class is that, by recognizing that each family is UNIQUE, both parents can agree on a parenting "style" and that this style is implemented in a loving and positive environment.

### Mamá con Mamá - ONLY FOR SPANISH SPEAKING MOTHERS

Looking for an opportunity to talk with other moms about their questions, joys, and challenges as a mom? Each week, this class will meet to discuss various parenting topics, such as staying organized, discipline, healthy food ideas, and more. It's more than a class: it's a support group: Moms Helping Moms!

### Sanja Mann (P) ONLY FOR PUNJABI/HINDI/URDU SPEAKING FAMILIES

Focused towards all Punjabi/Hindi/Urdu speaking families, this class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

### Parents Helping Parents (P)

This is a supportive parent group designed to help families nurture emotional strength, coping skills, and confidence in their children—and themselves.

Together, we'll explore navigating challenges with calm, connection, and growth.

### Zumba (P) BILINGUAL CLASS

A fun and energizing bilingual Zumba class just for parents! Dance, move, and take time for yourself while improving your overall wellness.

members. It's a night filled with laughter, applause, and unforgettable memories.

### Day of the Child Celebration - Thursday, April 30th 11:00am-1:00pm

Join us for a fun and colorful Day of the Child! This joyful event focuses on play, creativity, and discovery through age-appropriate activities such as music and movement, storytelling, simple games, arts and crafts, and sensory play. The day encourages social interaction, imagination, and happiness in a safe and nurturing environment, celebrating every child's uniqueness and early development.



[East County First 5 Center's Linktree](#)

Scan this QR Code to access our Center's registration form (for new families), digital session calendars, class descriptions and class enrollment/ waitlist form!

Follow us on social media!



@eastcountyfirst5center



East County First 5 Center

## Events / Workshops

### East Bay Regional Parks: Plants (2 years to 5 years) - Tuesday, March 3rd 10:00am

We are excited to welcome East Bay Regional Parks to our Center for a Plants educational presentation for children. This presentation will focus on introducing basic plant concepts in an engaging and age-appropriate format.

### Daddy & Me Social: Springtime Picnic Playdate - Tuesday, March 10th 3:00pm-5:00pm

Join us for a Spring Social Picnic Playdate designed especially for fathers and their kiddos! Enjoy fresh air, open-ended play, and simple spring-themed activities while children explore, move, and socialize at their own pace. Bring a blanket, snacks, and your picnic spirit as we celebrate spring together with music, bubbles, and play.

### RANG UTSAV: HOLI - Saturday, March 14th 11:00AM- 1:00PM

Holi is a festival of color from India. Come join us at the Buchanan park to enjoy color play activities like colored water balloon toss, tie-dye crafts, dance and more. Families, clothes will get messy please come ready.

The traditional way is to wear white and go home with a mix of colors.

### St. Patrick's Day Kids Celebration - Monday, March 16th 4:30PM-5:30PM

Join us for a fun and festive St. Patrick's Day celebration for all ages! Little leprechauns will enjoy games, crafts, music, and plenty of green-themed activities. From shamrock crafts to treats, this cheerful event is all about laughter, creativity, and a bit of Irish magic. Wear green and come celebrate a lucky day full of fun!

### VIRTUAL Workshop: KidPower: Early Childhood Safety SPANISH ONLY - Wednesday, March 18th 10:30AM-11:30AM

Join us for an engaging and empowering workshop led by KidPower focused on keeping young children safe. Families will learn practical strategies to help children build confidence, set boundaries, and stay safe at home, at school, and in the community. This workshop will cover age-appropriate safety skills, how to recognize unsafe situations, and how adults can support children in developing strong safety skills.

### Field Trip: Contra Loma with East Bay Regional Parks - Thursday, April 2nd 10:00am-2:30pm

Join us for a fun and engaging field trip to **Contra Loma Regional Park**, where an **East Bay Regional Park District naturalist** will guide families through hands-on activities and nature observations. Participants will have the opportunity to explore the park's natural environment, learn about local wildlife and plants, and enjoy interactive experiences. **Space is limited. No strollers allowed.**

### Rising Sun Workshop SPANISH ONLY - Tuesday, April 7th 10:00am-11:00am

Join us for an informative workshop from the Rising Sun Center for Opportunity! Learn how their **Green House Calls** program helps families save energy, lower utility bills, and make their homes more comfortable and healthy—at no cost. Participants will learn simple, practical ways to reduce energy and water use, improve home efficiency, and access free resources and services available in our community. This workshop is perfect for families and renters who want to save money, conserve resources, and create a more sustainable home.

### VIRTUAL Workshop: KidPower: Teaching Boundaries and Consent SPANISH ONLY - Wednesday, April 15th 10:30am-11:30am

Join us for an engaging and empowering workshop led by Kid Power focused on helping children learn about boundaries and consent in age-appropriate ways. Families and caregivers will learn practical tools to teach children how to express their needs, respect others' boundaries, and speak up when something doesn't feel right.

### Little Stars Talent Show - Wednesday, April 29th 4:00PM-7:00PM

*Little Stars Family Talent Night* is a joyful celebration of creativity, confidence, and family fun! Join us for an evening where our little stars shine bright—singing, dancing, performing, and sharing their unique talents alongside family