

WEST COUNTY FIRST 5 CENTER: MARCH 2026

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>EXTENDED CLASS - Sweet Memories (2.5-3y) 10:30-11:30 am</p> <p>EXTENDED CLASS- Sweet Memories (2.5-3y) 12:00-1:00 pm</p>	<p>3</p>	<p>4</p> <p>Swap 10:00-11:00 am</p>	<p>5</p>	<p>6</p> <p>Cooking Matters (SPAN) 10:00-11:30 am</p>	<p>7</p>
<p>9</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>Spring Explorers! (2.5-3y) 10:30-11:30 am</p> <p>Zumbini (2-3y) 10:30-11:15 am</p> <p>Painting it Together (3-5y) 12:00-1:00 pm</p> <p>Spring Explorers! (2.5-3y) 12:00-1:00 pm</p>	<p>10</p> <p>Snuggles & Cuddles (0-10m) 9:30-10:30 am</p> <p>Roadmap to Kinder (4y) 10:00-11:30 am</p> <p>Dads' Active Play Hour (2-5y) 11:30-12:30 pm</p> <p>Free Little Butterflies (2-3y) 1:00-2:00 pm</p> <p>Every Shade is Beautiful (2-3y) 1:30-2:30 pm</p> <p>Nurturing Parents (SPAN) 5:45-7:45 pm</p>	<p>11</p> <p>Wonder Tots (12-23m) 9:30-10:30 am</p> <p>Baby Signs (6-23m) 11:30-12:30 pm</p> <p>Adventurous Play (2-3y) 11:30-12:30 pm</p> <p>Tiempo de Te (SPAN) 1:00-2:30 pm</p> <p>Parent Advisory Committee (PAC) Meeting 4:00-5:00pm</p> <p>Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 5:30-6:30 pm</p>	<p>12</p> <p>Autism Playgroup (2-5y) 9:30-10:30 am</p> <p>Peekaboo Baby (0-12m) 10:00-11:00 am</p> <p>Color Feelings with Teddy (2-3y) 10:00-11:00 am</p> <p>The Village (ENG) 10:30-11:30 am</p> <p>Storytime w/ Bella (2-5y) 11:00-12:00 pm</p> <p>Baby Signs (4-12m) 11:30-12:30 pm</p> <p>Color Feelings with Teddy (2-3y) 12:30-1:30 pm</p> <p>Picture This! (3-5y) 1:00-2:00 pm</p>	<p>13</p> <p>Bonjour Paris, Atelier des Petits (2-3y) 9:30-10:30 am</p> <p>Cooking Matters (SPAN) 10:00-11:30 am</p> <p>Little-Step Adventures (12-23 m) 11:30-12:30 pm</p> <p>Spring Joy Jam (2-3y) 11:30-12:30 pm</p> <p>Little-Step Adventures (12-23m) 12:45-1:45 pm</p> <p>Brave Like Me (3-5y) 2:00-3:00 pm</p> <p>The Village Gathering 5:30-7:00 pm</p>	<p>14</p> <p>Story Train w/ Mr. Ty (2-5y) 10:00-10:45 am</p> <p>Art Studio (2-5y) 10:00-11:00 am</p> <p>Read Aloud w/ Mr. Ty (0-5y) 11:00-12:00 pm</p> <p>Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 12:00-1:00 pm</p>
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HIGHLIGHTED = Virtual Classes HIGHLIGHTED = Community Events SPAN = Spanish parent classes ENG = English parent classes

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Class Descriptions

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

CHILD CLASSES

Adventurous Play (2-3 years)

Children will explore Adventurous Play Time as a fun, active class designed especially for curious 2–3 year olds who love to move. Through age-appropriate obstacle courses, soft climbing equipment, tunnels, balancing activities, and imaginative play, little ones build confidence, coordination, and gross motor skills in a safe, supportive environment. Perfect for energetic toddlers who are ready to explore the world one adventure at a time!

Art Studio (2-5 years)

Explore the joy of transformation and discovery through art using a variety of materials and techniques to create works of art inspired by color, shape and line. Children will learn the importance of cooperation, self-help and responsibility as they work together to create a shared art experience. The process of art-making is emphasized over the product!

Autism Playgroup (2-5 years)

Join us for a 4-week playgroup created for children diagnosed with autism, filled with sensory play, movement activities, and a welcoming space for families to learn and grow together.

Baby Signs (4-12 months)

Baby Signs introduces babies (4–12 months) to the basics of sign language through songs, games, and interactive activities. The class helps young children communicate their needs, thoughts, and feelings before they can speak, reducing frustration for both babies and caregivers. Each week, parents and caregivers practice simple signs in a fun, playful environment while learning about early child development and how signing supports language, social, and emotional growth.

Baby Signs (6-23 months)

Baby Signs (6-23 months) teaches signing through songs and games. Sign language helps young children communicate what they need, see, and feel without having to resort to tears! Child development concepts are presented each week to reinforce how children benefit from signing. Participants will learn signs for a variety of topics, including mealtime, bedtime, play, feelings, and family.

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.

Bonjour Paris, Atelier des Petits (2-3 years)

A playful journey to Paris where children explore French culture through art, sculpture and building expressing their creativity and imagination, while listening to gentle French music to inspire their adventure.

Brave Like Me (3-5 years)

For Black/African American parents with children ages 3-5, Brave Like Me is a playful, confidence-building class designed to help African American children ages 3–5 explore courage, fairness, and empathy through movement, stories, and creative play. This class centers Black joy and belonging, helping children build emotional awareness, problem-solving skills, and pride in who they are. Together, we'll celebrate bravery in everyday moments—being kind, being fair, and being ourselves.

Color Feelings with Teddy (2-3 years)

In this space, children discover their emotions in a natural and loving way. Through play, art, and the company of a cuddly little teddy, they learn that it's okay to feel. They paint, draw, and explore different materials while listening to gentle words that help them recognize how they feel.

Dads' Active Play Hour (2-5 years)

This energetic class invites dads and their little ones to move, play, and explore together. Activities may include obstacle courses, movement songs, ball play, cooperative games, and simple crafts. A welcoming space for father engagement and family fun.

Every Shade is Beautiful (2-3 years)

For Black/African American parents with children aged 2-3. Every Shade Is Beautiful is a nurturing, play-based class that celebrates Black children in all their brilliance. Through music, movement, stories, art, and sensory play, children explore skin tones, hair textures, family connections, and self-love in ways that are joyful, age-appropriate, and affirming.

Free Little Butterflies (2-3 years)

Free Little Butterflies is a gentle, play-based art program designed especially for toddlers. Inspired by spring and simple storytelling, children explore recycled materials, colors, and textures at their own pace.

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.

Johnnie Greenstock & the 4 P's of Nutrition (3-5 years)

Through his special book and fun activities, "Johnnie Greenstock" teaches families the four pillars of nutrition: Planting, Plate, Palate, and Play. Children learn how food grows, how fruits and vegetables are prepared, and how food becomes the energy they need to play and grow.

Little-Step Adventures (12-23 months)

Little steps, big discoveries. Turn your child's curiosity into their most powerful learning tool! On this journey, participants will explore a safe, intentionally designed environment that nurtures motor skills, language, social development, and critical thinking through purposeful play. This is a fun space to connect, laugh, and marvel at your little detective's achievements as they discover the world. Come experience the adventure of growing together!

Painting it Together (3-5 years)

This class fosters creativity, working together, and promotes preschool readiness in problem solving, critical thinking, cognitive concepts, social-emotional interaction, self-expression, appreciation for cultural diversity as well as other skills. Art is a means of self expression and tool for learning.

Peekaboo Baby (0-12 months)

It's playtime with your baby! You have everything you need to sing, hug, tickle, and play with your baby while learning how to increase the baby's language and self identity.

Picture This! (3-5 years)

Create a fun frame to remember fun memories of a favorite moment in time. Children will create their very own decorated picture frames using paint, patterned paper, and glue sticks. The class begins with a playful movement warm-up inspired by shapes, lines, and poses found in pictures.

Roadmap to Kinder (4 years)

Journey with us on the Roadmap to Kindergarten. Parents will review topics including K entry requirements, social skills and practicing responsibility, healthy habits, safety, feelings, partnering with your child's teacher, practicing routines and separation, standards, and more. This class is for children entering kindergarten next year.

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.

Spring Explorers! (2.5-3 years)

Welcome to our Spring Explorers class! In this hands-on experience, children will celebrate the sights, sounds, and textures of spring through engaging sensory activities and creative art projects. Little ones will explore seasonal materials like flowers and natural textures, while strengthening fine motor skills and curiosity. We'll dive into the world of insects with fun crafts inspired by butterflies, bees and more, using paint, collage, and mixed media. Through play-based learning, children will develop creativity, observation skills, and a love for nature as we welcome spring together!

Spring Joy Jam (2-3 years)

Spring Joy Jam is a feel-good music and movement class filled with bubbles, rhythm, and lots of joyful wiggles! Little ones and their caregivers will sing, dance, clap, and move together to upbeat, family-friendly music while exploring scarves, shakers, and bubbles that float and pop all around.

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.

Wonder Tots (12-23 months)

Come learn and discover with your wondrous and curious toddler! Exploration will include sensory, art, music and story time activities.

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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PARENT CLASSES

IN PERSON

VIRTUAL

Nurturing Parents (SPAN)

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: Cooking Matters (SPAN)

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.

VIRTUAL: Triple P (ENG)

Triple P suggests simple routines that can make a big difference to your family and positive discipline with your child ages 0-5. Reflect on the things you already say, think, feel and do in new ways to help build positive relationships with your children.

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

COMMUNITY EVENTS

Swap: March 4th, 11:30-12:30 pm

Parent Advisory Council Meeting (PAC): March 11th, 4:00-5:00 pm

Storytime with Ms. Bella: March 12th, 11:00-12:00 pm

The Village Gathering: March 13th, 5:30-7:00 pm

Parent Advisory Council Meeting (PAC): April 8th, 4:00-5:00 pm

Storytime with Ms. Bella: April 9th, 11:00-12:00 pm

Diaper Distribution: April 22nd, 9:00-12:00 pm

Día del Niño Event: April 29th, 10:30-12:00 pm