

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Story Time & Art AM (2-3yrs) 9-10 Baby Signs Span (8-18mo) 10-11 Little Scientist (3-4yrs) 11-12 Jump Bunch (2-3yrs) 1:30-2:30 Story Time & Art PM (2-3yrs) 3-4 Let's Count & Match with Ms. Bernice (3-4yrs) 4:30-5:30	2 Danzability (2yrs) 9-10 Baby Signs Eng. (8-18mo) 10-11 Big Letters, Small Letters AM (4-5yrs) 11-12 <i>Food Distribution (Adults) 11-12:30</i> Big Letters, Small Letters PM (4-5yrs) 1:30-2:30 Phonics (3yrs) 3:30-4:40	3 Down on the Farm AM (3-4yrs) 9-10 Music and Art (2-3yrs) 10:30-11:30 Down on the Farm PM (3-4yrs) 2-3 Painting It Together (2-3yrs) 3:30-4:30	4 Fine Motor Skills AM (3yrs) 9-10 Baby Sensory (2-12mos) 11-12 Ready for Learning in Span. (3yrs) 2-3 Fine Motor Skills PM (3yrs) 3:30-4:30 Virtual Story Time & Art (2-5yrs) 4:30-5:30	5 Bright and Beyond (1-2yrs) 9-10 Zumbini (2-3yrs) 10-11 Ready for Learning (3yrs) 11-12 Children's Yoga (3-5yrs) 1:30-2:30	6 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
8 Story Time & Art AM (2-3yrs) 9-10 Baby Signs Span (8-18mo) 10-11 Little Scientist (3-4yrs) 11-12 Jump Bunch (2-3yrs) 1:30-2:30 Story Time & Art PM (2-3yrs) 3-4 Let's Count & Match with Ms. Bernice (3-4yrs) 4:30-5:30	9 Danzability (2yrs) 9-10 Baby Signs Eng. (8-18mo) 10-11 Big Letters, Small Letters AM (4-5yrs) 11-12 Big Letters, Small Letters PM (4-5yrs) 1:30-2:30 Phonics (3yrs) 3:30-4:40	10 Down on the Farm AM (3-4yrs) 9-10 Music and Art (2-3yrs) 10:30-11:30 Down on the Farm PM (3-4yrs) 2-3 Painting It Together (2-3yrs) 3:30-4:30	11 Fine Motor Skills AM (3yrs) 9-10 <i>Coffee with the CRS (Adults) 10-11</i> Baby Sensory (2-12mos) 11-12 Ready for Learning in Span. (3yrs) 2-3 Fine Motor Skills PM (3yrs) 3:30-4:30 Virtual Story Time & Art (2-5yrs) 4:30-5:30	12 Bright and Beyond (1-2yrs) 9-10 Zumbini (2-3yrs) 10-11 Ready for Learning (3yrs) 11-12 Children's Yoga (3-5yrs) 1:30-2:30	13 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
15 <b>Enrollment Begins</b> Story Time & Art AM (2-3yrs) 9-10 Baby Signs Span (8-18mo) 10-11 <b>Virtual-The Latina Center Workshop-11-12</b> Little Scientist (3-4yrs) 11-12 Jump Bunch (2-3yrs) 1:30-2:30 Story Time & Art PM (2-3yrs) 3-4 Let's Count & Match with Ms. Bernice (3-4yrs) 4:30-5:30	16 <i>Food Distribution (Adults) 11-12:30</i> Virtual Conversations with Rhea (Adults) 12:30-1:30	17 Music and Art (2-3yrs) 10:30-11:30 Virtual Potty Training Workshop in English (Adults) 2:30-3:30	18 <i>Father's Box Car Show Event (All Ages) 5-6:30</i>	19 <i>EBRP Naturalist presents Plants (All Ages) 11:30-12:30</i> <i>STEM with a Librarian (All Ages) 3-3:45</i>	20 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
22 Kinder Readiness Boot Camp (4-5yrs) 10-12 Road Map Refresher (Adults) 10:30-11:30 Let's Count & Match with Ms. Bernice (3-4yrs) 4:30-5:30	23 Kinder Readiness Boot Camp (4-5yrs) 10-12 Road Map Refresher (Adults) 10:30-11:30 <i>Parent Café (Adults) 1:30-3</i>	24 Kinder Readiness Boot Camp (4-5yrs) 10-12 Road Map Refresher (Adults) 10:30-11:30 <i>Melanin Chat Group (Adults) 11-12</i>	25 Kinder Readiness Boot Camp (4-5yrs) 10-12 Road Map Refresher (Adults) 10:30-11:30	26 Kinder Readiness Boot Camp (4-5yrs) 10-12 Road Map Refresher (Adults) 10:30-11:30	27 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12
29	30			<b>Scan the QR code to Enroll →</b>	

# **Antioch First 5 Center**

## **Class and Event Descriptions**

### **May/June 2026**

Antioch First 5 Center



#### **Story Time & Art – Mondays**

*(In person) 2-3yrs*

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

#### **Baby Signs– Mondays & Tuesdays**

*(In person) 8-18m*

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.

#### **Little Scientist – Mondays**

*(In person) 3-4yrs*

Get ready to mix, splash, explore, and create! In this class, children will explore the topic of science, build fine motor skills, and creative thinking through hands-on experiments and art projects.

#### **Jump Bunch – Mondays**

*(In person) 2-3yrs*

This class will engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing the to play organized sport activities

#### **Let's Count & Match with Ms. Bernice – Mondays**

*(In person) 3-4yrs*

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.

### **Big Letters, Small Letters – Tuesdays**

*(In person) 4-5yrs*

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

### **Phonics – Tuesdays**

*(In person) 3yrs*

In this class, children will explore letter sounds, identifying rhyming words, and build confidence in letter-sound recognition.

### **Down on the Farm – Wednesdays**

*(In person) 3-4yrs*

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.

### **Music & Art – Wednesdays**

*(In person) 2-3yrs*

Children will explore, create, and have fun while they play instruments, sing songs, and enjoy hands-on art activities. They will build creativity and self-expression through music and art.

### **Painting it Together – Wednesdays**

*(In person) 2-3yrs*

This class will foster creativity, teamwork, 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.

### **Fine Motor Skills – Thursdays**

*(In person) 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.

### **Baby Sensory – Thursdays**

### ***(In person) 2-12m***

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

### **Ready for Learning in Spanish – Thursdays**

#### ***(In person) 3yrs***

In this class children will be introduced to concepts of colors, shapes and letters all in Spanish. They will build on skills such as writing, cutting and working with others.

### **Bright & Beyond – Fridays**

#### ***(In person) 1-2yrs***

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.

### **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.

### **Ready for Learning – Fridays**

#### ***(In person) 3yrs***

In this class children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

### **Children's Yoga – Fridays**

#### ***(In person) 3-5yrs***

In this class, children will be encouraged to focus, build concentration skills, relaxation, flexibility, and body awareness through playful activities.

### **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.

### **Conversations with Rhea 5/1 & 6/16**

#### ***(Virtual) Adults***

Join us virtually to 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

### **Virtual Potty Training Workshop Spanish 5/13, English 6/17**

#### ***(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.

### **Coffee with the CRS 5/14 & 6/11**

#### ***(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 community resource specialists.

### **Parent Café 5/26 & 6/23**

#### ***(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.

### **Melanin Chat Group Virtual 5/29 & 6/24**

#### ***(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.

### **Virtual-Modify Health Workshop, 5/7**

#### ***(Virtual) Adults***

Come and learn about ModifyHealth-Nutritious Dining, Delivered to Your Door. Reclaiming your health shouldn't mean spending hours in the kitchen. For eligible patients, our 12-week medically tailored meal program removes the stress of meal prep, grocery shopping, and calorie counting, allowing you to focus entirely on your recovery and well-being.

### **Virtual-Bright Life Kids Webinar, 5/21**

#### ***(Virtual) Adults***

Join us and learn about BrightLife Kids is a CalHOPE program, fully funded by the State of California, that supports the behavioral health of every family living in California with kids ages 0-12, at no cost.

**Virtual-The Latina Center Workshop 6/15**

***(Virtual) Adults***

Come and join us to learn about The Latina Center, to see how they are helping to improve the health and well-being of our Latino community by providing leadership and personal development opportunities for all Latinos.

**Virtual Workshop with Village Community Resource Center, 5/12**

***(Virtual) Adults***

Come and join us to learn what Village Community Resource Center does; the center is located in Brentwood, and they serve families in East Contra Costa County to thriving as valued members of an equitable community.