

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scan the QR code to Enroll -></p>				<p>1 <i>Muffins with Moms Event (All Ages) 10-12</i> Virtual Conversations with Rhea (Adults) 12:30-1:30</p>	<p>2</p>
<p>4 Session Begins 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</p>	<p>5 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</p>	<p>6 Down on the Farm AM (3-4yrs) 9-10 Help Me Grow-last class (By invite) 11-12 Down on the Farm PM (3-4yrs) 2-3 Painting It Together (2-3yrs) 3:30-4:30</p>	<p>7 Fine Motor Skills AM (3yrs) 9-10 Virtual-Modify Health Workshop 10-11 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</p>	<p>8 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</p>	<p>9 CLOSED</p>
<p>11 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</p>	<p>12 Danzability (2yrs) 9-10 Baby Signs Eng. (8-18mo) 10-11 <i>Virtual Workshop with Village Community Resource Center 10-11</i> 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</p>	<p>13 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 Virtual Potty-Training Workshop in Spanish (Adults) 2:30-3:30 Painting It Together (2-3yrs) 3:30-4:30</p>	<p>14 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</p>	<p>15 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 <i>STEM with a Librarian (All Ages) 3-3:45</i></p>	<p>16 Super Surprise Saturday Group A (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B (2-5yrs) 11-12</p>
<p>18 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</p>	<p>19 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</p>	<p>20 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</p>	<p>21 Fine Motor Skills AM (3yrs) 9-10 Virtual-Bright Life Kids Webinar (Adults) 10:45-11:30 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</p>	<p>22 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</p>	<p>23 CLOSED</p>
<p>25 CLOSED</p>	<p>26 Danzability (2yrs) 9-10 Baby Signs Eng. (8-18mo) 10-11 Big Letters, Small Letters AM (4-5yrs) 11-12 <i>Parent Café (Adults) 11-12:30</i> Big Letters, Small Letters PM (4-5yrs) 1:30-2:30 Phonics (3yrs) 3:30-4:40</p>	<p>27 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</p>	<p>28 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</p>	<p>29 Bright and Beyond (1-2yrs) 9-10 Zumbini (2-3yrs) 10-11 Melanin Chat Group (Adults) 11-12 Ready for Learning (3yrs) 11-12 Children's Yoga (3-5yrs) 1:30-2:30</p>	<p>30 Center Closed for offsite event <i>Family Field Trip at Big Break Regional Park (All Ages) 10-12</i></p>

****Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours**

Antioch First 5 Center

Class and Event Descriptions

May/June 2026

Antioch First 5 Center



In partnership with:



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.