



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	Parent Classes in Blue Children Classes in Green Events in Purple <u>Scan the QR code to enroll</u>				1 Dad & Me Sports (2-5yrs) 9:30-10:30 Super Surprise Saturday (2-5yrs) 11-12
3	4 Help Me Grow (By Invite) 9-10 Yoga ABCs AM (3yrs) 10-11 Help Me Grow (By Invite) 11-12 <i>Food Distribution (Adults) 11-12:30</i> Yoga ABCs PM (3yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	5 Space Exploration with Little NASA (4-5yrs) 9-10 <i>Walking & Nutrition (Adults) 9:30-10:30</i> My Body Spanish (3yrs) 11-12 My Body English (3yrs) 3-4	6 Danzabilty (3yrs) 9:30-10:30 Art Adventures English (2yrs) 11-12 Art Adventures Spanish (2yrs) 3-4	7 Dance & Movement (2yrs) 9-10 Kids and Sports (3yrs) 11-12	8 Dad & Me Sports (2-5yrs) 9:30-10:30 Super Surprise Saturday (2-5yrs) 11-12
10	11 Help Me Grow (By Invite) 9-10 Yoga ABCs AM (3yrs) 10-11 <i>Parent Café (Adults) 11-12:30</i> Help Me Grow (By Invite) 11-12 Yoga ABCs PM (3yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	12 Space Exploration with Little NASA (4-5yrs) 9-10 <i>Walking & Nutrition (Adults) 9:30-10:30</i> My Body Spanish (3yrs) 11-12 <i>Virtual Potty Training Workshop Eng (Adults) 2:30-3:30</i> My Body English (3yrs) 3-4	13 Danzabilty (3yrs) 9:30-10:30 Art Adventures English (2yrs) 11-12 <i>Virtual Coffee with the CRS (Adults) 10-11</i> Art Adventures Spanish (2yrs) 3-4	14 Dance & Movement (2yrs) 9-10 Kids and Sports (3yrs) 11-12	15 Enrollment Begins Dad & Me Sports (2-5yrs) 9:30-10:30 Super Surprise Saturday (2-5yrs) 11-12
17	18 Help Me Grow (By Invite) 9-10 Yoga ABCs AM (3yrs) 10-11 Help Me Grow (By Invite) 11-12 <i>Food Distribution (Adults) 11-12:30</i> Yoga ABCs PM (3yrs) 1:30-2:30 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	19 Space Exploration with Little NASA (4-5yrs) 9-10 <i>Walking & Nutrition (Adults) 9:30-10:30</i> <i>De Familia a Familia (Adults) 9:30-10:30</i> My Body Spanish (3yrs) 11-12 My Body English (3yrs) 3-4	20 Danzabilty (3yrs) 9:30-10:30 Art Adventures English (2yrs) 11-12 <i>Melanin Chat Group (Adults) 10-11</i> Art Adventures Spanish (2yrs) 3-4	21 Dance & Movement (2yrs) 9-10 Kids and Sports (3yrs) 11-12 <i>STEM with a Librarian (All Ages) 1:15-2</i>	22 Dad & Me Sports (2-5yrs) 9:30-10:30 Super Surprise Saturday (2-5yrs) 11-12
24	25 Help Me Grow (By Invite) 9-10 Help Me Grow (By Invite) 11-12 Nurturing Parents Span. (Adults) 5:30-8 Triple P English Virtual (Adults) 6:30-8:30	26 <i>Walking & Nutrition (Adults) 9:30-10:30</i>	27 	28 CLOSED	29 CLOSED

Delta First 5 Center ***Class and Event Descriptions*** ***July/August 2026***

Delta First 5 Center



In partnership with:



Art Adventures - Thursdays

(In Person) 2yrs

In this class, children will have the opportunity to engage with different materials and practice sharing what they create with others.

Curious Ones – Mondays

(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.

Dad & Me Sports - Saturdays

(In Person) 2-5yrs

Introducing sports for kids is a class based on developing our young ones; including their fine motor skills, gross motor skills, increasing hand eye coordination, and finally problem solving!

Dance & Movement - Fridays

(In Person) 2yrs

This program is to promote health and fitness while dancing and having fun! This is a great opportunity to practice coordination, following directions, large motor skills, along with social skills.

Danzability - Thursdays

(In Person) 3yrs

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

Jump Bunch - Mondays

(In Person) 2-3yrs

Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!

Kids and Sports – Fridays

(In Person) 3yrs

Introducing sports for kids is a class based on developing our young ones; including their fine motor skills, gross motor skills, increasing hand eye coordination, and finally problem solving!

Let's Count & Match with Ms. Bernice – Tuesdays

(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.

My Body - Wednesdays

(In Person) 3yrs

Children will learn about the different parts of the human body and how they work together.

Space Exploration with Little NASA - Wednesdays

(In Person) 4-5yrs

In this class children will learn about the universe, our solar system, and Earth through activities and songs.

STEM and Sprout – Mondays

(In Person) 3-5yrs

In this class children will explore different activities involving Science, Technology, Engineering, and Mathematics. This class will be lead by a volunteer group.

Super Surprise Saturday – Saturdays

(In Person) 2-5yrs

Join us for Super Saturday Surprise Class! Each week brings 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.

Yoga ABC's - Tuesdays

(In Person) 3 yrs

This beginner-friendly yoga class introduces the basic foundations of yoga through simple poses, breathing techniques, and mindful movement.

Nurturing Parents in Spanish - Tuesdays

(In Person) Adults

This is a 24-week group-based program. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept.

Stress Relief Through Art - Mondays

(In Person) Adults

In this class, mothers will be able to discuss the different types and triggers of stress while exploring different stress -relieving activities that can also be held in-home or around the community. Some topics covered include meditation, painting and essential oils.

Triple P English Virtual – Tuesdays

(Virtual) Adults

Triple P class is a positive parenting class. In this class parents will learn how to discipline their child, and the tough part of parenting, establishing a positive learning environment using assertive discipline.

Triple P Baby in Spanish Virtual – Mondays

(Virtual) Adults

Triple P class is a positive parenting class. In this class parents will learn how to discipline their child, and the tough part of parenting, establishing a positive learning environment using assertive discipline.

Walking & Nutrition – Wednesdays

(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.

De Familia a Familia – July 15 & August 19

(In Person) Adults

Parent Support Group in Spanish for parents whose children have special needs. This group will meet every third Wednesday of the month.

EBRP Naturalist Present: Plants – June 17

(In Person) All Ages

Join us as East Bay Regional Parks' Naturalist come to the center to share and help us explore the world of reptiles. They might even bring some friends with them!

Food Distribution – July 7 & 21, August 4 & 18

(In Person) Adults

Join us to pick up food for your family to help stretch the budget. This is an opportunity to obtain supplies and talk about other ways to feed your family.

Melanin Chat Group– July 23 & August 20

(In Person) 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.

Parent Café – July 31 & August 11

(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.

Potty Training Workshop English Virtual – August 12

(Virtual) All Ages

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.

Potty Training Workshop Spanish Virtual – July 29

(Virtual) All Ages

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.

STEM Learning with A Librarian – July 17 & August 21

(In Person) All Ages

Come explore the world of STEM (science, technology, engineering, and mathematics with a librarian through fun educational activities).

Virtual Coffee with CRS – July 30 & August 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: Chelsea & Rocio.

Virtual Office Hours – Mondays and Tuesdays

(Virtual) Adults

If you need assistance or would like to speak with us after hours, please give Ms. Rhea or Ms. Chelsea a call between 5-6:30pm.