

# WEST COUNTY FIRST 5 CENTER: JULY 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CENTER HOURS</b></p> <p>MON, WED, THURS, FRI: 9:00AM-5:00PM</p> <p>TUES: 9:00AM-7:30PM</p> <p>SAT: 9:30AM-1:30PM</p>	<p><b>PLAYROOM HOURS</b></p> <p>TUES: 2-4PM WED: 2-4PM THURS: 2-4PM FRI: 2-4PM SAT: 9:30AM-1PM</p>	<p><b>CENTER CLOSED</b></p>	<p><b>CENTER CLOSED</b></p>	<p><b>CENTER CLOSED FOR INDEPENDENCE DAY (OBSERVED)</b></p>	
<p><b>Help Me Grow Playgroup (1.5-5 years)</b> 9:15-10:15 am <b>Sensory, Art &amp; Play (12-23m)</b> 9:30-10:30 am <b>Summer Adventures (2.5-3y)</b> 10:30-11:30 am <b>Sensory, Art &amp; Play (12-23m)</b> 11:30-12:30 pm <b>Summer Adventures (3-4y)</b> 12:00-1:00 pm <b>Triple P (Bebes - SPAN)</b> 6:00-8:00 pm</p>	<p><b>Pathways to Preschool (3-4y)</b> 10:00-11:30 am <b>Mindful Memories (2-3y)</b> 12:30-1:30 pm <b>Summer Jubilee 18-24m)</b> 2:30-3:30 pm</p>	<p><b>Circle of Security (ENG)</b> 10:00-11:30am <b>Adventurous Play (2-3y)</b> 11:30-12:30 pm <b>Sensory, Art &amp; Play (2-3y)</b> 12:00-1:00 pm <b>Sensory, Art &amp; Play (2-3y)</b> 2:00-3:00 pm <b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b> 5:30-6:30 pm</p>	<p><b>Baby Kicks, Strong Beginnings (0-12m)</b> 9:30-10:30 am <b>The Village (ENG)</b> 10:30-11:30 am <b>Baby Signs (4-23m)</b> 11:30-12:30 pm <b>Black Excellence (3-5y)</b> 1:30-2:30 pm</p>	<p><b>Exploring with my Daddy (2.5-5y)</b> 10:00-11:00 am <b>Jumbunch (3-5yrs)</b> 1:00-1:45 pm</p>	<p><b>Story Train w/ Mr. Ty (2-5y)</b> 10:00-10:45 am <b>Art Studio (2-5y)</b> 10:00-11:00 am <b>Read Aloud w/ Mr. Ty (0-5y)</b> 11:00-12:00 pm <b>Johnnie Greenstock &amp; the 4 P's of Nutrition (3-5y)</b> 12:00-1:00 pm</p>
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## Class Descriptions

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### CHILD CLASSES

#### **Adventurous Play (2-3 years)**

Adventurous Play is a fun, active class designed especially for children who love to move. Through 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!

#### **Baby Kicks, Strong Beginnings (0-12 months)**

This class is designed for caregivers and their babies to move, bond, and build strength together in a supportive environment. Caregivers will engage in gentle, full-body activity while including their baby in safe, age-appropriate movement and interaction. The class encourages physical wellness, connection, and confidence as caregivers stay active while nurturing their child's early development.

#### **Baby Signs (4-23 months)**

Baby Signs 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.

#### **Bees, Grasshoppers & Hummingbirds (12-23 months)**

Bees are buzzing, grasshoppers are jumping through grass, and hummingbirds are enjoying sweet nectar! Let's explore with our five senses as we interact with the outdoor world.

#### **Black Excellence (3-5 years)**

Black Excellence is a playful, confidence-building class designed for young children ages 3-5 to explore courage, fairness, and empathy through movement, stories, and creative play. While centering Black joy, identity, and belonging, the class is open to all families and encourages children to learn from and celebrate diverse experiences and perspectives.

#### **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.

#### **Exploring with my Daddy (2.5-5 years)**

This class provides a supportive, engaging environment for children and their fathers or male role models to strengthen their connection while learning through play. Participants will explore cause-and-effect concepts through hands-on activities, social interaction, and music, helping children build early cognitive, social, and emotional skills in a fun and meaningful way.

#### **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.

#### **JumpBunch (3-5 years)**

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!

#### **Mindful Memories (2-3 years)**

Mindful Memories is an exploratory class for families with 3-5 year olds to learn more about mindful movement through crafts while listening to calming, soothing music. Children will have an opportunity to play with various sensory stations and activities before jumping into the calming, grounding movement.

#### **My First Magical Garden (2-3 years)**

A playful introduction to the world of plants. Children will experience the wonder of planting a seed in their own little pot, enjoy watering the sprouts, and learn to care for their first green friends. The class is beautifully complemented by simple songs and stories about how the sun, water help fruits and vegetables and nature grow.

#### **Nature Surrounds Me (2-3 years)**

Nature Surrounds Me invites children to explore the natural world through art, gardening, music, and more. Through hands-on activities and creative exploration, children will engage with nature in meaningful ways—observing, creating, and expressing what they discover around them.

#### **Nature Treasure Hunters (2-3 years)**

Children will participate in outdoor exploration activities where they search for and discover natural items such as leaves, rocks, flowers, seeds, feathers, and animal tracks. This hands-on experience fosters observation, curiosity, and environmental awareness while encouraging respect and appreciation for nature. It also supports the development of teamwork, problem-solving skills, and a deeper connection to the natural world.

#### **Pathways to Preschool (3-4 years)**

Learn about what to expect when your child enters preschool, while children participate in a separate preschool-simulated class that prepares them for preschool. Topics for parents include social-emotional awareness, separation, routines, and how children learn.

#### **Read Aloud with Mr. Ty (0-5 years)**

Join the Amazing Mr. Ty for engaging and energetic storytelling and circle time sessions. These interactive read-aloud experiences support early language, literacy, and cognitive development through songs, books, and meaningful connections with family and community. Designed for Black and African American children ages 0-5 and their families, these sessions create a joyful space to learn, connect, and grow together.

#### **Sensory, Art & Play (12-23 months)**

Sensory, Art & Play is a fun one-hour parent-and-me class where children (12-23 months) and caregivers explore a new theme each week through stories, songs, instruments, sensory play, and art. Our play-based activities encourage creativity, learning, and connection while making memories together.

#### **Sensory, Art & Play (2-3 years)**

Sensory, Art & Play is a fun one-hour parent-and-me class designed for children ages 2-3 and their caregivers. Each week, families explore a new theme through stories, songs, instruments, sensory play, and art. Our play-based activities support creativity, early learning, social development, and connection while making memories together.

#### **Snuggles & Cuddles - Infant Massage (0-10 months)**

Infant massage and baby cuddling results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. Parents will engage in conversation about how to develop these experiences through infant massage, song and playtime.

#### **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.

#### **Summer Adventures (2.5-3 years)**

Summer is a fun time to create memories with your child! Join us for a class filled with hands-on sensory and art experiences designed for curious young learners. Each week, children will explore sensory bins, simple art projects, music, movement, and imaginative play activities that encourage language development, social interaction, fine motor skills, and creativity. This class focuses on exploration, discovery, and learning through play in a nurturing environment.

#### **Summer Adventures (3-4 years)**

Get ready for a summer full of creativity, discovery, and adventure! This class offers engaging sensory experiences, process art activities, themed projects, and interactive play designed for preschool-aged children. Each week, children will build vocabulary, strengthen social skills, practice problem-solving, and expand their imagination through hands-on exploration and creative expression. Activities are designed to encourage greater independence, cooperation, and confidence while having fun with friends.

#### **Summer Jubilee (18-24 months)**

Summer Jubilee is a feel-good music and movement class for young children and their caregivers, filled with bubbles, rhythm, and joyful energy! Families will sing, dance, clap, and move together to upbeat, family-friendly music while exploring.

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## Class Descriptions

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### PARENT CLASSES

#### IN PERSON

#### VIRTUAL

**Nurturing Parents (ENG)**

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: Circle of Security (ENG)**

At times all parents aren't sure what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program helps parents understand their child's emotional world by learning to read their emotional needs, support their child's ability to manage emotions, and nurture their child's developing self esteem.

**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 - Bebes (SPAN)**

Triple P for Babies aims to prepare parents for a positive transition into parenthood and the first year with their baby. The program promotes sensitive, responsive caregiving during the perinatal period, helping parents build confidence, strengthen bonding, and support their baby's healthy development from the very beginning.

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

### COMMUNITY EVENTS/WORKSHOPS

Storytime with Ms. Bella (2-5 years): July 16th, 11:00-12:00 pm

Swap: July 24th, 10:00-11:00 am

VIRTUAL - PARENT WORKSHOP (**SPAN**): Practicing Independence for Children with Autism: July 31st, 11:00-12:00 pm

Kindergarten Countdown (3-5 years): August 7th, 10:00-11:00 am

Storytime with Ms. Bella: August 13th, 11:00-12:00 pm

Backpack Giveaway (3-5 years): August 14th, 10:00-11:00 am

Autism playgroup (2.5-5 years): August 15th, 10:00-11:00 am

Diaper Distribution: August 21st, 10:00-1:00 pm