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SPRING 2023

Monday, March 27 - Wednesday, May 24

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3 MONTHS - (APPROX.) 30 MONTHS

Play games and sing songs so that your child can

associate the pool with a fun experience with a parent.

Our highly trained instructors provide you with the tools

to make your babies strong swimmers and improve both physical and cognitive development. It takes 50 - 100

hours of water time for your child to become a strong

swimmer, and most importantly, for you to have piece of

mind in and around the water. As your baby grows into a

toddler and gains more experience in the water, we

continue to teach accelerated skills that go along with a

wide selection of games and songs. Through the

progression and development, babies/toddlers will learn

to protect themselves from danger, and understand and

respect the water. They will realize their limits and slowly

reach aquatic independence.

PARENT/CHILD SWIM

I belong

TUESDAY 8 Week Session

10 - 10:45 AM Yoga Music with parent 0 - 3 Years \$250 | Members: \$180

3:15 - 4 PM **Tots Gymnastics**

3 - 4 Years 17 Weeks: \$535 | Members: \$390 Follows Gymnastics Schedule

4 - 4:45 PM

Twinkle Toes with Mady's Dance Factory

3 - 5 Years 17 Weeks: \$580 | Members: \$420 Follows Enrichment Schedule

> 4 - 4:45 PM Mighty Mites 3 - 4 Years

17 Weeks: \$540 | Members: \$385 Follows Sports Schedule

WEDNESDAY

7 Week Session

9:30 - 10:15 AM My Gym with parent 4 - 18 Months \$265 | Members: \$175

10:30 - 11:15 AM My Gym with parent

18 Months - 3 Years \$265 | Members: \$175

THURSDAY

6 Week Session

9:30 - 10:15 AM

Art & Me with parent 18 Months - 2 Years \$210 | Members: \$145

10:30 - 11:15 AM

Art & Me with parent 2 - 3 Years \$210 | Members: \$145

3:15 - 4 PM **Tots Gymnastics**

3 - 4 Years 15 Weeks: \$470 | Members: \$345 Follows Gymnastics Schedule

> 4 - 4:45 PM Jr. Mighty Mites 2 - 3 Years

15 Weeks: \$475 | Members: \$340 Follows Sports Schedule

Jenny Mermelszteyn

SWIMGYM@MBJCC.ORG

Director of Camping & Children/Family Programs jenny@mbjcc.org | x210

FOR MORE INFORMATION, CONTACT

Hellen Jena

Registrar register@mbjcc.org | x235

HOLIDAY CLOSINGS

Mon., January 16 • MLK Jr. Day Mon., January 23 • Teacher Work Day

Mon., February 20 • President's Day Mon., March 20 - Fri., March 24 Spring Break Wed., April 5 - Thur., April 13 • Passover Break

ART & ME

Through art children can learn and explore with exciting and messy open-ended unconventional art materials. Little ones learn about colors, textures, and shapes while developing fine motor skills and expressing their creativity. Come dressed to get messy.

My Gym brings extensively trained instructors, fun parent and me classes, flexible programs, beginning gymnastics, games and more.

YOGA

Come ready to share, sing, play, learn yoga poses and creative breathing exercises, and enjoy relaxing connecting time. YoMu is a unique experience combining yoga with the power of live music

TWINKLE TOES

A great introduction to dancing for children just developing their coordination. The teacher guides in a way that makes discovering movement, balance and listening skills easy and fun. This class is an excellent first group activity and opportunity to develop a stronger bond in a fun, safe and nurturing atmosphere.

Mady's Dance Factory aims to provide an uplifting, motivating, and supportive environment where the dancer experiences that joy and DANCE transformation on the body and soul that we like to call DANCE.



MIGHTY MITES

Have a blast while learning new games! Children will learn how to run, jump, kick, throw, catch, skip, and much more. This class will help build balance, strength, coordination, and focus on gross motor skills while having lots of fun.

*A parent/designated adult must remain present during each class.

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June 12 - August 18, 2023