

Parent/Caregiver First & Last Name	Child's First & Last Name	Age of Child	Child's Date of Birth	Parent/Caregiver Phone Number	First class with us?
			/ /		

We are so glad to have you participate in our classes this session! Space is limited but we will do our best to place you in an available class. Your class will be confirmed via phone call one week prior to start date. Verbal confirmation is required to receive placement in the current session. All Solano County residents may participate in Center classes and events; Priority is given to Vallejo residents.

PARENT/CAREGIVER—CHILD CLASSES

Please number your **1st, 2nd, and 3rd** choices for all parent-child classes. Classes in **RED** are **VIRTUAL**, classes in **BLACK** are **IN-PERSON**. Zoom and activity bag information will be given upon confirmation of enrollment.

Some additional classes may be **VIRTUAL** for the first week.

MONDAY

- _____ **Sensory Fun with Friends (1 year) 10:00am—11:00am***
5 weeks (November 12, 15, 29, December 6, 13)
- _____ **Imagination Stations (3-5 years) 2:00pm—3:00pm***
5 weeks (November 12, 15, 29, December 6, 13)

*First class will be held on **FRIDAY, 11/12** then resume on Monday's for the rest of the session.*

TUESDAY

- _____ **Playgroup (3-5 years) 10:00am—11:00am**
5 weeks (November 9, 16, 30, December 7, 14)
- _____ **Let's Go to the Arctic! (2-3 years) 10:30am—11:15am**
[VIRTUAL] 5 weeks (November 9, 16, 30, December 7, 14)
- _____ **Baby Signs (6 months-2 years) 1:30pm—2:30pm**
5 weeks (November 9, 23, 30, December 7, 14)
- _____ **Playgroup (1-2 years) 2:00pm—3:00pm**
5 weeks (November 9, 16, 30, December 7, 14)
- _____ **Winter Friends (3-5 years) 2:30pm—3:15pm**
[VIRTUAL] 5 weeks (November 9, 16, 30, December 7, 14)

WEDNESDAY

- _____ **Tiny Paleontologists (3-5 years) 10:30am—11:30am**
5 weeks (November 10, 17, December 1, 8, 15)
- _____ **JumpBunch (2.5-3 years) 1:15pm—2:15pm**
5 weeks (November 10, 17, December 1, 8, 15)
- _____ **Discovering Dinosaurs (2-3 years) 2:00pm—3:00pm**
5 weeks (November 10, 17, December 1, 8, 15)
- _____ **JumpBunch (4-5 years) 2:30pm—3:30pm**
5 weeks (November 10, 17, December 1, 8, 15)

THURSDAY

- _____ **Eat, Play, Grow (3-5 years) 10:00am—11:00am**
5 weeks (November 11, 18, December 2, 9, 16)
 - _____ **Infant Massage (0-12 months) 10:30am—12:00pm***
5 weeks (November 11, 18, December 2, 9, 13)
- *Last class for Infant Massage will be held on **MONDAY, 12/13**.*
- _____ **Kinderland (3-5 years) 2:30pm—3:30pm**
5 weeks (November 11, 18, December 2, 9, 16)

FRIDAY

- _____ **Bricks & Brushes [Offered by BrickSpace] (3-5 years) 10:30am—11:30am**
5 weeks (November 12, 19, December 3, 10, 17)

PARENT—ONLY CLASSES

Parents may choose as many as you would like. Child watch for children ages 0-5 years old will be provided for in-person classes.

PARENTS OFF-DUTY

Families, we know life can get overwhelming sometimes. Take a moment to mellow out with other adults as we explore some ways to indulge in a variety of self-care practices.

- _____ **THURSDAY, 2:00pm—3:00pm**
5 weeks (November 11, 18, December 2, 9, 16)

PARENT CAFÉ

Come join other adults for light snacks and beverages in a safe space to explore your strengths and learn from one another.

- _____ **WEDNESDAY, November 17, 9:30am—11:00am**
- _____ **WEDNESDAY, December 15, 9:30am—11:00am**

COMMUNITY LEADERS GROUP

Interested in discussing ways we can better our community? Connect with other parents and caregivers as we discuss ways we can make our vision a reality!

- _____ **FRIDAY, November 19, 10:00am—11:00am**
- _____ **FRIDAY, December 17, 10:00am—11:00am**

TRIPLE P

Triple P (Positive Parenting Program) encourages parents to choose their own family goals while providing tips and tricks on ways to achieve them.

Triple P Level 2—ENGLISH

- _____ **FRIDAY, November 5, 9:30am—11:00am**
- _____ **FRIDAY, December 3, 9:30am—11:00am**

Triple P Level 2—SPANISH

- _____ **MONDAY, November 1, 10:00am—11:30am**
- _____ **MONDAY, December 6, 10:00am—11:30am**

Triple P Level 4 Group—SPANISH

- _____ **TUESDAY, 9:30am—11:30am**
8 weeks (October 26, November 2, 9, 16, 23, 30, December 7, 14)

Got Questions?

Call : 707-784-1240

Text : 707-229-0190

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PARENT-CHILD CLASSES

Infant Massage (0-12 months)

Love & Touch is a series of five classes where you will learn how to massage your baby. Join other parents and learn new ways to connect and better understand your baby as well as help your baby sleep better, cry less, ease tummy troubles all while learning tools for self-care and how to empower yourself as a parent.

Baby Signs (6 months-2 years)

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.

Sensory Fun (1 year)

Come on down, friends, as we use our fine motor skills in some fun sensory activities. For each class, you and your little one will be able to play some fun games and do some hands-on messy art!

Playgroup (1-2 years AND 3-5 years)

Come meet some new friends! Both you and your little are guaranteed to make a buddy at this playgroup!

Discovering Dinosaurs (2-3 years)

Tiny Paleontologists (3-5 years)

Let's put our science hats on as we learn about dinosaurs! Your little one will be able to go back in time where we will be exploring art and sensory activities. Join us as we learn about the mighty Tyrannosaurus Rex as well as a few other dinosaurs, too!

JumpBunch

(2.5-3 years AND 4-5 years)

Time to jump and play with your child at the Center! JumpBunch is a program that offers fun sports-focused activities that engage children in the development of their gross motor skills while practicing sequencing patterns and teamwork, which helps prepare them for success in life and school.

Bricks & Brushes

(Offered by Brickspace) (2-3 years)

Our Friday Bricks and Brushes class encourages our preschoolers' creativity through developmentally appropriate process art experiences and Duplo building fun! Both these activities fit in with how children learn as they allow our littles to explore, give them room to be themselves, make their own decisions while building, crafting, and painting.

Imagination Stations (3-5 years)

Join us for a class full of fun creations beyond your imagination! Together we will do experiments, build, and create among many other things. Get engaged with your child and learn together!

Eat, Play, Grow (3-5 years)

This class will teach parents and children about the importance of making healthier choices. We learn about different veggies and fruits that help us grow strong. Join us for some fun dancing and yummy snacks!

Kinderland (3-5 years)

Kindergarten, here we come! We will engage in a fun learning environment where we will count, read, and write. We will also be integrating art and science activities, too! Parents and little ones will be able to prepare for kindergarten together!

Let's Go to the Arctic! (2-3 years)

Winter Friends (3-5 years)

Join us on an adventure to the Arctic. Each week we will be learning about different winter animals and their natural habitats. Your little one will use their imagination and creativity while learning!

PARENT-CHILD DROP-IN CLASSES & EVENTS

Kid's Yoga (Offered by Cocobeyoga Kids)

In this fun and exciting yoga series, the little student yogis of Cocobeyoga Kids will participate in a one hour long yoga session that will help ground our littles by helping them to better connect with themselves, their bodies and their surroundings. Our goal is to simply achieve happier and healthier minds and bodies through yoga practice while also having fun.

"STEAM" and Play (0-3 years)

This class will encourage active hands-on experiences while exploring the world of STEAM (science, technology, engineering, art, and math). Each class is independent, and learners can join anytime.

"STEAM" Lab (3-5 years)

Science, Technology, Engineering, Art, and Math, oh my! This class will encourage curiosity in the minds of our little ones and encourage the development of their problem solving and creativity skills. Each class is independent, and learners can join anytime.

"Fall into Literacy" Costume Party

Join our staff and our friends at the JFK Library for our Fall Costume Party! You and your littles are welcome to come in your costumes as we do a story time, engage in some fun activities, and eat some treats together!

DROP-INS & EVENTS:

STEAM Lab (3-5 years) 10:00am—11:00am
SATURDAY, November 13, 20

Kid's Yoga—Cocobeyoga (0-3 years)
10:30am—11:30am
SATURDAY, November 13, 20

STEAM & Play (0-3 years)
10:00am—11:00am
SATURDAY, December 4, 11, 18

Kid's Yoga—Cocobeyoga (3-5 years)
10:30am—11:30am
SATURDAY, December 4, 11, 18

Fall Costume Party (0-5 years)
2:00pm—3:30pm
THURSDAY, October 28

November Mingle & Munch—TBD
December Event—TBD