

Winter 2018 Classes at Ready Set Kids!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>+Family & Me Yoga (3-6 yrs) 9:30-10:15am</p> <p>+Tiny Tot Tumbler (1-2 yrs) 10:30-11:15am</p>	<p>*Preschool Play (2-3 yrs) 9am-12pm</p> <p>*STEM Preschool Program (3-5 yrs) 9am-1pm</p> <p>^Jitterbugs Music (0-5 yrs) 10-10:45am</p> <p>^Jitterbugs Music (0-5 yrs) 11:15am-12pm</p> <p>*Spanish (3-5 yrs) 3:15-4:30pm</p>	<p>*Preschool Play (2-3 yrs) 9am-12pm</p> <p>*Spanish Extended Immersion (2 yrs) 9:30am-12pm</p> <p>^Prenatal Yoga (adults) 9-10am</p> <p>^Little Makerspace (2-4 yrs) 9:30-10:30am</p> <p>*Mandarin (1-3 yrs) 9:15-10:15am</p> <p>^Postnatal Yoga (0-6 mos w/adult) 10:15-11:15am</p> <p>^Little Feet, Big Moves (2-5 yrs w/adult) 11:30am-12:15pm</p>	<p>*Spanish Extended Immersion (3-5 yrs) 9am-1pm</p> <p>*Mandarin Extended Immersion (3-5 yrs) 9am-12:30pm</p> <p>*Spanish Extended Immersion (2 yrs) 9:30am-12pm</p> <p>^New Additions (0-6 mos, w/adult) 9:30-11am</p> <p>^Bizzy Bees (15-24 mos, w/adult) 9:30-10:30am</p> <p>^Little Cruisers (6-14 mos, w/adult) 11am-12pm</p> <p>^New Arrivals (0-5 mos, w/adult) 11:30am-1pm</p> <p>*Spanish (6-10 yrs) 3:15-4:30pm</p>	<p>^Jitterbugs Music (0-5 yrs, w/adult) 10-10:45am</p> <p>^Jitterbugs Music (0-5 yrs, w/adult) 11-11:45am</p> <p>*Science Explorers (4-7 yrs) 3:15-4:15pm</p> <p>*Science Explorers (3.5-5 yrs) 4:30-5:30pm</p>	<p>*Mandarin Extended Immersion (3-5 yrs) 8:45-11:45am</p> <p>*Spanish Extended Immersion (3-5 yrs) 9am-1pm</p> <p>^PJ Library® Books & Blocks Weekly Drop-In (0-4 yrs, w/adult) 9:30-11am</p> <p>*Advanced Spanish (5-7 yrs) 3-4pm</p> <p>*Spanish (3-5 yrs) 4-5:15pm</p> <p>*Spanish (6-10 yrs) 4-5:15pm</p>	<p>*Spanish (3-5 yrs) 9-10:15am</p> <p>*Spanish (6-10 yrs) 9-10:15am</p> <p>*Mandarin (1-3 yrs) 9:15-10:15am</p> <p>*Science Explorers (3.5-5 yrs) 9:30-10:30am</p> <p>+Family & Me Lil' Hip Hoppers (3-6 yrs) 9:30-10:15am</p> <p>+Mom & Daughter Kickboxing (7-13 yrs) 10:30-11:30am</p> <p>*Family Spanish (3-5 yrs) 10:30-11:45am</p> <p>*Mandarin (3-5 yrs) 10:45am-12pm</p> <p>*Science Explorers (5-7 yrs) 10:45-11:45am</p>

Follow the Symbols for Registration

- * Register with Yak Academy at ready-set-kids.com or arlington@yakacademy.com
- ^ Register with JCC Greater Boston at bostonjcc.org/north or metronorth@jccgb.org
- + Register with H2K at h2kchildrenfitness.com or info@h2kchildrenfitness.com

Class Descriptions

Yak Academy Language Classes*

Yak Academy's programs integrate fun play-based immersion, world-class instructors, and a unique environment of learning to create a powerful and effective language experience. With our proprietary curriculum, we introduce practical themes and design lessons that are age-appropriate and fun! This is a drop-off program for children ages 3+. Classes are ongoing throughout the school year and enrollment is always open if space allows.

Science Explorers*

Science Explorers classes encourage children to have fun while they observe, hypothesize, experiment and reflect about their world. We offer a variety of themes including: Engineering: Things that Fly; Chemistry: Kitchen Science; and Secret Agent Science. This is a child-only class for children ages 3+. Classes are ongoing throughout the school year and enrollment is always open if space allows.

Pre-school Play*

This drop-off class is an introduction to the social and classroom environment for your 2 or 3 year old. In this Montessori & Reggio-Emilia inspired program, classes are structured with breaks for snacks, diapering/toileting, but designed to be child-led and play-based, fostering independence and self-guidance. The program's focus is on respect and community.

Jitterbugs Music^

Sing, wiggle, shake and giggle with this joyful introduction to music. Jitterbugs' age-appropriate activities include vocal play, rhythm training, instrument exploration, musical games, movement and more.

PJ Library® Books & Blocks^

Join in a fun, weekly playtime. Enjoy stories, songs, activities and free play with other families. Wind down with a warm and interactive welcome to Shabbat. Begins October 20, 2017.

Little Cruisers^

For babies 6-14 months, with adult. Experience family play time. This class offers regular routines with song, baby sign language, parachute play, story time and more. Discover how your baby learns, help build your baby's confidence and connect with other families.

Little Feet, Big Moves^

For ages 2-5 years, with adult supervision. Little Feet, Big Moves is a dance fitness and play party created by Zumba. Classes are packed with high energy fun, easy to follow kid-friendly routines, and music.

Bizzy Bees^

For toddlers 15-24 months, with adult. As your toddler begins to move, walk and talk more, this class will have a variety of activity stations designed to help continue to develop fine and gross motor skills and even greater sensory awareness. Discussions will focus on positive discipline, picky eating, sleep, toileting readiness and more.

New Arrivals^

For babies 0-5 months, with adult. Share the journey of parenthood with other new parents and a professional educator in a safe, supportive, and non-judgmental environment. Expert led discussions will cover topics such as soothing your baby, sleep, health and wellness, tummy time, new roles and relationships and getting out. Includes interactive activities with baby.

New Additions^

For babies 0-6 months, with adult. Enjoy one-on-one time with your new baby while sharing the challenges and joys of having two children with an expert facilitator and other parents. Learn fun ways to help foster their growing sibling relationship while enjoying the company of other moms adjusting to this new role.

Prenatal Yoga^

Connect with your baby through breath and movement, while preparing for labor and birth. Vinyasa flow is safe for all stages of pregnancy and builds strength in the lower back and hip muscles so you can comfortably carry your growing baby. No yoga experience necessary. First and second time moms welcome.

Postnatal Yoga^

For moms and babies 0-6 months. Nourish your new relationship with your baby as you take care of your postpartum body. Poses will stretch and soothe the back and shoulder muscles and focus on total abdominal strength, while integrating the core and pelvic floor. Bring a baby blanket. No yoga experience necessary.

Little Makerspace^

For ages 2-3 yrs, with adult. Hang out with other parents while children build with different materials, work with "loose parts," handle sensory doughs, make art, and more. Each week children explore a different set up and then wind down with entertaining stories, songs and finger plays.

Family & Me Yoga+

Ages 3-6 yrs welcome. Learn breathing techniques, fun poses, go on yoga adventures, play games, sing songs and relax. This class will allow you to bond with your child both physically and energetically, leaving you both more calm, connected and ready for the day!

Family & Me Lil' Hip Hoppers+

Join your little ones for 45 minutes of dancing and fitness to the latest tunes. Each class will have circle time, warm-up with interactive props, hip hop dancing, a musical obstacle course, games and will end with meditation and relaxation with H2K's Mr. Bu-dog. Class will also end with a discussion of family healthy goals. Please bring water and a mat.

Tiny Tot Tumblers+

Improve your child's balance and fine motor skills. With the use of balance beams, hula hoops and games, your child will engage in a creative class learning acrobatics, tumbling and other skills. Caregiver participation required.

Mom & Daughter Kickboxing+

Learn punches, kicks and self-defense. We will have non-contact sparring, team building exercises and boxing drills. At the end of class we will meditate and work on healthy goals. Make sure to bring water, wear comfy clothes and be prepared to sweat!

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Ready Set Kids: 781-646-3849