

Click on a class to learn more and register

# Fall 2018 Classes at Ready Set Kids!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>^Baby Bootcamp Diastasis Repair (Adults only) 11am-12pm</p>	<p>*Preschool Play (2-3 yrs) 9am-12pm</p>	<p>*Preschool Play (2-3 yrs) 9am-12pm</p>	<p>*Mandarin Immersion (3-5 yrs) 9am-12:30pm</p>	<p>*Preschool Play (2-3 yrs) 9am-12pm</p>	<p>*Mandarin Immersion (3-5 yrs) 9am-12pm</p>	<p>*Spanish (3-5 yrs) 9-10:15am</p>
	<p>*STEM Preschool Workshop (3-5 yrs) 9am-1pm</p>	<p>*Mandarin (1-3 yrs) 9:15-10:15am</p>	<p>*Spanish Immersion (3-5 yrs) 9am-1pm</p>	<p>*STEM Preschool Workshop (3-5 yrs) 9am-1pm</p>	<p>*Spanish Immersion (3-5 yrs) 9am-1pm</p>	<p>*Spanish (6-10 yrs) 9-10:15am</p>
	<p>*Family Spanish (2-5 yrs) 9:30-10:30am</p>	<p>^HappyFeet Soccer (2-3 yrs, w/adult) 9:15-10am</p>	<p>^New Additions (0-6 mos, w/adult) 9:30-11am</p>	<p>^StrollFit with Baby Bootcamp (3-18 mos, w/adult) 9:30-10:30am</p>	<p>*STEM Preschool Workshop (2-3 yrs) 9:30am-12pm</p>	<p>*Mandarin (1-3 yrs) 9:15-10:15am</p>
	<p>^New Additions (0-6 mos, w/adult) 9:30-11am</p>	<p>*Spanish Immersion (2-3 yrs) 9:30am-12pm</p>	<p>^Bizzy Bees (15-24 mos, w/adult) 9:30-10:30am</p>		<p>^PJ Library® Books &amp; Blocks Weekly Drop-in Playgroup (0-4 yrs, w/adult) 10-11:30am</p>	<p>*Science Explorers (3.5-5 yrs) 9:30-10:30am</p>
	<p>^Music with Emily (1-4 yrs, w/adult) 9:45-10:30am</p>	<p>^Postnatal Yoga (Moms w/babies 0-6 mos) 10:15-11:15am</p>	<p>*Spanish Immersion (2-3 yrs) 9:30am-12pm</p>		<p>*Spanish (3-5 yrs) 4-5:15pm</p>	<p>*Spanish (1-3 yrs) 10:30-11:30am</p>
	<p>^Music with Emily (0-12 mos, w/adult) 11:15am-12pm</p>		<p>^Little Cruisers (6-14 mos, w/adult) 11am-12pm</p>		<p>*Spanish (6-10 yrs) 4-5:15pm</p>	<p>*Family Spanish (2-5 yrs) 10:30-11:45am</p>
	<p>^New Arrivals (0-6 mos, w/adult) 11:30am-1pm</p>		<p>^New Arrivals (0-6 mos, w/adult) 11:30am-1pm</p>		<p>*Advanced Spanish (5-8 yrs) 3-4pm</p>	<p>*Mandarin (3-5 yrs) 10:45am-12pm</p>
			<p>*Spanish (6-10 yrs) 3:15-4:30pm</p>			<p>*Science Explorers (5-7 yrs) 10:45-11:45am</p>
			<p>*Mandarin (4-5 yrs) 4:15-5:30pm</p>			

Register for fall: [bostonjcc.org/arlingtonfall](http://bostonjcc.org/arlingtonfall)

Check out [bostonjcc.org/metronorthevents](http://bostonjcc.org/metronorthevents) for more programs for families and workshops for parents at Ready Set Kids! and beyond.



# 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\* + STEM Preschool Workshops\*

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.

## Preschool 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.

## PJ Library® Books & Blocks Drop-in Playgroup^

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.

## 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.

## 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 0-6 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.

## Music with Emily^

For kids 1-4 yrs, each week brings a different theme with song, dance, drama, rhythm and rhyme. Emily's multi-sensory, age-appropriate curriculum will have your child reading music with their whole bodies. For pre-walkers 0-12 mos, babies will experience rhymes, lullabies, music and dance, drums and more.

## Baby Bootcamp: Diastasis Repair^

This 4-week intensive workshop helps alleviate back pain, strengthen core muscles, and repair diastasis recti (abdominal separation) after pregnancy. Taught by a licensed and certified instructor.

## Stroll Fit with Baby Bootcamp^

This 60-minute stroller fitness class for parents with children 3-18 mos, caters to parents of all fitness levels. The interval-based classes incorporate cardio, strength, and core for a total body workout. Get your workout while your little one is safe in their stroller enjoying interactive songs, puppets, games and more.

## 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.

## HappyFeet Soccer^

For ages 2-3 yrs, story time with a soccer ball is filled with skill building songs, games and adventures. Every child has their own ball, allowing them to play, have fun, and learn skills at their own pace with HappyFeet coaches engaging and encouraging along the way.

**Register for fall: [bostonjcc.org/arlingtonfall](https://bostonjcc.org/arlingtonfall)**

### Questions?

\* Contact Ready Set Kids at [ready-set-kids.com](https://ready-set-kids.com) or [readysetkids@gmail.com](mailto:readysetkids@gmail.com)

^ Contact JCC Greater Boston at [bostonjcc.org/north](https://bostonjcc.org/north) or [metronorth@jccgb.org](mailto:metronorth@jccgb.org)

**Ready Set Kids: 781-646-3824**

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