

# New Seedlings & Sprouts Program



## Hop, Skip, Jump!!!

Hop, skip, jump, leap and run in this high energy and fun game based course. SRD structured activities and lesson plans introduce and incorporate a variety of sports equipment and traditional school yard games. Additional activities will include obstacle courses, tumbling, balance, coordination, agility, and core strength. Designed with skill progressions to enhance a child's development of coordination and gross motor skills with small learning groups providing an optimal environment. As children practice techniques incorporating various base movements they will become familiar with a variety of sports and school yard games.



Wednesday: 1:30-2:15pm ages 3-5

Wednesday: 2:15-3:00pm ages 5-7

Fee: \$48 (6 classes)

Youth Baseball  
 Summer Camps & Private Lessons  
 Professional Team Training  
 Club Baseball Program (10-13yrs)



Go Online & Register Today!!!

FOR MORE INFORMATION:  
[www.goldengateslidersbaseball.com](http://www.goldengateslidersbaseball.com)  
[goldengatesliders@sbcglobal.net](mailto:goldengatesliders@sbcglobal.net)  
 1.707.523.4347

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## Draw and Paint

Develop essential life skills through drawing and art classes. Students will practice principles of the SRD Ready To Learn syllabus. The skills practices through this specially designed program provide children with the opportunity to gain key developmental skills that they will utilize each time they are exposed to a new activity, learning environment or challenged with a new motor skill task. Draw and Paint is a structured art program encouraging young children to express themselves in a creative manner while developing their fine motor skills.



*Every child is an artist  
- Pablo Picasso*

- Table Time ~ Introduction to drawing and painting tools
- Understand, identify and draw basic shapes ~ Focus on step by step instructions and tasks
- Develop fine motor skills ~ Learn principles of handwriting skills
- Develop communication skills ~ Practice social skills
- Increase self-confidence ~ Create imaginative works of art and share with others

### Wednesdays:

9:00-9:45am Seedlings: Parent & Child ages 2yrs-5yrs

9:45-10:30am Sprouts: Children ages 3yrs-6yrs

Fee: \$48 (6 classes)

*Check website for a complete list of classes.*



## Intro to Music and Performing Arts



Introduction to rhythm, music, song and dance through this creative and imaginative performing arts program. Music circle includes instruments, children's songs and group activities. Performing arts introduces children to movement, dance and principles of gross motor learning readiness. This activity is an introduction to the new SRD Children's Music Program and SRD 's Ready-To-Learn syllabus.

### Wednesdays:

10:30-11:15am Sprouts: Children ages 3yrs-6yrs

11:15am-12:00pm Seedlings: Parent & Child ages 2yrs-5yrs

Fee: \$48 (6 classes)

*Check website for a complete list of classes.*

Movement & Dance

Music Circle

Sing-a-long

# New Seedlings & Sprouts Program

## Playclub!

Join our local weekly playgroup! Develop new friendships while enhancing your child's sensory processing and social skills in this local neighborhood Sprouts Playgroup. Meeting once a week, this new program provides families the opportunity to develop neighborhood relationships. The indoor playroom and outdoor playground are designated for Sprouts Playgroup Members during the program. The Playroom is designed with activity stations that caregivers can navigate with children promoting interactive social play while encouraging children to develop coordination skills. Special event access for the Sprouts Playgroup will be presented at the Splash Pad Water Play Area, Wading Pool and jump house on select dates. Space is limited so register early!

**Indoor Playroom Activities** include art table, balance beam, sea saw and rocking features, ride along toys, pull toys, and sensory play area

**Outdoor Playground** includes climbing, sliding, swings and rocking feature with picnic and sensory areas.

**Splash Pad Water Play Area** (select dates) includes crystal fountain, boat moat, rain curtain arch, and water cannons

**Wading Pool** (select dates) includes 1ft wading pool, toys, playhouse, picnic area (enclosed)

**Castle Jump House** (select dates) for children 3yrs-5yrs

### Fridays:

9:30-10:30am

Seedlings: Parent & Child, ages 18 months-3yrs

10:30-11:45am

Sprouts: Children ages 3yrs-5yrs

(Participating families are welcome to come early or stay and play in the outdoor playground)

### Fees:

|       |                   |                                 |
|-------|-------------------|---------------------------------|
| \$ 40 | February-March    | (8 sessions)                    |
| \$ 40 | April-May         | (8 sessions. No class on 5/27)  |
| \$ 30 | October-November  | (6 sessions. No class on 11/11) |
| \$ 40 | December- January | (8 sessions. No class on 12/30) |

*Half price for siblings. To receive a sibling discount please register with the Main Office.*

**SPACE IS LIMITED - Maximum enrollment is only 15 families per times lot**

In order to maintain a clean environment please keep food and drinks outside. For the safety and enjoyment of all, children must be supervised by their caregiver at all times. Please park strollers in the designated area and refrain from bringing children that are not feeling well. To protect the little ones we ask that adults do not bring or consume HOT drinks during the program. Sprouts Play Club is a NUT FREE ZONE! Please wash hands before beginning the activities.

