

# Pre - School Class Descriptions

## 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 practiced 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.

**Instructor : Jacqueline Woodall**

Wednesdays 9:00am - 9:45am

Ages : 3 - 5

## Music & Movement

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.

**Instructor : Marissa Joy Gainz**

Wednesdays 9:45am - 10:30 am

Ages: 3 - 5

Wednesdays 10:30 am - 11:00 am

Ages: 2 - 3



## Art & Play

Art & Play is an exploratory, creative, fun, first art class. This hands-on art class will be the perfect introduction and will instill the love of art in your child. Explore clay, paint, mosaic, sculpture, sewing, printmaking, collage, and mixed media. Dress for messy!

Parent/Caregiver participation required in this class.

**Instructor: Studio 4 Art**

Min 4 Max 6

Wednesdays : 11:00 am - 11:30 am

Ages: 2 - 3

## Spanish Canta Conmigo!

Preschoolers will be introduced to the sounds, structure and vocabulary of the Spanish language through music, movement and song. Whether native speakers wanting to preserve the language and traditions of family heritage, or encouraging Spanish as a second language for young children, Canta Conmigo! is where to begin with little ones.

Parent/Caregiver participation required in this class.

**Instructor: Colors of Spanish**

Siblings under 12 months attend for free.

Min 5 Max 12

Mondays 3:30 pm - 4:15 pm

Ages: 1 - 4



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## Awesome Kids Yoga

Children will explore a thoughtful approach to their world with a focus on traditional yoga poses, breathing exercises, meditation and relaxation techniques in a fun and playful way. Students will learn important lessons in self-awareness, self-control, positive thinking and self-esteem. Each class begins with a group discussion and yoga pose customized to a daily theme. Both active and passive poses are practiced, helping children find balance in class that can flow into the other areas of their lives outside class.

**Instructor: Daina Selph**

Min 5      Max 10

Mondays 9:45 am - 10:30 am

Ages: 1 - 4

## Playclub (Ages 18 months - 3 years)

Join our local weekly playgroup! Develop new friendships while enhancing your child's sensory processing and social skills in our weekly playclub. Meeting once a week, this program provides families the opportunity to develop neighborhood relationships. The Playroom is designed with activity stations that caregivers can navigate with children promoting interactive social play, while encouraging children to develop coordination skills. On select dates, the sprouts playclub will have special event access to the splash pad, water play area, wading pool and jump house.

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, slides, swings and rocking features

**Instructor: Jacqueline Woodall**

Fridays 9:30 - 10:30

## Sprouts Playschool

The Sprouts Preschool program combines recreation fun with learning fun to give your child a well-rounded social experience in a small group setting. Our outstanding staff of caring, dedicated, enthusiastic professionals provides a warm and loving environment in which to play, grow and learn. The preschool classes are designed to encourage exploration and creativity in a stimulating atmosphere through art, music, social play, crafts, storytelling, movement and outdoor play. Through play and group activities, your child will be introduced to learning their colors, numbers, counting and the alphabet. Your child will also learn decision making and problem solving skills, enhancing his/her own self-esteem and independence. Our hands-on curriculum will help prepare your child for Kindergarten and the ongoing, life-long learning process. Children must be toilet-trained, no exceptions.

Tuesdays & Thursdays 9:30 am - 12:30 pm

Lunch Club 12:30-1:15 (Lunch not provided. Children have the option for Lunch Club if participating in Playclub in the afternoons). See Pg. 18-19 for times

Ages : 3 - 5

(Children must be 3 years old by the first day of the session - no exceptions)

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2018