

# PRESCHOOL

## **TERRIFIC TWOS PROGRAM**

Ages: 2 & 3

Melanie Dawson & Irene Nelson

**Our 2017-2018 program is full. Please contact our office if you would like your child placed on the wait list.**

Terrific Twos is a unique program developed for the younger preschool child. This program enhances socialization and hands-on learning of two and three-year-olds in a small group setting. Music, movement, stories, projects and free play are incorporated into a fun-filled morning.

Classes meet Tuesdays and Thursdays from September 19, 2017 through May 24, 2018, in the Community Education classroom located in the Burke wing of the Burke-Memorial School. Each regularly scheduled class runs from 9:00-11:30am. Children must be two years old by September 1, 2017. Snacks and drinks are provided. There is a maximum of 15 children with two teachers in this program.

Please register and pay a non-refundable \$125 deposit – \$100 will be applied to your May 2018 tuition. Monthly tuition is \$220/month and is due on the first of each month. For additional information on the program, contact Melanie Dawson at [melaniemdawson@comcast.net](mailto:melaniemdawson@comcast.net).

Course # A1-17  
September 19, 2017-May 24, 2018  
Burke School Rm. 11  
Legion Avenue Parking Lot - Door 13

Tuesdays & Thursdays  
9:00-11:30am  
\$220/month



## **MESSY MIXTURES**

Ages: 2-4 with adult companion

Margie Monahan

This is an exciting art program for preschoolers and an adult companion. Join us for a wonderful experience in process art where your child will explore, create and learn by experimenting with many different mediums. Children will have the opportunity to craft at least three different projects each week. Old play clothes are recommended for those who attend.

Course # A2-17  
Wednesdays, October 11-November 15  
Burke School Rm. 11  
Legion Avenue Parking Lot - Door 14

6 sessions  
9:30-10:15am  
\$50



## **PRESCHOOL T-BALL**

Ages: 2.9-6

F.A.S.T. Athletics

Let's take a walk through the fundamentals of America's favorite pastime. The children will learn the basic skills in fielding, throwing, hitting and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning, skill development and fun are our priorities! Please bring a glove to each session.

Course # A3-17  
Saturdays, September 30-November 4  
Burke School Legion Avenue Field

6 sessions  
9:00-9:45am  
\$84



### STROLLER BOOT CAMP

Ages: Infant & up with adult companion  
Kelly DuBois, ACE Certified Personal Trainer

Parents/caregivers of stroller-aged children will enjoy this highly energetic class and have fun while getting fit. You will burn calories and build strength with creative exercises and positive motivation. The class is designed for all fitness levels and exercises change each week so you will never get bored. Please bring water and a mat or towel to class. You may register for one morning or receive a discount for two mornings. Moms must be at least six weeks postpartum and cleared by their physician to resume physical activity.

#### Program 1

Course # A36-17 8 sessions  
Tuesdays, October 3-November 21 9:30-10:30am

#### Program 2

Course # A37-17 8 sessions  
Thursdays, October 5-November 30 9:30-10:30am  
(No class November 23)

Veterans Memorial Building - Gym \$70/one morning  
900 Main Street, Rte. 109, Millis or \$120/two mornings



### MOMMY & ME GYMNASTICS

Ages: 18 months-2.5 years  
Shen's Gymnastics Academy

NEW

A fun, instructor-led gymnastics class for toddlers and their mom, dad or caregiver. This class brings the parents on to the floor amidst the excitement. A low student/teacher ratio is kept for personal attention. We provide small preschool-sized equipment for the children, including rings, bars, ladders, and a slide. Children will also love using our zip line and trampoline. The instructor will set up obstacle courses each week specifically designed to help with locomotion skills and eye/hand coordination.

Course # A4-17 10 sessions  
Mondays, September 11-November 13 9:30-10:30am  
Thursdays, September 14-November 16 9:30-10:30am  
Saturdays, September 16-November 18 9:00-10:00am  
or 10:00-11:00am  
16 Everett Street, Holliston \$210/program

### DANCE & TUMBLE

Ages: 3 & 4  
Millis Dance Theatre



A child's early dance experience includes the fundamentals of dance and creative movement through imaginative dance and basic tumbling. Dancers will express themselves with colorful ribbons, scarves, hoops and other lively props. Our class focuses on having fun and being happy while dancing. This popular beginner class is presented in a positive, age-appropriate environment.

Course # A5-17 13 sessions  
Mondays, September 18-December 18 1:00-2:00pm  
(No class October 9)  
Thursdays, September 21- December 21 1:30-2:30pm  
(No class November 23)  
Saturdays, September 23-December 23 9:00-10:00am  
(No class November 25)  
903 Main Street, Rte. 109, Millis \$210/program

### PRESCHOOL KARATE

Ages: 3 & 4  
Elite Martial Arts Academy

The focus in this class is to help children improve and develop gross and fine motor skills through the Martial Arts. In this class, we conduct basic stretching and conditioning exercises to improve flexibility, coordination and balance. Children are taught basic karate punches, kicks and blocks. Techniques are reinforced weekly using various equipment and fun drills designed to hide repetition and to keep children excited.

Course # A6-17 8 sessions  
Tuesdays, September 19-November 7 3:30-4:00pm  
Course # A7-17 8 sessions  
Fridays, September 22-November 17 10:00-10:30am  
(No class November 10)  
1275 Main Street, Rte. 109, Millis \$55/program

### PRESCHOOL SWIM LESSONS

Ages: 6 months-36 months (w/adult companion) & 3-5 years  
YMCA Aquatics Staff

For information on Parent/Child and Preschool swim lessons, please refer to page 7 in the YOUTH section of our brochure. Many times and days are offered during the Fall 1 and Fall 2 sessions.