



Robin Kaufman, General Sales & Parenting Manager, ext.482, rkaufman@cqjcc.org

Welcome to the Y's Parenting Center! We hope that you will visit us, and look forward to helping you find the best activities for your child's unique needs and interests. In order to best provide you with effective and affordable programs, please note the following:

1. While many children understandably must miss classes due to varied circumstances, we cannot offer make-up classes.
2. In order to best focus upon the needs of children enrolled in the classes, we must ask that no unenrolled siblings be brought to any classes. If you need babysitting services, we may be able to help you out with such arrangements.
3. Any arrangement to view a class or take a paid trial class may be arranged with Robin Kaufman in advance.
4. While we will seek to respond to family concerns regarding children with allergic conditions, we cannot insure that the classroom will be free of any specific products.
5. All Parenting Center classes require the presence and participation of a parent or caregiver, unless stated otherwise. We appreciate your gracious compliance with these rules. If you have any questions, please contact the Parenting Center staff at ext. 482.

## PARENTING CENTER SCHEDULE

When registering, use dept. codes 31700PA mem / 31800PA non-mem	
<b>MONDAY</b>	
Me Without Mommy (27-36 mos)	9:15 a.m.-12:15 p.m.
Movement Music and Art (24-36 mos)	10:15 a.m.-11:30 a.m.
<b>TUESDAY</b>	
Me Without Mommy/Nearly Nursery (33-42 mos)	8:45 a.m.-11:45 a.m.
Me Without Mommy (24-36 mos)	9:15 a.m.-12:15 p.m.
Mommy & Me (24-36 mos)	9:15 a.m.-10:45 a.m.
Mommy & Me (18-24 mos)	11:00 a.m.-12:30 p.m.
<b>WEDNESDAY</b>	
Me Without Mommy (24-36 mos)	9:15 a.m.-12:15 p.m.
Bonding with My Baby (Newborn-12 mos)	10:00 a.m.-11:00 a.m.
Kesher Tov-Connecting With Your Child (12-24 mos)	10:00 a.m.-10:45 a.m.
Around the World in 90 Days (24-36 mos)	11:00 a.m.-11:45 a.m.
<b>THURSDAY</b>	
Me Without Mommy/Nearly Nursery (33-42 mos)	8:45 a.m.-11:45 a.m.
Me Without Mommy (24-36 mos)	9:15 a.m.-12:15 p.m.
Music & Art for Mommy & Me (24-36 mos)	9:15 a.m.-10:30 a.m.
Kiddie Music (3-17 mos) Section I	10:45 a.m.-11:30 a.m.
Shake My Sillies Out (18-36 mos)	11:45 a.m.-12:30 p.m.
Kiddie Music (3-17 mos) Section II	1:00 p.m.-1:45 p.m.
<b>FRIDAY</b>	
Shabbat Shalom Hey (24-36 mos)	9:30 a.m.-11:00 a.m.
All About Art (24-36 mos)	11:30 a.m.-12:15 p.m.

### THE PARENTING CENTER STAFF WELCOMES YOU!

Robin Kaufman - General Sales and Parenting Manager  
 Judy Polinger - Assistant

Evelyn

Robin

Tony

Shari

Alison

Regina



Robin Kaufman,  
 General Sales & Parenting Manager

Suzy

Joy

Laurie

Betty

Janet

Sherri

Jean

### Me Without Mommy/ Nearly Nursery

**Ages 33-42 months**

This educationally-oriented program will afford your child the best aspects of "Me Without Mommy", plus unique enrichment tailored to this age group and preparation for future enrollment in the Y's preschool.\* Our early childhood teacher will teach your child the first steps toward reading, math and science. Our nurturing, caring environment is the best place for your child to socialize and make friends. The program also includes crafts, stories, Shabbat celebrations and other stimulating activities.

<b>WINTER</b>	11 Tues & 11 Thurs, beg. Jan. 2 8:45 a.m.-11:45 a.m. <b>\$858 m / \$968 nm</b>
<b>SPRING</b>	10 Tues & 9 Thurs, beg. April 12 8:45 a.m.-11:45 a.m. <b>\$741 m / \$836 nm</b>

### Me Without Mommy

**Ages 24-36 months**

**The first step in making the transition to our Nursery School!** This program includes creative play, crafts, storytime, music, movement, snack and gym time. All sessions are taught by an early childhood educator. Prerequisite: small group experience. Inquire with Robin Kaufman, if child is younger than 27 months.

<b>WINTER</b>	9 Mon & 11 Wed, beg. Jan. 3 9:15 a.m.-12:15 p.m. <b>\$780 m / \$880 nm</b> 11 Tues & 11 Thurs, beg. Jan. 2 9:15 a.m.-12:15 p.m. <b>\$858 m / \$968 nm</b>
<b>SPRING</b>	9 Mon & 10 Wed, beg. April 11 9:15 a.m.-12:15 p.m. <b>\$741 m / \$836 nm</b> 10 Tues & 9 Thurs, beg. April 12 9:15 a.m.-12:15 p.m. <b>\$741 m / \$836 nm</b>





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## Annual Earth Day Celebration

Sunday, April 22 at 11:30 a.m.

*Celebrate the Earth! Taking care of the world is part of our Jewish heritage of caring for our environment. Make a mini edible ecosystem and arts & crafts project. Call Robin at ext. 482 for details. (for children 2-5 with an adult please!)*

### Mommy and Me

Ages 18-36 months

**The perfect class before Me Without Mommy!** A structured play-and-learn experience for children and their parent/caregiver; grandparents are welcome. An early childhood teacher will introduce toddlers to paint, paste, puzzles, stories. Includes a separate mothers' discussion group, juice, snack or a brown-bagged kosher dairy lunch from home.

#### Ages 18-24 months

11 Tues., beg. Jan. 2  
11:00 a.m.-12:30 p.m.

WINTER \$220 m / \$264 nm

#### Ages 24-36 months

11 Tues., beg. Jan. 2  
9:15 a.m.-10:45 a.m.

\$220 m / \$264 nm

#### Ages 18-24 months

10 Tues., beg. April 17  
11:00 a.m.-12:30 p.m.

SPRING \$200 m / \$240 nm

#### Ages 24-36 months

10 Tues., beg. April 17  
9:15 a.m.-10:45 a.m.

\$200 m / \$240 nm

### Movement, Music & Art

Ages 24-36 months

Engage your child in music and movement using instruments, rhythm play, dance and singing. Our art instructor uses a variety of materials and techniques to bring out the artist within.

WINTER 9 Mon., beg. Jan. 8  
10:15 a.m.-11:30 a.m.

\$171 m / \$207 nm

SPRING 9 Mon., beg. April 16  
10:15 a.m.-11:30 a.m.

\$171 m / \$207 nm

### Music and Art for Mommy & Me

Ages 24-36 months

A creative experience featuring music, movement, instruments, plus a hands-on art project using different mediums and materials. Includes a snack.

WINTER 11 Thurs., beg. Jan. 4  
9:15 a.m.-10:30 a.m.

\$209 m / \$253 nm

SPRING 9 Thurs., beg. April 12  
9:15 a.m.-10:30 a.m.

\$171 m / \$207 nm

### Kiddie Music

Ages 3-17 months

Introduce your child to the world of music through experimentation with instruments, pitch and rhythm.

*Instructor: Our amazing guitarist Tony C.!*

WINTER 11 Thurs., beg. Jan. 4  
SECT I: 10:45 a.m.-11:30 a.m.  
SECT II: 1:00 p.m.-1:45 p.m.  
\$176 m / \$209 nm

SPRING 9 Thurs., beg. April 12  
SECT I: 10:45 a.m.-11:30 a.m.  
SECT II: 1:00 p.m.-1:45 p.m.  
\$144 m / \$171 nm

### Shake My Sillies Out

Ages 18-36 months

Share the joy of music as you develop singing, dancing, rhythm, tonal and listening skills. Play various musical instruments and be exposed to different kinds of music. A great class after Kiddie Music.

*Instructor: Our amazing guitarist Tony C.!*

WINTER 11 Thurs, beg. Jan. 4  
11:45 a.m.-12:30 p.m.  
\$176 m / \$209 nm

SPRING 9 Thurs, beg. April 12  
11:45 a.m.-12:30 p.m.  
\$144 m / \$171 nm

### Around the World in Ninety Days

Ages 24-36 months

Queens is the most culturally diverse place in the world, giving us the opportunity to learn and grow from our neighbors. We will take a "trip around the world" with your child as we introduce a different culture each week. Explore how children in other lands play, eat, speak, celebrate, dance and more. We make our way through countries such as Israel, Spain, France, India, Asia, and Russia. Through crafts, dance, song, food and stories, your child will participate in a beautiful, unique class that should not be missed.

*Instructor: Sigal Mofaz-Levy, Expert in Cultural Research and Child Development*

WINTER 11 Wed, beg. Jan. 3  
11:00 a.m.-11:45 p.m.  
\$176 m / \$209 nm

SPRING 10 Wed, beg. April 11  
11:00 a.m.-11:45 p.m.  
\$160 m / \$190 nm

### Shabbat Shalom Hey!

Ages 24-36 months

Make Shabbat a special time for you and your child. This class includes Shabbat and holiday crafts, books, prayers and songs.

WINTER 11 Fri, beg. Jan. 5  
9:30 a.m.-11:00 a.m.  
\$198 m / \$242 nm

SPRING 11 Fri, beg. April 13  
9:30 a.m.-11:00 a.m.  
\$198 m / \$242 nm

### Bonding with My Baby

Ages newborn-12 months

Come join other moms and babies who are weathering the highs and lows of infancy navigating their way through those first few months. Enjoy bonding, friendship and supportive discussion with Jean Geffen, M.S.S.W., B.C.D. New York State Licensed Psychotherapist/Experienced mother surviving it all!

WINTER 11 Wed, beg. Jan. 3  
10:00 a.m.-11:00 a.m.  
\$198 m / \$220 nm

SPRING 10 Wed, beg. April 11  
10:00 a.m.-11:00 a.m.  
\$180 m / \$200 nm

### All About Art

Ages 24-36 months

Toddlers get lots of sensory stimulation as they explore new textures and a variety of fine art media including drawing, painting, sand and much more. Please dress for messy play.

WINTER 11 Fri, beg. Jan. 5  
11:30 a.m.-12:15 p.m.  
\$165 m / \$209 nm

SPRING 11 Fri, beg. April 13  
11:30 a.m.-12:15 p.m.  
\$165 m / \$209 nm

### Keshar Tov

FIRST CLASS OF ITS KIND!

### Connecting With Your Child

Ages 12-24 months

#### Class conducted in Hebrew & English

Join our new parenting facilitator in this innovative, interactive class. Perfect for Hebrew speaking children and adults! Learn how to help develop your child's curiosity, cognitive, motor and emotional skills through songs, games and movement. Each class will focus on one developmental stage. Use your surroundings to foster your child's intelligence.

*Instructor: Sigal Mofaz-Levy, Expert in Cultural Research and Child Development.*

WINTER 11 Wed., beg. Jan. 3  
10:00 a.m.-10:45 a.m.  
\$176 m / \$209 nm

SPRING 10 Wed., beg. April 11  
10:00 a.m.-10:45 a.m.  
\$160 m / \$190 nm



Dale Stark, Director, Health & Fitness, ext.501, [dstar@cqyjcc.org](mailto:dstar@cqyjcc.org)

## HEALTH & FITNESS

### PLAY GYM & SPORTS

#### Exercise for New Moms and Baby

**Newborn–7 months, with moms**

A postpartum exercise program for new moms and a massage session for baby that provides a special time for both of you. (Private and semi-private sessions are available upon request.) Please call ext. 504 for details.

#### Tiny Tumblers

**Ages 6-12 mos, w/ parent/caregiver**

With the use of colorful and stimulating equipment your child will be guided through creative activities that develop strength, coordination and balance. Bond with other parents as you play with your child and share in the delight of their progress.

**WINTER** 9 Mon, beg. Jan. 8  
11:15 a.m.-12:00 p.m.  
**\$104 m / \$144 nm**

**SPRING** 9 Mon, beg. April 16  
11:15 a.m.-12:00 p.m.  
**\$104 m / \$144 nm**

#### Gym Explorers

**Ages 12-24 mos, w/ parent/caregiver**

Children jump, climb, balance, roll, swing, in the Y's playgym with slides, bridges and more. Parents assist and share in the delight of their children's learning exploring.

**Ages 12-18 months**

11 Tues., beg. Jan. 2  
11:15 a.m.-12:00 p.m.  
11 Wed., beg. Jan. 3  
10:35 a.m.-11:20 a.m.

**WINTER** **\$126 m / \$176 nm**

**Ages 18-24 months**

9 Mon., beg. Jan. 8  
10:15 a.m.-11:00 a.m.  
**\$104 m / \$144 nm**  
11 Thurs., beg. Jan. 4  
9:45 a.m.-10:30 a.m.  
**\$126 m / \$176 nm**

**Ages 12-18 months**

10 Tues., beg. April 17  
11:15 a.m.-12:00 p.m.  
**\$115 m / \$160 nm**

**SPRING** 10 Wed., beg. April 11  
10:35 a.m.-11:20 a.m.  
**\$115 m / \$160 nm**

**Ages 18-24 months**

9 Mon., beg. April 16  
10:15 a.m.-11:00 a.m.  
**\$104 m / \$144 nm**

9 Thurs., beg. April 12  
9:45 a.m.-10:30 a.m.  
**\$104 m / \$144 nm**

#### Storybook Gym Adventurers

**Ages 2-3 years, w/ parent/caregiver**

Share in the delight as your child improves their gross motor skills, coordination and listening skills. We combine movement activities and storybook concepts on our exciting play equipment, along with your child's imagination for this fun-filled class.

**WINTER** 11 Wed, beg. Jan. 3  
9:45 a.m.-10:30 p.m.  
11 Fri, beg. Jan. 5  
11:15 a.m.-12:00 p.m.  
**\$126 m / \$176 nm**

**SPRING** 10 Wed, beg. April 11  
9:45 a.m.-10:30 p.m.  
**\$115 m / \$160 nm**  
11 Fri, beg. April 13  
11:15 a.m.-12:00 p.m.  
**\$126 m / \$176 nm**

#### Kiddie Sports

**Ages 2-3 years, with parent**

Introduce your toddler to different sports that are geared to his/her age and skill level. Instructors use child-sized equipment to introduce your child to tennis, basketball, hockey, soccer, volleyball, tumbling and more.

**WINTER** 9 Thurs, beg. Jan. 4  
10:45 a.m.-11:30 a.m.  
**\$126 m / \$176 nm**

**SPRING** 9 Thurs, beg. April 12  
10:45 a.m.-11:30 a.m.  
**\$104 m / \$144 nm**

### TRY THESE NEW CLASSES FOR INFANTS & TODDLERS!

#### NEW! Stay & Play for Siblings

**Ages 6 mos-4 years, with parent**

Share in the delight as your children climb, balance and swing in the Y's playgym. Program is an open play format with each class including movement activities and ending with an activity such as parachute, songs and bubbles. Fee is for two children per family.

**WINTER** 11 Thurs, beg. Jan. 4  
11:30 a.m.-12:15 p.m.  
**\$220 m / \$297 nm**

**SPRING** 9 Thurs, beg. April 12  
11:30 a.m.-12:15 p.m.  
**\$180 m / \$243 nm**

#### NEW! Gym Stars

**Ages 2.9-4 yrs, with parent/caregiver**

Enjoy special time together in this oriented class. Basic sports activities will be introduced with an emphasis on gymnastics, movement and body awareness.

**WINTER** 11 Thurs, beg. Jan. 4  
12:15 p.m.-1:00 p.m.  
**\$126 m / \$176 nm**

**SPRING** 9 Thurs, beg. April 12  
12:15 p.m.-1:00 p.m.  
**\$104 m / \$144 nm**

## Open Play Gym



\* If your child will be older than 24 mos within the semester, then please register for the 2-5 age group.

Choose a free extra session to play with your toddler on our wonderful tumbling equipment. Sign up when you register for classes in all H&F Infant, Toddler and Preschool gym programs.

Choose your extra FREE DAY:

**6 -24 MOS\*:**

**WINTER**

11 Wed., beg. Jan. 3, 11:30 a.m.–12:15 p.m.  
11 Fri., beg. Jan. 5, 9:30 a.m.–10:15 a.m.

**SPRING**

10 Wed., beg. April 11, 11:30 a.m.–12:15 p.m.  
11 Fri., beg. April 13, 9:30 a.m.–10:15 a.m.

**2–5 YEARS:**

**WINTER**

9 Mon., beg. Jan. 8, 1:00 p.m.–1:45 p.m.  
11 Fri., beg. Jan. 5, 10:15 a.m.–11:00 a.m.

**SPRING**

9 Mon., beg. April 16, 1:00 p.m.–1:45 p.m.  
11 Fri., beg. April 13, 10:15 a.m.–11:00 a.m.

*To maximize your child's safety and enjoyment, the age range of Open Playgym may need to be adjusted. Therefore, you may be requested to move into a younger or older age range depending on the make-up of a particular Open Gym class.*



Lior Harpaz, Aquatics Supervisor, ext.502, lharp@cqyjcc.org

## HEALTH & FITNESS

### SWIMMING

#### Swim Time with Mommy

**Ages 7-36 months, with parent or adult female**

With songs and water toys, your child will learn such skills as arm pull, kicking, blowing bubbles and water safety. Children in diapers must wear rubber pants or bathing suit. Class is given during female only swim time.

**WINTER** 11 Thurs., beg. Jan. 7  
9:30 a.m.-10:00 a.m.  
**\$126 m / \$176 nm**

**SPRING** 9 Thurs., beg. April 12  
9:30 a.m.-10:00 a.m.  
**\$104 m / \$144 nm**

#### Pamper Paddlers

**Ages 7-18 months, with parent**

Introduce your child to the water through the fun activities. Skills covered include kicking, bobbing and blowing bubbles. Doctor note required at registration if child is less than 7 months. Children in diapers must wear rubber pants or bathing suit.

11 Sun., beg. Jan. 7  
12:00 p.m.-12:30 p.m.  
**\$126 m / \$176 nm**

**WINTER** 9 Mon., beg. Jan. 8  
11:30 a.m.-12:00 p.m.  
**\$104 m / \$144 nm**

11 Thurs., beg. Jan. 4  
11:30 a.m.-12:00 p.m.  
**\$126 m / \$176 nm**

9 Sun., beg. April 15  
12:00 p.m.-12:30 p.m.  
**\$104 m / \$144 nm**

**SPRING** 9 Mon., beg. April 16  
11:30 a.m.-12:00 p.m.  
**\$104 m / \$144 nm**

9 Thurs., beg. April 12  
11:30 a.m.-12:00 p.m.  
**\$104 m / \$144 nm**



#### Create-A-Class

Create your own class!  
Any time...whatever you want...  
however you want it!  
Swimming for all ages!

Find 3 or more interested individuals and we will find you an instructor. Create-A-Class is contingent upon pool availability. Class runs for a minimum of ½ hour and requires at least 3 sessions.  
3 classes: \$45 m / \$60 nm

#### Pamper Paddlers II

**Ages 7-18 months, with parent**

For those who are ready to move on after Pamper Paddlers I. Children in diapers must wear rubber pants or bathing suit.

11 Sun., beg. Jan. 7  
1:00 p.m.-1:30 p.m.  
**WINTER** **\$126 m / \$176 nm**

11 Thurs., beg. Jan. 4  
11:00 a.m.-11:30 a.m.  
**\$126 m / \$176 nm**

9 Sun., beg. April 15  
1:00 p.m.-1:30 p.m.  
**SPRING** **\$104 m / \$144 nm**

9 Thurs., beg. April 12  
11:00 a.m.-11:30 a.m.  
**\$104 m / \$144 nm**

#### Little Fishes

**Ages 2-3 years with parent**

Teach your youngster to become more independent in the water with the use of games and small equipment. Children in diapers must wear rubber pants or bathing suit.

**WINTER** 11 Sun., beg. Jan. 7  
12:30 p.m.-1:00 p.m.  
**\$126 m / \$176 nm**

**SPRING** 9 Sun., beg. April 15  
12:30 p.m.-1:00 p.m.  
**\$104 m / \$144 nm**

### PRIVATE SWIM LESSONS

One-on-one learning with a water safety instructor. Lessons are 30 minutes long and are designed to meet individual needs. To make an appointment for a lesson, stop by the Health & Fitness Control Desk or call ext. 500.

#### Private Lessons

**1 Lesson: \$28 m / \$37 nm**  
**3 Lessons: \$75 m / \$100 nm**  
**9 Lessons: \$185 m / \$285 nm**

#### Semi-Private Lessons: 2 people

**1 Lesson: \$50 m / \$70 nm**  
**3 Lessons: \$110 m / \$175 nm**  
**9 Lessons: \$285 m / \$505 nm**



### OPEN SWIM

Come to open swim for a supervised swim session with parent. Toys and equipment will be available at the pool. Free to registrants of the courses in this section (except private swim lessons)

#### FOR AGES 7-36 MONTHS

**WINTER** 11 Tues., beg. Jan. 2  
11:00 a.m.-11:45 a.m.  
**OR**  
11 Wed., beg. Jan. 3  
1:00 p.m.-1:45 p.m.

**SPRING** 10 Tues., beg. April 17  
11:00 a.m.-11:45 a.m.  
**OR**  
10 Wed., beg. April 11  
1:00 p.m.-1:45 p.m.

## Attention Members... Babysitting Services!

If you need babysitting services, we may be able to help you. A babysitting service is usually available on the premises daily from 9:00-12:00 p.m. and evenings from 7:00-9:00 p.m. to parents of tots ages three months and older during the time they are participating in Y classes or using the Health & Fitness Center.

**RESERVATIONS ARE MANDATORY.**

Call the Y, leave a message for Linda at the first floor reception desk, our babysitter, and she will return your call. Cost is \$7.50 per hour.