

Parent Education: BRIGHT BEGINNINGS PRESCHOOL

3rd Quarter: 1/25/2010 - 3/26/2010

Register on-line at www.fuhsd.org starting Dec 18, 2009

Click on the 'Registration' button on the left side of the home page.
 Select #1: online registration 'here'.
 Scroll down and select 'Gymkids' or 'Parent Ed/Specialty Classes'.

Location: 591 W. Fremont Avenue, Sunnyvale, CA 94087
 Office Hours: 8:30am-2:00 M-F
 Phone: (408) 522-2707

No refunds. A \$20 service fee is charged for all transfers.

GYM KIDS - Regular Instruction (based on class size of 18 children) PARENT EDUCATION THROUGH PARENT CHILD PARTICIPATION

70111	9-15MO	1/25-3/22	(8) M	9-10AM	ACE/2	G. COCKING	\$60	\$5					\$65
70132	9-15MO	1/27-3/24	(8) W	10-11AM	ACE/2	S. ROBERTSON	\$60	\$5					
70222	12-18MO	1/26-3/23	(8) Tu	10-11AM	ACE/2	D. ROBERTSON	\$60	\$5					
70241	12-18MO	1/28-3/25	(8) Th	9-10AM	ACE/2	V. BACCAGLIO	\$60	\$5					
70413	18-24MO	1/25-3/22	(8) M	11am-12pm	ACE/2	G. COCKING	\$60	\$5					
70443	18-24MO	1/28-3/25	(8) Th	11-12PM	ACE/2	V. BACCAGLIO	\$60	\$5					
70451	18-24MO	1/29-3/26	(8) F	9-10AM	ACE/2	G. COCKING	\$60	\$5					
70523	1 ^{1/2} -2 ^{1/2} /2YR	1/26-3/23	(8) Tu	11-12PM	ACE/2	D. ROBERTSON	\$60	\$5					
70531	1 ^{1/2} -2 ^{1/2} /2YR	1/27-3/24	(8) W	9-10AM	ACE/2	S. ROBERTSON	\$60	\$5					
70653	1 ^{1/2} -2 ^{3/4} YR	1/29-3/26	(8) F	11am-12pm	ACE/2	G. COCKING	\$60	\$5					
70612	2-3YR	1/25-3/22	(8) M	10-11AM	ACE/2	G. COCKING	\$60	\$5					
70621	2-3YR	1/26-3/23	(8) Tu	9-10AM	ACE/2	D. ROBERTSON	\$60	\$5					
70633	2-3YR	1/27-3/24	(8) W	11am-12pm	ACE/2	S. ROBERTSON	\$60	\$5					
70642	2-3YR	1/28-3/25	(8) Th	10-11AM	ACE/2	V. BACCAGLIO	\$60	\$5					
70652	2-3YR	1/29-3/26	(8) F	10-11AM	ACE/2	G. COCKING	\$60	\$5					

SATURDAY CLASSES MEET 4 TIMES EACH QUARTER : 2/27, 3/6, 3/13, 3/20

70861	12-24MOS	2/27-3/20	(4) S	9-10AM	ACE/2	SOFFA-RICHARDSON	\$28	\$5					\$33
70562	1 ^{1/2} -2 ^{1/2} /2YR	2/27-3/20	(4) S	10-11AM	ACE/2	SOFFA-RICHARDSON	\$28	\$5					
70763	2-4YR	2/27-3/20	(4) S	11-12PM	ACE/2	SOFFA-RICHARDSON	\$28	\$5					

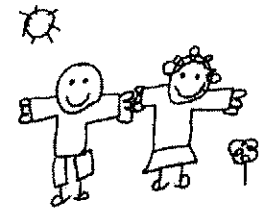
GYM KIDS - Small group instruction (based on class size of 12 children) Parents may choose to bring two children to small group instruction. Fees are per child.

70924	1-4YR	1/26-3/23	(8) Tu	12-1PM	ACE/2	D. ROBERTSON	\$70	\$5					\$75 \$38
70964	1-4YR	2/27-3/20	(4) S	12-1PM	ACE/2	SOFFA-RICHARDSON	\$33	\$5					

GYM KIDS - Evening Classes

272839	1-4YR	1/27-3/24	(8) W	6-7PM	ACE/2	G. HOEKE	\$70	\$5					\$75
272939	1-4YR	1/27-3/24	(8) W	7-8PM	ACE/2	G. HOEKE	\$70	\$5					

JANUARY					
25	26	27	28	29	30
FEBRUARY					
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20
22	23	24	25	26	27 *
MARCH					
1	2	3	4	5	6 *
8	9	10	11	12	13 *
15	16	17	18	19	20 *
22	23	24	25	26	27



Bright Beginnings Preschool

Parent & child grow together in an enriched environment that nurtures the whole family. Parents attend once each week while children attend according to the class schedule below. Preschool activities are designed to stimulate your child's emotional, intellectual, physical, and social growth through art, music, science, literature, cooking, dramatic play, motor activities, and field trips. School readiness skills are also addressed. Parents participate in classroom activities helping to supervise, providing snack, and attending parent-ed meetings where information on child development and related topics is provided.

It is not necessary for your child to be toilet trained.

REGISTRATION THROUGH THE PARENTING OFFICE IS REQUIRED FOR ALL PRESCHOOL CLASSES.

No fax or mail in registration. Preschool classes run from September through May. Fees are paid quarterly (8 weeks). New students are added on a space available basis from our waiting list. CALL 522-2707 to register.

Level 3 (14-20 mos). For children born between May 2008 and November 2008) #125

73171	1/25-3/22	M	(8)	9-11AM	ACE/4B	LUNDGREN	\$95	\$30			
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Level 4 Young 2's. For children born between December 3, 2007 and April 2008) #135

073271	1/26-3/23	Tu	(8)	9-11:30AM	ACE/4B	VIDUNAS	\$105	\$30			
073272	1/28-3/25	Th	(8)	9-11:30AM	ACE/4B	VIDUNAS	\$105	\$30			
073273	1/28-3/25	Th	(8)	11:30-2PM	ACE/4B	VIDUNAS	\$105	\$30			

Level 6 (All children must have turned 2 on or before December 2nd, 2009) #145

076071	1/25-3/22	M	(8)	9-11:45AM	ACE/4A	T. ROBERTSON	\$115	\$30			
076072	1/26-3/23	Tu	(8)	9-11:45AM	ACE/4A	WERNER	\$115	\$30			
076073	1/26-3/23	Tu	(8)	11:45-2:30PM	ACE/4A	WERNER	\$115	\$30			
076074	1/27-3/24	W	(8)	9-11:45AM	ACE/4B	VIDUNAS	\$115	\$30			
076075	1/28-3/25	Th	(8)	9-11:45AM	ACE/4A	DOBKIN	\$115	\$30			
076076	1/29-3/26	F	(8)	8:45-11:30AM	ACE/4B	VIDUNAS	\$115	\$30			
076077	1/29-3/26	F	(8)	11:30-2:15PM	ACE/4B	VIDUNAS	\$115	\$30			

Level 7 (All children must turn 3 by April 30, 2010 + have previous preschool experience)

076171	1/27-3/26	WF	(16)	8:45-11:45AM	ACE/4A	HARFORD	\$230	\$60				\$290
076172	1/27-3/26	WF	(16)	12-3PM	ACE/4A	HARFORD	\$230	\$60				

Level 8 (All children must have had their 3rd birthday on or before Dec 2, 2009)

076271	1/26-3/25	TTh	(16)	8:45-11:45AM	ACE/4C	HARFORD	\$230	\$60				\$290 \$250 \$355
076272	1/26-3/25	TTh	(16)	9-12PM	ACE/4D	COCKING	\$230	\$60				
076273	1/26-3/25	TTh	(16)	12-2:30PM	ACE/4D	ANDRES	\$190	\$60				
076274	1/25-3/26	MWF	(24)	9-12PM	ACE/4D	WERNER	\$345	\$90				

Level 9 (All children must have had their 4th birthday on or before Dec 2, 2009)

076471	1/25-3/26	MWF	(24)	8:30-12PM	ACE/4C	GONZALEZ	\$345	\$90				\$435 \$375
076472	1/25-3/26	MWF	(24)	12-3PM	ACE/4D	SUDASARANA	\$295	\$90				

Level 10 Pre-K (All children must have their 5th birthday on or before Aug 31, 2010)

076473	1/25-3/25	MTWTh	(32)	12-2:30pm	ACE/4C	VISVANATHAN	\$330	\$120				\$450
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SPECIALTY Classes require pre-registration. Register on-line at www.ace.fuhsl.org or call the Parent Ed office at 408-522-2707. **NO FAX OR MAIL IN REGISTRATION. NO refunds. A \$20 service fee is charged for transfers.**

Wiggles & Rhymes \$90

Play and have fun with your child while you network with other parents. This class is designed to stimulate your child's mental and motor development through the use of music, movement, and rhyme. Babies older than 12 months who are not walking may attend.

Instructor: Cocking 8 sessions
Location: ACE / Rm 2
Reg Fee: \$85 Lab Fee: \$5
70115 5-12mo M 12:30-2pm 1/25-3/22
70154 5-12mo F* 12:30-2pm 1/29-3/26

Preschool: Evenings (2-4) \$125

Join your child at preschool for art, music, motor movement and more. Evening preschool provides your child with an enriched learning environment and an opportunity to play and grow. Parents learn about child development and have an opportunity to observe their child in a learning environment.

Instructor: Wong-Dobkin 8 sessions
Location: ACE / Rm 4B
Reg Fee: \$80 Lab Fee: \$25
76779 2-4yr Tu 6-8pm 1/26-3/23

Preschool: Saturday (2-4) \$65

This fun-filled preschool class meets 4 Saturdays each quarter. Activities are designed to stimulate growth and development through the use of play centers. Each class includes time to play with toys & games inside and outside the classroom. Music, art, stories, directional games and motor movement are also included. Through observation and participation, parents will increase their understanding of child development.

Instructor: Gonzalez 4 sessions
Location: ACE / Rm 4B dates: 2/27, 3/6, 3/13, 3/20
Reg Fee: \$50 Lab Fee: \$15
76771 2-4yr Sat 9:30-12pm 2/27-3/20

Lunch Bunch 1.5-4yrs \$40

Bring your lunch and go on a lunchtime adventure. Each week will feature new play and fantasy opportunities. We'll eat lunch and pretend to be princes & princesses one week and pirates sailing the 7 seas the next. Each class will be a new and unique adventure with props and costumes. Sessions are 4 weeks long. Students may take one or both.

Instructor: Gonzalez 4 sessions
Location: ACE / Rm 4C
Reg. Fee: \$30 Lab Fee: \$10
76671 1.5-4yrs F 12-1:30pm 1/29-2/26
76672 1.5-4yrs F 12-1:30pm 3/5-3/26

Family Preschool \$145

Having trouble finding a babysitter? Looking for a program where you can bring more than one child? Family preschool is designed so that you & your children can share the preschool experience. Family Preschool emphasizes social development, art, music, and fun. It is designed so that you can bring more than one child. Families will pay a full fee for the first child and a half fee for additional children. Babies under 1 year old are free.

Instructor: Vidunas 8 sessions
Location: ACE/Rm 4B
Reg Fee: \$115 Lab Fee: \$30
76675 1-4 yr W 11:45am-2:30pm 1/27-3/24

Parents & 14-20 mos \$125

A special class designed for mom and toddler. Experience preschool with your child, meet other parents and learn about child development from your teacher. Class includes art, music, snack-time, stories and inside and outside play experiences.

Instructor: Lundgren 8 sessions
Location: ACE/Rm 4B
Reg Fee: \$95 Lab Fee: \$30
73171 M 9-11am 1/25-3/22

Mom & Tot: Laugh, Learn & Lunch \$100

A special class designed for mom and toddlers 12-16 months. Come and experience preschool with your child, meet other parents and have a great time. Class includes thematic songs and art projects, stories, and inside and outside play experiences. Pack a lunch for yourself and your child and join the fun!

Instructor: Lundgren 8 sessions
Location: ACE/Rm 4B
Reg Fee: \$80 Lab Fee: \$20
73172 M 11am-12:30pm 1/25-3/22

Mostly Music Enrichment \$40

Children have fun playing simple rhythm instruments and experience a variety of music, dance, and creative movements.

Instructor: Harford 4 sessions
Location: ACE/Rm 4A
Class dates: 2/27, 3/6, 3/13, 3/20
Reg Fee: \$37 Lab Fee: \$3
76873 1-4yrs Sat 9:30-10:30am 2/27-3/20
76874 1-4yrs Sat 10:30-11:30am 2/27-3/20

Preschool & Music Fun \$120

Designed for children 1.5 - 4 years old, this fun class combines our Mostly Music and Preschool programs. Each class has exploration time, music activities, a snack and one art activity. Parents learn how to use music to stimulate learning.

Instructor: Harford 8 sessions
Location: ACE/Rm 4B
Reg. Fee: \$90 Lab Fee: \$30
76676 1.5-4yr Tu 12-2pm 1/26-3/23

Preschool & Science Fun \$120

Discover the exciting world of science through fun activities. Parents will learn how to encourage and stimulate the natural curiosity children have for science. Help your child develop science concepts and skills in this educational, hands-on class.

Each week, children will have a chance to explore new science concepts and learn scientific language. Plant science, biology, natural science and physical science will be included. Instructor: Harford 8 sessions
Location: ACE/Rm 4A

Reg Fee: \$90 Lab Fee: \$30
76775 2.5-5yrs Th 12-2pm 1/28-3/25

Preschool & Academic Fun \$120

This multi-age preschool class for children 2.5 - 3.5 years of age focuses on how to teach children academics through play. Learn while your child learns. Each class will have multiple activities to reinforce learning academic concepts. A weekly informational packet with projects designed to extend lessons to home is included.

Instructor: Robertson 8 sessions
Location: ACE / Rm 4A
Reg Fee: \$90 Lab Fee: \$30
76673 2.5-3.5yrs. M 12-2pm 1/25-3/22

Manners Matter \$70

Children 8 - 12 years will learn about good manners through brief stories, games, role-playing and many other activities. First impressions, introductions, conversation skills, table manners, phone manners, and common courtesies are some of the topics covered. Funny scenarios are used to illustrate good and bad manners and to demonstrate the importance of good manners. Through these activities your child will develop confidence in their abilities to interact with both peers and adults. Class ends with a dinner where students demonstrate good table manners, introductions and conversation skills. Parents will receive information on how to encourage and reinforce the concepts taught in class. A \$20 materials fee is payable to the teacher at the first class.

Instructor: Staff 4 sessions
Location: ACE / Rm 4
Reg Fee: \$70
264461 M 3:30-5:30pm 2/22-3/15

Teach Your Preschooler Math \$15

Hands-on activities designed to stimulate your child's understanding of math concepts will be taught in this fun workshop. Learn how children process math concepts, and what skills they need to be successful in Kindergarten. Adults only.

Instructor: Sudarsana 1 session
Location: ACE/Rm 4D
Reg Fee: \$15
76877 1-4yrs Th 7-9pm 1/28

Reading Basics \$15

This adult workshop is designed to give you a basic understanding of literacy and the building blocks that are needed to develop literacy skills in young children. Hands-on games and projects as well as pre-reading theory will be taught. Adults only.

Instructor: Sudarsana 1 session
Location: ACE/Rm 4D
Reg Fee: \$15
76878 1-4yrs Th 7-9pm 2/11

Science \$15

Ever wonder how a child learns science? This workshop will give you the tools to enhance your child's science learning. Through a variety of materials and hands-on experiments you will gain the information needed to nurture your child's natural scientific curiosity. Adults only.

Instructor: Sudarsana 1 session
Location: ACE/Rm 4D
Reg Fee: \$15
76879 1-4yrs Th 7-9pm 3/4

Let's Learn Spanish \$50

Spanish is a wonderful language to learn. Young children and parents will enjoy the experience of learning a second language through games, songs and group activities. Topics include greetings, colors, numbers, days of the week, family and much more. Come, have fun and start learning Spanish this year. Take home packets and practice sheets are included.

Instructor: Diaz 4 sessions
Location: ACE/Rm 4D Dates: 2/27, 3/6, 3/13, 3/20
Reg Fee: \$45 Lab Fee: \$5
276509 3-5yrs. Sat 9-11am 2/27-3/20

Mom and Baby Sign Language \$60

Want to know what your baby is thinking? Through the use of American Sign Language and specialized materials you can improve your child's ability to communicate. Each class offers discussion, vocabulary, and fun activities to reinforce learning. A materials fee of \$45 for SIGN WITH YOUR BABY complete learning kit (DVD, book & reference card) is payable to the instructor at the first class.

Instructor: Snyder 6 sessions
Location: ACE/Rm 4B
Reg. Fee: \$60
276508 M 1:15-2:15pm 1/25-3/8

Baby Boot Camp \$80

Mom & Baby - Stroller Fitness

This stroller based fitness program is designed for prenatal & postnatal moms looking to get in shape while spending time with their babies. The class combines cardiovascular drills and strength training exercises to work every muscle group & burn calories. Prenatal women are required to bring a doctor's note giving them permission to exercise for each trimester. Postnatal women should be 6 weeks postpartum (8 weeks if c-section) and have their doctor's verbal consent to exercise. Please bring an all-purpose or jog stroller, water, sunscreen, toys and snacks for your baby and a yoga mat or towel.

Instructor: Luft 8 sessions
Location: ACE/ Playground
Reg Fee: \$80
264421 2mos-4yrs Tu 5-6pm 1/26-3/23
264422 2mos-4yrs Th 5-6pm 1/28-3/25

Sibling Solutions Workshop \$10

It's never too early or too late to improve your understanding of sibling relationships and interactions. Julie Graham, Psy.D. (PSY17936), a licensed psychologist, will discuss ways to foster strong family bonds and reduce conflict among siblings. This 2-hour workshop is both fun and informative. Parents will leave with an improved understanding of sibling relationships and many practical strategies for encouraging cooperation and closeness between their children at home.

Instructor: Graham 1 session
Location: ACE/Rm 4
Reg. Fee: \$10/\$15 Couple
276524 M 7-9pm 2/8

Noah's Ark \$10

Stuffed Animal Workshop

What child wouldn't love to create their own beautiful stuffed animal? This hands-on workshop engages children and allows them to stuff and fluff their own plush animal, filling it with its own Rainbow Wish Star, created to make dreams come true. Participants will be free to bring their new cuddly friend to life by securely closing it, decorating a t-shirt and customizing a birth certificate for their furry friend. All animals meet US child safety standards and are made of high quality materials. A materials fee of \$15 is payable to the instructor at the first class. An adult is required to attend with child.

Instructor: Hoelke 1 session
Location: ACE / Rm 4C
Reg Fee: \$10
276511 2-5yrs. Sat 9-10:30am 2/27
276512 5+ Sat 10:30-11:30am 2/27

