

Parent Education: Preschool Fall Session 9/8/09-11/2/09

Register on-line at www.fuhd.org starting Aug 7, 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'.

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	9/14-11/2	(8) M	9-10AM	AEC/2	G. COCKING	\$60	\$5
70132	9-15MO	9/9-10/28	(8) W	10-11AM	AEC/2	S. ROBERTSON	\$60	\$5
70222	12-18MO	9/8-10/27	(8) Tu	10-11AM	AEC/2	C. HENRY	\$60	\$5
70241	12-18MO	9/10-10/29	(8) TH	9-10AM	AEC/2	V. BACCAGLIO	\$60	\$5
70413	18-24MO	9/14-11/2	(8) M	11am-12pm	AEC/2	G. COCKING	\$60	\$5
70443	18-24MO	9/10-10/29	(8) TH	11-12PM	AEC/2	V. BACCAGLIO	\$60	\$5
70451	18-24MO	9/11-10/30	(8) F	9-10AM	AEC/2	G. COCKING	\$60	\$5
70523	1 ^{1/2} -2 ^{1/2} YR	9/8-10/27	(8) Tu	11-12PM	AEC/2	C. HENRY	\$60	\$5
70531	1 ^{1/2} -2 ^{1/2} YR	9/9-10/28	(8) W	9-10AM	AEC/2	S. ROBERTSON	\$60	\$5
70653	1 ^{1/2} -2-3YR	9/11-10/30	(8) F	11am-12pm	AEC/2	G. COCKING	\$60	\$5
70612	2-3YR	9/14-11/2	(8) M	10-11AM	AEC/2	G. COCKING	\$60	\$5
70621	2-3YR	9/8-10/27	(8) Tu	9-10AM	AEC/2	C. HENRY	\$60	\$5
70633	2-3YR	9/9-10/28	(8) W	11am-12pm	AEC/2	S. ROBERTSON	\$60	\$5
70642	2-3YR	9/10-10/29	(8) TH	10-11AM	AEC/2	V. BACCAGLIO	\$60	\$5
70652	2-3YR	9/11-10/30	(8) F	10-11AM	AEC/2	G. COCKING	\$60	\$5

SATURDAY CLASSES MEET 4 TIMES EACH QUARTER : 9/19, 9/26, 10/3, 10/10

70861	12-24MOS	9/19-10/10	(4) S	9-10AM	AEC/2	STAFF	\$28	\$5
70562	1 ^{1/2} -2 ^{1/2} YR	9/19-10/10	(4) S	10-11AM	AEC/2	STAFF	\$28	\$5
70763	2-4YR	9/19-10/10	(4) S	11-12PM	AEC/2	STAFF	\$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 but fees are per child.

70924	1-4YR	9/8-10/27	(8) Tu	12-1PM	AEC/2	C. HENRY	\$70	\$5
70964	1-4YR	9/19-10/10	(4) S	12-1PM	AEC/2	STAFF	\$33	\$5
272839	1-4YR	9/9-10/28	(8) W	6-7PM	AEC/2	G. HOEKE	\$70	\$5
272939	1-4YR	9/9-10/28	(8) W	7-8PM	AEC/2	G. HOEKE	\$70	\$5

SATURDAY CLASSES MEET 4 TIMES EACH QUARTER : 9/19, 9/26, 10/3, 10/10

SEPTEMBER						
7	8	9	10	11	12	
14	15	16	17	18	19	*
21	22	23	24	25	26	*
28	29	30				
OCTOBER						
5	6	7	8	9	10	*
12	13	14	15	16	17	
19	20	21	22	23	24	
26	27	28	29	30	31	
NOVEMBER						
2						

Baby Boot Camp: 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 Lab Fee \$25
264421 2mos-4yrs Tu 5-6pm 9/8-10/27
264422 2 mos-4yrs Th 5-6pm 9/10-10/29

Henna Art

Henna is a traditional form of body art that has been passed down through generations and is still part of ceremony and celebrations in many parts of the world. Come to this class to learn the history and application of Henna. Practice basic shapes, learn how to mix and apply it yourself. Many samples will be used and students will receive materials to practice with at home. You will see why Henna is becoming so popular. For ages 8 and up. Parent may register and attend with their child. A \$10 materials fee is payable to the instructor at the first class.

Instructor: Bhatt 6 sessions
Location: ACE/ Rm 4
Reg Fee: \$65 Lab Fee: \$5
276510 8-Adult M 6:30-7:45pm 9/21-10/26

Noah's Ark 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: Hoeke 1 session
Location: ACE/ Rm 4C
Reg Fee: \$12
276511 2-5yrs. Sat 9-10:30am 9/19
276512 5+ Sat 10:30-11:30am 9/19

Manners Matter

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.

Instructor: Staff 4 sessions
Location: ACE/ Rm 4
Reg Fee: \$70 Lab Fee \$25
264461 M 3:30-5:30pm 9/28-10/19

Sibling Solutions Workshop

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 9/28

Let's Learn Spanish

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
Reg Fee: \$55 Lab Fee: \$5
276509 3-5yrs. Sat 9-11am 9/19-10/10

Mom and Baby Sign Language

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. *No class 10/5.

Instructor: Snyder 6 sessions
Location: ACE/Rm 4B
Reg. Fee: \$60
276508 M 1:15-2:15pm 9/14-10/26

SPECIALTY Classes require pre-registration. Register on-line at www.ace.futhsd.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.**

*** Parent Education Through Parent Child Participation**

Wiggles & Rhymes*

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 11 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 9/14-11/2
 70154 5-12mo F* 12:30-2pm 9/11-10/30

Preschool: Evenings (2-4)*

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: Staff 7 sessions
 Location: ACE/ Rm 4B
 Reg Fee: \$70 Lab Fee: \$25
 76779 2-4yr Tu 6-8pm 9/15-10/27

Preschool: Saturday (2-4)*

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 4C dates: 9/19, 9/26, 10/3, 10/10
 Reg Fee: \$50 Lab Fee: \$15
 76771 2-4yr Sat 9:30-12pm 9/19-10/10

Preschool Adventures 1.5-4yrs*

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 rake one or both.

Instructor: Gonzalez 4 sessions
 Location: ACE/ sRm 4C
 Reg. Fee: \$40 Lab Fee: \$10
 76671 1.5-4yrs F 12-1:30pm 9/11-10/2
 76672 1.5-4yrs F 12-1:30pm 10/9-10/30

Preschool & Music Fun*

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 9/8-10/27

Preschool & Science Fun*

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.

Instructor: Harford 8 sessions
 Location: ACE/Rm 4A
 Reg Fee: \$90 Lab Fee: \$30
 76775 2.5-5yrs Th 12-2pm 9/10-10/29

Preschool & Academic Fun*

This multi-age preschool class 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: \$100 Lab Fee \$30
 76673 2.5-3.5 yr M 12-2:30pm 9/14-11/2

Baby & Me: Level 3

Preschool 13-16 mos.*

A special class designed for mom and babies 13 - 16 mos. 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: Staff 8 sessions
 Location: ACE / Rm 4B
 Reg Fee: \$95 Lab Fee: \$30
 73171 M 9-11am 9/14-11/2
 73172 M 11-1pm 9/14-11/2

Motherhood 101

This workshop is designed for new moms to gain insight into the challenging role of motherhood. Julie Graham, licensed psychologist, has designed a research-based curriculum that includes information on how to ease your transition into this new stage of life. Also included are practical strategies, information about community resources, and a question and answer period. Come meet other new mothers and improve your understanding of motherhood. Babies 6 months and younger are welcome to attend with their mother.

Instructor: Graham 1 session
 Location: ACE/ Rm 4
 Reg Fee: \$10
 276523 M 7-9pm 9/14

Family Preschool*

This preschool class emphasizes social development, art, music, and fun. It is designed so that you can bring more than one child. Pay a full fee for your first child and 1/2 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 9/9-10/28

REGISTRATION THROUGH THE PARENTING OFFICE IS REQUIRED FOR ALL PARENTING 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.

SPECIAL PRESCHOOL FEE POLICIES:

No refunds.
 \$20 fee for all transfers.
 \$50 reinstatement fee.



"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.

PARENT EDUCATION THROUGH PARENT CHILD PARTICIPATION*

Level 3 (13-16 mos). For children born between May 2008 and November 2008)

073171	9/14-11/2	M	(8)	9-11AM	AEC/4B	STAFF	\$95	\$30
073172	9/14-11/2	M	(8)	11AM-1PM	AEC/4B	STAFF	\$95	\$30

Level 4 Young 2's. For children born between December 3, 2007 and April 2008)

073271	9/8-10/27	Tu	(8)	9-11:30AM	AEC/4B	VIDUNAS	\$105	\$30
073272	9/10-10/29	Th	(8)	9-11:30AM	AEC/4B	VIDUNAS	\$105	\$30
073273	9/10-10/29	Th	(8)	11:30-2PM	AEC/4B	VIDUNAS	\$105	\$30

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

076071	9/14-11/2	M	(8)	9-11:45AM	AEC/4A	STAFF	\$115	\$30
076072	9/8-10/27	Tu	(8)	9-11:45AM	AEC/4A	WERNER	\$115	\$30
076073	9/8-10/27	Tu	(8)	11:45-2:30PM	AEC/4A	WERNER	\$115	\$30
076074	9/9-10/28	W	(8)	9-11:45AM	AEC/4B	VIDUNAS	\$115	\$30
076075	9/10-10/29	Th	(8)	9-11:45AM	AEC/4A	DOBKIN	\$115	\$30
076076	9/11-10/30	F	(8)	8:45-11:30AM	AEC/4B	VIDUNAS	\$115	\$30
076077	9/11-10/30	F	(8)	11:30-2:15PM	AEC/4B	VIDUNAS	\$115	\$30

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

076171	9/9-10/30	WF	(16)	8:45-11:45AM	AEC/4A	HARFORD	\$230	\$60
076172	9/9-10/30	WF	(16)	12-3PM	AEC/4A	HARFORD	\$230	\$60

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

076271	9/8-10/29	TTh	(16)	8:45-11:45AM	AEC/4C	HARFORD	\$230	\$60
076272	9/8-10/29	TTh	(16)	9-12PM	AEC/4D	COCKING	\$230	\$60
076273	9/8-10/29	TTh	(16)	12-3PM	AEC/4D	SUDASARANA	\$230	\$60
076274	9/9-11/2	MWF	(24)	9-12PM	AEC/4D	WERNER	\$345	\$90

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

076471	9/9-11/2	MWF	(24)	8:30-12PM	AEC/4C	GONZALEZ	\$345	\$90
076472	9/9-11/2	MWF	(24)	12-3PM	AEC/4D	SUDASARANA	\$295	\$90

Level 10 Pre-K (All children must have their 4th birthday on or before by Aug 31, 2009)

076473	9/8-11/2	MTWTh	(32)	12-2:30pm	AEC/4C	VISVANATHAN	\$330	\$120
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