

early childhood family education (ecfe)

Spring 2016

For more information
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sabesjcc.org

EARLY CHILDHOOD

ECFE stands for Early Childhood Family Education. We bring families and communities together in cooperation with Bet Shalom Yeladim Preschool by offering a variety of classes and resources for parents and children ranging from birth through Kindergarten age. ECFE meets once a month at the Sabes JCC or Bet Shalom. Sessions will be held from 10-11 AM and combine education with fun hands-on activities appropriate for young children. Whether your child is enrolled at the Sabes JCC, Bet Shalom, or you are simply looking for a welcoming place to learn and play, we have a program for you.

MACPHAIL FAMILY MUSIC AT THE SABES JCC

Ages 0 - 6 years old

FREE	1 class
Sun	March 13

FAMILY YOGA

Ages 0 - 6 years old

FREE	1 class
Sun	April 17

HANDS ON ART AT BET SHALOM

Ages 0 - 6 years old

FREE	1 class
Sun	May 15

SCIENCE EXPLORERS (MIN 6 / MAX 10)

Ages 3 - 5 years old

Join Science Explorers as we travel the world visiting all 7 continents, along with a dip into the surrounding oceans, to discover their most amazing and unique animals. Our adventure will have you hopping along, climbing steep cliffs, ducking for cover, and more through stories, games and art projects. Then we will investigate reptiles and find out how Minnesota reptiles survive our cold, harsh winters. We will also discover the four reptile families including snakes, turtles, crocodiles, and a unique New Zealand reptile whose tongue glows in the dark!

#00000	\$150; \$130 JCC Members
Mon	Mar 7-May 9 (no class 4/25)
12:45-1:30pm	9 classes

#00000	\$150; \$130 JCC Members
Wed	Mar 9-May 11 (no class 4/27)
12:45-1:30pm	9 classes

LITTLE REMBRANDTS (MIN 5 / MAX 10) ARTRAGEOUS ANIMALS

Ages 3 - 5 years old

In the jungle, the mighty jungle, the lion sleeps tonight. This ARTrageous safari will explore the habitats and interesting facts about animals that live in the wild. Paint, sculpt, reARTcycle and collage as we create animal art that will have you WILD ABOUT ART! All supplies needed for this class are included in the cost.

#00000	\$130; \$120 JCC Members
Fri	March 11-May 13 (no class 4/1, 4/29)
12:45-1:30pm	8 classes

AMAZING ATHLETES (MIN 6 / MAX 10)

Ages 3 - 5 years old

This is a wonderful opportunity for your young child to engage in a developmental sports and fitness program that teaches the basic fundamentals and mechanics of various sports. In addition to learning the foundation of key sports children will also build self-confidence, practice teamwork, and improve both fine and large motor skills.

#00000	\$150; \$130 JCC Members
Tue	Mar 8-May 10 (no class 4/26)
12:45-1:30pm	9 classes

YOGALI (MIN 5 / MAX 10)

Ages 3 - 5 years old

Yogali introduces yoga to children in a fun and creative way. The class emphasizes the classic aspects of yoga: breathing, exercising poses, and relaxation. In every class the children practice elements of Hatha yoga, while being encouraged to use their imagination by creating poses connected to games and stories. The principal focus of the yoga class is to nurture a strong, healthy body, and a calm mind.

#00000	\$120; \$100 JCC Members
Thu	Mar 9-May 12 (no class 4/28)
12:45-1:30pm	9 classes



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