



PROGRAM DESCRIPTIONS

Regular Class Information (registration required):

*****NEW*** Mommy Power (6 weeks to 6 months):**

Work on getting your pre-baby body back while interacting with your infant. We will stretch, bounce, lunge and lift, then take some time to relax our babies with a massage. The class will wind down with 15 minutes of "mommy time"- ask questions, discuss issues or brag about your baby with other mommies.

***Ages and Stages "A&S".(6 mo.- 23 mo):** Warm-up, gym, music, instruments and story time. Class activities and songs vary depending upon the age group. 45 Min.

***Mini-Plus (2 to 2 1/2yrs):** Warm-up, show 'n' tell, gym play, music, instruments, story time and crafts. Colors and shapes emphasized. 45 Min.

***Power Plus 1 (2 1/2 to 3yrs):** Warm-up, show 'n' tell, gym play, music, instruments, games, story time, and crafts. Letters and numbers emphasized. 60 Min.

***Power-Plus 2 (3 to 3 1/2yrs):** Warm-up, show 'n' tell, gym play, music, instruments, games, story time, and crafts. Activities centered around a weekly theme. 60 Min.

Kid Power (3 1/2 to 5yrs): Gym play, music, games, exploration, crafts, cooking and dramatic play centered around a weekly theme. 120 Min. parent optional.

***Daddy Power (9-23 mts), Plus (2 to 2 yrs):** This is a special times just for dads to enjoy with there special someone. Enjoy warm-up, show 'n' tell, gym play, singing, instruments and story time. Class activities and songs vary depending upon the age group. 45 Min.

Singing Chefs 1 (3 1/2 to 5yrs) and SC-2 (5 to 7yrs): Music, crafts, games and playing in the gym while exploring the world of cooking. 45 Min.

***Siblings (mixed ages):** Warm-up, show and tell, gym play, music, instruments, story time and crafts. 60 Min.

Lab Coat Kids (3+yrs): Is your child curious about the world? Explore and learn about science. 45 Min.

Power Art/ Girl Power (3+yrs): Children design creations to last a lifetime using a variety of art materials. 45 Min.

Spanish Tots (2+yrs): A fun and exciting way for toddlers to learn a second language! Includes gym time, music and crafts as well as a take-home practice sheet. 45 Min.

**Parent/guardian participation required*

*Drop-In Programs (no registration required):

See the Open Gym section of our website for regularly scheduled times.

***Open Gym:** Members and non-members welcome. No Reservations needed! Run, jump, and climb in the gym.

***Lunchtime Story Time:** Bring your lunch and eat with your friends while you listen to fun stories! We'll sing some songs and play in the gym and then send you off for a good afternoon nap! 45 Min.

***Music:** Music is fundamental to a child's physical, mental, emotional and social growth. Traditional childhood songs paired with developmentally appropriate singing, listening and movement activities will introduce the musical concepts of pitch, tempo and steady beat. 30 Min.



Additional Programs:

*****NEW*** Mom's Morning Out:** A drop-off program that allows Moms and Dads to drop the young ones off and catch up on their 'to-do' list. Music, crafts , gym time and snacks are provided. Scheduled monthly, please check web site for times and dates. (Reservations required)

Kids' Night Out: It's the same thing as Mom's Morning Out but in the evening, giving Moms and Dads a night on the town. Scheduled monthly, please check web site for times and dates. (Reservations required)

Monthly Special Events: Every Month we will plan special events based on holidays and the seasons of that month. Please check under 'coming events' on our website for regular updates. Parent participation is optional. (Reservations required)



SCHEDULE: Sept 8— Oct 31

*Classes are once a week. Please pick one day and time.
Missed Classes can be made up in any other time for the same class each week.

Age in Sept '08	Mon	Tue	Weds	Thu	Fri	Sat
Mommy Power (6 wks- 6 mts)	9:00		11:00			
A&S 6-12 mos.		10:15		3:00	9:30	9:15
A&S 12-18mos	9:30		2:15	9:45		9:15
A&S 18-24 mos.	10:15	9:15		4:15		10:15
Mini-Plus		10:45	10:00	5:15		10:15
Power-Plus 1		9:00	10:15	5:15		10:00
Power-Plus 2		3:00	10:30		1:30	10:00
Kid Power	2:30				1:00	
Daddy Power		5:30				10:30
Singing Chefs			1:45	3:30		
Siblings		4:00		9:30		
Lab Coat Kids	1:30	5:00				
Spanish Tots			3:00	10:15		
Lunchtime Story Time		12:30-1:15		12:30-1:15		
Drop-In Music			11:30-12:15			
Mom's Morning Out	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	9:00-12:00	

Payment: MUST be received prior to the start of the session to guarantee a spot in class. 8-10 children per class. Returned checks will be charged a \$25 bank fee.

Make-Ups: Unlimited during registered session. To schedule a make-up, call in advance.

NO monetary reimbursements or class credits. MUST be completed by session end.

Shoes: Soft-soled shoes are required to participate in all activities. No open-toed shoes or flip-flops allowed (Croc-like shoes are permitted.)

Leave of Absence: Class credit is available for medical reasons only. Four (4) class credit maximum.

Incident Weather: Call (215) 355-5053 after 7:30 am for a message regarding classes for that day. If classes are canceled, we will schedule a make-up class.

PRICING

Class	8 weeks
Mommy Power	\$120.00
Ages and Stages	\$112.00
Mini-Plus	\$118.00
Power-Plus 1	\$124.00
Power-Plus 2	\$124.00
Kid Power	\$128.00
Singing Chefs	\$134.00
Sibling/Mixed Ages	\$112.00 + \$48.00/ Add'l child
Power Art & Girl Power	\$100.00 (each)
Lab Coats	\$140.00
Spanish Tots	\$148.00
Mom's Morning Out	\$25 per day (4 day minimum)
"Drop-In" Open Gym	<u>Mem.</u> <u>Non-Mem.</u>
1 Visit	\$5 \$7
10 Visit Pass	\$45 \$63
30 Day Unlimited Pass	\$35 \$50

New Families: A one-time \$30 new family registration fee is required to enroll in class.

Class Sibling Discounts: Infants not walking are FREE; Younger siblings walking: 25% discount; Twins: 40% discount for 2nd child (in same class); Triplets: 80% discount for 3rd child (in same class).

"Drop-In" Gym Play Sibling discount: Additional children: 50% off.

Expecting Mothers—can pay-by-class during the 8th & 9th month of pregnancy.

Refunds:

refund in full is issued only if notification is received seven (7) days prior to the 1st class.

No other refunds will be given.

Private playtime can also be reserved!
Ask us about discounts when you start your own class!