

FLY WITH US AND DISCOVER....

# Spring



DOWNTOWN JC  
Studio for Families

16 ERIE STREET

201-528-3212 THREELITTLEBIRDSJC



## FOR YOUR LITTLE BIRDS

### LITTLE BIRDS MUSIC CLASS

**6 weeks-crawling Wednesdays 1:30-2:15pm & Fridays 1:30-2:15pm \* crawlers Wednesdays 2:30-3:15pm & Fridays 2:30-3:15pm**

Connect with your baby through the joy of music. This sweet and gentle music class is specifically designed for your littlest bird. Discover rich songs, finger plays and rhythms to strengthen your bond and to use at home for play, bath and bedtime.

10 class card \$150 \* 5 class card \$85 \* single class \$20 \* Register ahead of time for this sell out class!

### LITTLE BIRDS DEVELOPMENTAL MOVEMENT CLASSES

**infants Tuesdays 2:15-3pm \* rolling over/crawlers Tuesdays 3:15-4pm \* walkers up to age three Tuesdays 4:15-5pm**

An interactive and joyful class that uses song, dance, yoga, play, massage and breath-work to nurture and foster your little birds' development and socialization. 10 class card \$150 \* 5 class card \$85 \* single class for \$20 \* Register ahead of time for these sell out classes!

### ROCKNESS MUSIC

**Mondays 9:30am & 10:30am and Saturdays 10am and 11am \* perfect for 10mo-4 years**

This high-energy children's music class is filled with drumming, shaking, dancing, laughter and instrument discovery. Register at preschoolofrock.com

### LITTLE BIRDS PLAYGROUP

**Wednesdays 3:30-4:30pm \* 12-24 months**

Your little bird now has their very own playgroup in our beautiful play space! This is a fun way to socialize with other toddlers and caregivers in a relaxed and playful environment. 10 class card \$150 \* 5 class card \$85 \* single class \$20

### LITTLE BIRDS DROP OFF PROGRAM

**Tuesday-Friday 8:30am-10:30am & 10:30am-12:30pm and Monday and Thursday from 3:30-5:30pm**

**Choose 2, 3 or 4 days a week. Email for availability.**

Our 2-hour program prepares children for school by easing them into a routine, while giving them the room to express themselves. This program is ideal for the little bird who may not need a full time program but is looking for a caring environment to learn to fly from the nest. Our nurturing teachers guide children through activities such as circle time, imaginative play, crafts, color/letter/number learning, sensory exploration, movement, snack/lunch, manners and story time – all of which tie into our weekly themes. Our cozy, creative program is perfect for your little bird who is learning to fly. 18mo-4yr

### LITTLE BALLERINAS & BALLERINOS

**Fridays 4:30-5:15pm & Tuesdays 5:15-6pm \* ages 2.5 - 3 years**

This adorable class is designed for children who want to dance but are not quite old enough to join a ballet class. We use games, stories, and songs to teach balance, rhythm, movement, coordination, and basic ballet steps.

### PRINCESS & PRINCE BALLET

**Fridays 3:30-4:15pm \* 3 & 4 years**

Princess ballet bridges your ballerina's transition into a more structured class environment. Your child will continue to learn the fundamentals of classical ballet, focusing on proper body alignment, basic ballet technique and terminology, and musicality.

## FOR MOMS

### YOGA FOR MOMS: PREGNANT, NEW AND VETERAN

**Tuesdays 6:45-8:00pm \* Taught by Michelle Goitia**

Moms wear many hats and with that comes stress, anxiety and lack of time for self care. Yoga for moms is an ideal way for pregnant, new and veteran moms to relax and renew in the company of other women. This gentle practice includes slow movement, stretching and strengthening. We will close the practice with meditation to promote happiness, increase calmness and clarity and reduce stress, something all urban moms need. Take a deep breath and get ready to relax. 10 class card for \$150 \* 5 class card \$85 \* single class \$20

**Register at [www.threelittlebirds.com](http://www.threelittlebirds.com)**

**Downtown JC Studio: 16 Erie Street**

**West Side JC Preschool & Elementary/Camp Chilltown/tlb after 3 afterschool program: 691 West Side Avenue**