

# MARCH JBABY CLASSES & EVENTS

For children Birth - 2 and their parents or caregivers

## CLASS SCHEDULE

### MONDAYS

9:30 - 10:15 AM **MOMMY & BABY ART** SARAH KING BOARDROOM

### TUESDAYS

10:30 - 11:15 AM **BUBBLY BABIES AT THE J** DANIELLE MITTLEMAN BOARDROOM

11:15 - 11:45 AM **MOVEMENT EXPLORERS** MEGHAN MEEHAN STUDIO C

### WEDNESDAYS

9:15 - 9:45 AM **MUSICAL WEDNESDAYS** JORDANA LUBLINER BOARDROOM

### THURSDAYS

11:15 AM - 12 PM **FIRST FRIENDS** DANIELLE MITTLEMAN STUDIO C

11:30 AM - 12:15 PM **KIDZONE PLAY** DANIELLE MITTLEMAN KIDZONE

### FRIDAYS

10:30 - 11:15 AM **MOMMY AND BABY ART** SARAH KING BOARDROOM

11:15 - 11:45 AM **SING INTO SHABBAT** ELLIE GLUCK STUDIO B



SCAN THE QR CODE  
FOR MORE INFORMATION!

FLIP OVER TO THE BACK FOR CLASS DESCRIPTIONS!

## MONTHLY EVENTS

**TOT SHABBAT**  
with Rabbi Josh Strom

FRIDAY, MAR. 27 • 5:30 - 7 PM  
3-5 YEARS OLD

**BABIES, BLOCKS AND BAGELS**

SUNDAY, MAR. 22 • 9:30 - 11 AM  
BIRTH - 3 YEARS OLD, WITH A PARENT OR CAREGIVER

For more information and to schedule a tour contact Danielle Mittleman  
at [dmittleman@stamfordjcc.org](mailto:dmittleman@stamfordjcc.org).



# CLASS DESCRIPTIONS

## BUBBLY BABIES AT THE J

### BIRTH – 2 (WITH PARENT OR CAREGIVER)

Join us for a weekly playgroup during the summer where babies and toddlers enjoy exploration, socialization, circle time, music, puppets, story time, and more! This is also a wonderful opportunity for caregivers of young children to socialize and support each other.

## FIRST FRIENDS

### BIRTH – CRAWLING (WITH PARENT OR CAREGIVER)

Come along for a cozy group time where babies can explore, play, and enjoy each other, while parents and caregivers share stories, tips, and connection. Start coming as soon as you are comfortable bringing your newborn baby. The group is facilitated by the JCC's Director of Early Learning Parenting Center and Programs. Other professionals may be brought in as needed.

## KIDZONE PLAY

### CRAWLING – 30 MONTHS (WITH PARENT OR CAREGIVER)

Balance, climb and slide around our fully padded, newly renovated, Kid Zone play space. Children should be crawling or walking while in our space. Our instructor will be on hand to assist toddlers and parents/caregivers with the equipment.

## MOMMY AND BABY ART

### 6 MONTHS – 2.5 YEARS OLD (WITH PARENT OR CAREGIVER)

This 45-minute class is a great opportunity for parents to guide their little ones through the exploration of materials perfectly suited to their innate interests. Join Miss Sarah as you get a story, song and then an art creation to take home each week. The children will also have the opportunity to have different sensory experiences both with the art materials and with the guidance of a caregiver.

## MOVEMENT EXPLORERS

### 1–2.5 (WITH PARENT OR CAREGIVER)

In this class, your child will get to explore the movement of their bodies with their adult. We will have fun doing some stretching in some yoga-style poses, getting to know where our body parts are, and working on balancing and coordination. We will also move our body in some dance games and tumbling exercises all to improve on our gross motor skills. *(This class is recommended for children that are walking.)*

## MUSICAL WEDNESDAYS WITH MISS JORDANA

### BIRTH – 2 (WITH PARENT OR CAREGIVER)

Come sing and dance with Jordana Lubliner, music teacher at the JCC Sara Walker Nursery School. Parents / caregivers and children will love this developmentally appropriate participatory singing and movement program.

## SING INTO SHABBAT WITH MORAH ELLIE

### UNDER 3 YEARS OLD (WITH PARENT OR CAREGIVER)

Gather with Morah Ellie for a Shabbat experience filled with music, warmth, and connection. Families will sing Shabbat songs, move together, and enjoy a calm, joyful introduction to Shabbat traditions.

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Reservations are through your JCC member portal and are required for each child attending class. Reservations will become available for booking 118 hours (4-days and 22 hours) in advance of the start of the class.

## BABYSITTING AVAILABLE DAILY!

While you're at The J, your children ages 6 months through 6 years stay active and have fun- all within a safe, social, and enrichment environment.

*Reservations are required for each child.*



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FOR MORE INFORMATION!

