

Parenting Place

Interactive Classes & Activities for Parents & Children - Newborn to Five Years!

Pre/Post Natal Yoga

(Must be at least 13 weeks pregnant or at least 8 weeks post partum with permission from your doctor)

Learn postures that will help strengthen the uterus and pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort during and after your pregnancy. Feel safe to discuss issues or concerns regarding the new wonderful changes your body and baby are experiencing.

Mondays: 7:00 - 8:00pm
 7 sessions: July 12 - August 23
 Cost: Free for Full Facility Family Member
 Basic and Non Member \$65



Smart Fitness Fun!

(Children ages 3 - 5 years)

A Jewish fitness program taught by performance artists/educators using creative games, colorful props, multicultural music and educational costumes to teach in a nurturing and non-competitive environment. Learn Hebrew, Torah, improve coordination and balancing skills.

6 sessions: July 13-August 17
Wednesday: 1:45-2:45 pm
 Cost: \$100 Members - \$110 Non Members

Mad Science

(Children ages 3 - 5 years)

Calling all Junior Scientists who love bubbling potions and stretchy molecules! Little learners will take a trip to the moon, experiment with rainbows and chemical reactions and get wiggly with our worms! Children will predict, observe and make conclusions during our entertaining and educational Mad Science enrichment workshops!

6 sessions: July 12 - August 16
Monday: 1:45 - 2:30pm
 Cost: \$150 Member \$165 Non Member



Mommy and Me Workout Challenge

(Moms and babies 0-8 months)

For moms who want to improve their coordination, flexibility and core strength after pregnancy while having fun with their little one.

7 sessions: July 9th - August 20th
Fridays: 10:45 - 11:45am
 Cost: Free for Full Facility Family Members
 Basic and Non Members \$65

Pilates, Core and Muscle Conditioning

(Moms and babies 0 - 8 months)

These exercises focus on improving flexibility, coordination, strength and body alignment while getting you back in shape and having fun with your little one.

7 sessions: July 7th - August 18th
Wednesday: 10:45 - 11:45am
 Cost: Free for Full Facility Family Member
 Basic and Non Member \$65

Movers and Shakers

(Parents and children 6 -24 months)

Come and explore music and movement with your little ones! Clap your hands, stamp your feet, feel the rhythm of the beat with our music specialist - Janet Sclaroff!

6 sessions: July 13th - August 17th
Tuesday: 10:15 - 11:00am
 Cost: \$100 Member \$110 Non Member

Yoga and Creative Motion Camp

(Children ages 4-5 years)

Children love to exercise; yoga combines flexibility and motion. We will stretch and become geometric shapes, things found in nature and our favorite animals!

6 sessions: July 14 - August 18
Wednesday: 1:45 - 2:45 pm
 Cost: \$100 Member \$110 Non Member



**Open to the Community
 NOW REGISTERING**

Mini Doodlers

(Children 3-5 years)

Dive into Abrakadoodle's Summer Beach Party at classes for some WET and SANDY artistic fun where kids will create some incredible underwater art, learn about world-famous sidewalk chalk artists, and experiment with a variety of materials and techniques that promise to be full of SUMMER-Y FUN!

6 sessions: July 15th - August 19th
Thursdays: 1:45 - 2:30pm
 Cost: \$100 Member



Katz JCC, Cherry Hill

Betty and Milton Katz
 JEWISH
 COMMUNITY
 CENTER
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Katz JCC
 50th
 YEAR
 CELEBRATION

Register online at

www.katzjcc.org

or call Susie Shavelson, Associate Director at
 856-424-4444 ext.116