MOM & TOT CLASSES

**CLASS SCHEDULE COMING FEB 2024**

**Move & Groove** (6 months -14 months) This class incorporates lots of movement & lots of music! Families can bond with their little one(s) while engaging in activities that promote, balance, gross & fine motor skills, social skills and more!

**Lightning Bugs** (13 months-24 months) Look out for these walkers lighting up the room with

their bright eyes and energy! At this age little ones like to run, jump & explore! In this class they will learn to improve gross motor skills while moving through small obstacles, climbing through tunnels, jumping, dancing to songs and socializing with other toddlers and so much more!

**Ready, Set Go!**: (2 years old-3 years old) This class is a mom and toddler classes where the mom or parent participates in games and activities with the child. Each class begins with stretches and exercises where both the parent and child will pair & do together. Other activities will include relay races, jumping, skipping & hopping playtime to work on gross motor skills and hand eye coordination. In addition there are many other fun activities where you and your child will have a blast!