

Family Program Winter Session I

PROSPECT PARK YMCA



Toddler Treats:

Yummy Banana Bread

- 2 very ripe bananas
- 1/3 cup apple sauce
- 2/3 cup sugar (or sweetener of choice)
- 2 eggs (or egg substitute)
- 1/4 cup milk or soymilk
- 1 2/3 cup flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- Cinnamon to taste

Preheat oven to 325 degrees and mix the first five ingredients. Mix in the rest of ingredients, making sure not to over mix. Lightly oil bread tin and place in the oven. Heat for 30-40 minutes and let cool.

To find out more about membership at the Prospect Park YMCA contact our Membership Office at (718) 768-7100 or visit us at 357 Ninth Street, between 5th & 6th Avenues in Park Slope, Brooklyn.



Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
9:00-11:30am Open Gym (Members Only)	9:45-10:30 * Imagination Theatre <i>Tiffany</i>	9:00-11:30am Open Gym (Members Only)	9:00-11:30am Open Gym (Members Only)		
10:00am-12:00pm Toddler Art	10:30-11:15am Baby Boogie <i>Liliana & Jason</i>	10:00am-12:00pm Toddler Art		9:45-10:30am * Imagination Theatre <i>Heather</i>	9:00-9:40am *Rock and Roll Mini-Musicians 6 mos.-2 yrs. <i>Frank & Andrew</i>
10:00-11:00am Parent & Baby Pilates <i>Kimberly</i>	11am-12pm Parent & Tot Yoga <i>Kate</i>	11:00am-12:30pm Prenatal Yoga <i>Ricki</i>	11:00am-12:00pm Parent & Baby Yoga <i>Kate</i>	11:00am- 12:00pm Parent & Tot Yoga <i>Kimberly</i>	
11:15am-12:45pm Prenatal Yoga <i>Kate</i>	10:45-11:30 am/ *Kids Ballet 3-4 yrs. <i>Sarah</i>	2:15-3:15pm Parent & Baby Yoga <i>Kate</i>	10-10:40am *Rock and Roll Mini-Musicians 6 mos.-2 yrs. <i>Frank & Andrew</i>		
3:45-4:25pm *Kids Yoga 3-4 yrs. <i>Heather</i>		3:45-4:25pm/ *Kids Yoga 3-4 yrs. <i>Kate</i>	11-11:40am *Rock and Roll Mini-Musicians 6 mos.-2 yrs. <i>Frank & Andrew</i>	2:00-3:00pm Parent & Baby Pilates <i>Kimberly</i>	
4:30-5:15pm *Kids Ballet 3-4 yrs. <i>Heather</i>	3:30-4:30pm Story, Song & Shimmy <i>Abby & Kimberly</i>	4:30-5:15pm/ *Kids Yoga 5-7 yrs. <i>Kate</i>		3:45-4:25pm *Kids Ballet 3-4 yrs. <i>Tiffanie</i>	4:00-5:30pm Prenatal Yoga <i>Kate</i>
3:45-4:25pm *Rock and Roll Mini-Musicians 6 mos.-2 yrs. <i>Frank & Andrew</i>	3:45-4:30 pm/ *Kids Ballet 3-4 yrs. <i>Sarah</i>	3:45-4:25pm/ *Kids Ballet 3-4 yrs. <i>Sarah</i>		4:30-5:15pm/ *Kids Ballet 5-7 yrs. <i>Tiffanie</i>	
4:30-5:15pm *Rock and Roll Mini-Musicians 3-5 yrs. <i>Frank & Andrew</i>	4:30-5:15pm/ *Kids Ballet 3-4 yrs. <i>Sarah</i>	4:30-5:15pm/ *Kids Ballet 5-7 yrs. <i>Sarah</i>			

* Fee based class/ Registration Required

**Ticketed Class

Schedule as of November 2, 2009

PRENATAL

Prenatal Yoga

Mondays 11:15 am-12:45 pm, Studio B
Wednesdays 11:00 am-12:30 pm, Studio B
Saturdays 4:00 pm- 5:30 pm, Studio B
Member Fee: Free, Non-Member Fee: \$12

This yoga class is especially kind and gentle to the body and is specifically designed to help expecting mothers feel more comfortable during pregnancy and prepare physically, mentally, emotionally and spiritually for labor, birth and motherhood.

Come join us to maximize your health, to heal yourself and clear the way for a new chapter in your life. A wonderful opportunity for connecting with other pregnant women as well as individual time for private reflection.

FOR ADULT & BABY

Parent & Baby Pilates

Mondays 10:00-11:00 am, Studio B
Member Fee: Free, Non-Member Fee: \$12 visit
(Babies 1-10 mon)

Discover your core again! Tighten, tone & stretch while bonding with your baby. These strength training movements involving coordinated breathing techniques will help you to find correct alignment and reduce back pain associated with carrying your child.

Parent & Baby Yoga

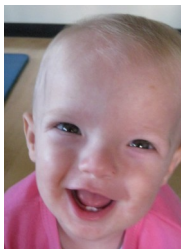
Wednesdays
2:00-3:00 pm, Studio B
Thursdays
11:00am-12:00 pm, Studio B
Member Fee: Free, Non-Member Fee: \$12 visit
(Babies 1-10 mon)

A great way to bond with your baby! This class is designed to help new moms regain strength and vitality, while incorporating baby in the process. Also, provides opportunity to build relationships with other new parents.

Baby Boogie

Tuesdays
10:30 am-11:15 am, Studio B
Member Fee: Free, Non-Member Fee: \$12 visit
(Parents with Baby up to 13 mon)

Take playgroup to the next level! Meet other parents and learn new ways to interact with your child in a family friendly atmosphere. Each week we will explore ways to play with our babies to improve motor coordination and cognitive abilities. We will begin with getting to know one another, followed by games for our tiny ones, and end with singing and dancing. Ideal for new parents.



ADULT & CHILD FUN

Parent & Tot Yoga

Tuesdays & Fridays
11:00 am-12:00 pm, Studio A
Member Fee: Free, Non-Member Fee: \$12 visit
(Babies 10 mon-2 yrs)

Strengthen the bond between you and your child while getting fit at the same time! Parent/Tot yoga is also a great venue to develop lasting friendships with other parents and children.

Story, Song & Shimmy

Tuesdays
3:30-4:30 pm, Studio A
Member Fee: Free, Non-Member \$10 visit
(Birth-5 yrs with Adult)
Registration Required

Bond with your little one while they develop social, motor and cognitive abilities. Stories and singing will be followed by fun and dancing with scarves and instruments.

Open Gym Space

Mondays, Wednesdays, Thursdays
9:00-11:30 am, Gym
Members Only with Adult
Allow children to run, climb and socialize in a safe space. Perfect for the winter months when the park is too cold.

Toddler Open Art Space

Mondays & Wednesdays
10:00 am-12:00 pm, Rainbow Room
Member Fee: Free, Non-Member \$10 visit
(18 mon-3 yrs with Adult)
Registration Required

Art projects develop your child's creativity and artistic side while refining their fine motor skills. Children can follow a guided project or explore with different mediums on their own. Allow your little one to make a mess in our space while making friends. Remember to wear your messy clothes!

Rock and Roll Mini-Musicians

Mondays
3:45-4:25 pm, Studio A
(6 mon-2 yrs with adult)
4:30-5:15 pm, Studio A
(3-5 yrs- drop-off)
Thursdays
10:00-10:40am, Rainbow Room & 11-11:40am, Studio A
(6 mon-2 yrs with adult)
Saturdays
9:00-9:40 am, Green Room
(6 mon-2 yrs with adult)

Members: \$129 Non-Members: \$155 per session
Children move to the beat, find their rhythm and shake their stuff in this fun introduction to music. Children's stories, rhythm instruments and scarves are used by to ignite children's imaginations. This is a fee based class and registration is required. Space is limited.

FOR THE KIDS

Yoga

Mondays, Studio B
3:45-4:25 pm (3-4 yrs old)
Wednesdays, Studio B
3:45-4:25 pm (3-4 yrs old)
4:30-5:15 pm (5-7 yrs old)
Member fee: \$67, Non-member fee: \$119
per 8 week session
Registration Required

A fun, age-appropriate yoga class for children that will help to improve your child's posture and balance. Through yogic movements and relaxation techniques your child will develop tranquility and self-confidence. The use of games, story telling and animal sounds will create a fun-filled classroom experience.

Ballet

Monday
4:30-5:15 pm (3-4 yrs old), Studio B
Tuesdays
10:45-11:30 am (3-4 yrs old), Studio B
3:45-4:25 pm & 4:30-5:15pm (3-4 yrs old), Studio A
Wednesdays
3:45-4:25 pm (3-4 yrs old), Studio A
4:30-5:15 pm (5-7 yrs old), Studio A
Fridays
3:45-4:25 pm (3-4 yrs old), Studio B
4:30-5:15 pm (5-7 yrs old), Studio B
Member fee: \$67, Non-member fee: \$119
per 8 week session
Registration Required
A wonderful way to introduce children to movement. Children can twirl and leap with friends, finding poise, coordination and body awareness while having fun. Registration Required.

Imagination Theatre

Tuesdays & Fridays
9:45-10:30 am (3-4 yrs), Rainbow Room
Member fee: \$67, Non-member fee: \$119
per 8 week session

Registration Required

A great first theatre experience that uses stories as the basis for imaginative play. Participants will work with a different story each week to explore characters, settings, and plot. A wonderful way for children to learn to express their emotions and interact with their peers.

