



Active Start 1

(1st year preschool, born in 2014)

Participants will begin to develop fundamental movement skills such as running, jumping, landing, and rolling. Movement challenges are created for children to explore and resolve, further developing body awareness, agility, balance, coordination, strength, and flexibility. Music and dance activities are incorporated into each lesson, encouraging creative movement and space exploration in a safe and fun environment.

FALL 2017

Monday

12:15-1:00

1:45-2:30

Tuesday

11:30-12:15

1:15-2:00

4:30-5:30pm

Wednesday

11:45-12:30

12:45-1:30

Thursday

11:15-12:00

Friday

11:00-11:45

Saturday

12:30-1:15

1:15-2:00

