



Fall 2023 Lunch Enrichment Classes

Lunchtime enrichment programs for 3- through 5-year-olds are a great way to extend the preschool day. Classes help children discover their interests and talents with fun movement and learning activities. Lunch is included and care is provided during the transition from program to program.

MONDAYS – Amazing ABC’s

(Brought to you by Shayli Alter)

Connecting letters of the alphabet with everyday preschool activities encourages letter recognition, beginning phonetics and letter formation and writing. Through stories, sound and letter games and the creation of an ABCs journal, the children will be exposed to the letters of the alphabet and their sounds. This program fosters literacy, phonetics, letter recognition and letter writing.

TUESDAYS- Stretch & Grow Yoga

(Brought to you by Robin Tehrani)

Yoga is a great way to help students learn how to control their bodies and emotions. Yoga helps students become more flexible, more focused and relaxed. The students will learn several breathing techniques that will help them learn to relax themselves. They will also build body strength, flexibility and awareness through a variety of poses.

WEDNESDAYS – Multi-Sports Class

(Brought to you by Hi-Five Sports Club)

This class empowers children as they learn the basics of soccer, football and baseball. Through fun and creative movement activities and games, the children develop the skills and a basic understanding of each sport. The program fosters gross motor development, coordination, ability to follow directions, teamwork and self-confidence.

THURSDAYS – Art My Size

(Brought to you by Kasia Ward)

ArtMySize fosters children’s creativity at *their* size, bringing energy and excitement to the classroom. This class explores and fuses children’s literature with the use of different art mediums and styles. Kids will be introduced to a variety of artists and their styles while simultaneously cultivating interest in art and literacy. ArtMySize blends STEAM by using the power of observation and critical thinking while creating fun projects. Let the art adventures begin.

FRIDAYS – Ready, Set, Kindergarten

(Brought to you by Debbie Appelbaum and Melissa Milner)

This class will reinforce writing, literacy, phonetics, numbers, counting, number sense and other kindergarten readiness skills. These skills will be explored through the use of games, books, and hands on multi-sensory learning experiences. This program fosters social emotional skills and encourages a love of learning to help build confidence and give each child a foundation for kindergarten.

Fall 2023 Schedule

Class	Day	Time	Dates	# Sessions	Price	No Class
Amazing ABC’s	Mondays	11:30 am -1:00 pm	9/11/23 – 12/18/23	13	\$429	9/25, 10/9
Stretch & Grow Yoga	Tuesdays	11:30 am -1:00 pm	9/12/23 – 12/19/23	15	\$495	
Multi-Sports Class	Wednesdays	11:30 am -1:00 pm	9/13/23 – 12/20/23	14	\$490	11/22
Art My Size	Thursdays	11:30 am -1:00 pm	9/14/23 – 12/21/23	14	\$490	11/23
Ready, Set, Kindergarten!	Fridays	11:30 am -1:00 pm	9/15/23 – 12/22/23	13	\$429	11/10, 11/24