

# PRESCHOOL

## PROGRAMS & CLASSES

Geared for our youngest residents, these classes help preschoolers learn about the world through exploration.



### Art

#### Toddler Art

Parents and their children will enjoy exploring the world of art through many projects and storytelling adventures. Parent participation required. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Th	10:00 am-10:45 am	Mar 24-Apr 14	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Apr 28-May 19	\$48	18 mos-3 yrs

#### Preschool Art

Come meet Moo Monet and hear a story that goes along with our art project of the day. We will explore basic art techniques through many different mediums. **INSTRUCTOR:** Maureen Seltzer

Flah Park	Th	11:00 am-12:30 pm	Mar 24-Apr 14	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Apr 28-May 19	\$48	ages 3-5

### Dance

#### Ballet/Tap/Jazz Combination

Dancers will gain ballet, tap and jazz technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the floor. They will apply these skills in three new routines that they will perform for friends and family at the end of each session. Students will spend 20 minutes dancing each of the three dance styles. **REQUIREMENTS:** *Girls:* leotards, tights, hair up, pink leather or canvas ballet shoes, and black or tan tap shoes. *Boys:* flexible gym shorts or pants, T-shirt, black tap shoes and black jazz shoes. **INSTRUCTOR:** Rachel Macholl

Alst Mass	M	10:00 am-11:00 am	Mar 28-May 2	\$38	ages 3-5
Alst Mass	M	10:00 am-11:00 am	May 16-Jun 27*	\$38	ages 3-5

\*No class May 30

#### Tiny Ballerinas

Dancers will gain ballet technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the room. They will apply these skills in a new routine that they will perform for friends and family at the end of each session. **REQUIREMENTS:** *Girls:* leotards, tights, hair up, pink leather or canvas ballet shoes. *Boys:* flexible gym shorts or pants, t-shirt and black jazz shoes. **INSTRUCTOR:** Rachel Macholl

Alst Mass	M	9:30 am-10:00 am	Mar 28-May 2	\$38	ages 3-5
Alst Mass	M	9:30 am-10:00 am	May 16-Jun 27*	\$38	ages 3-5

\*No class May 30



## Carolina Puppet Theatre

performing monthly at the Wake Forest Renaissance Centre for the Arts

**NEW SHOW EVERY MONTH!** Full of mayhem, these fast-paced, interactive shows are a delightful experience for young children. Geared for ages 3-7.

**Tickets:** \$5. (See page 30 for ticket and show information)



## Creative Movement

This class will guide your child in the discovery of pre-ballet, tap and jazz through exercises that build coordination, gross motor skills and bonding relationships. Students will perform a routine using the skills they have learned at the end of the session. Parents may participate if your dancer needs you to. **REQUIREMENTS:** *Girls:* leotard, tights, hair up and pink leather or canvas ballet shoes. *Boys:* flexible gym shorts or pants, T-shirt and black jazz shoes. **INSTRUCTOR:** Rachel Macholl

Alst Mass	M	9:00 am-9:30 am	Mar 28-May 2	\$38	ages 2-3
Alst Mass	M	9:00 am-9:30 am	May 16-Jun 27*	\$38	ages 2-3

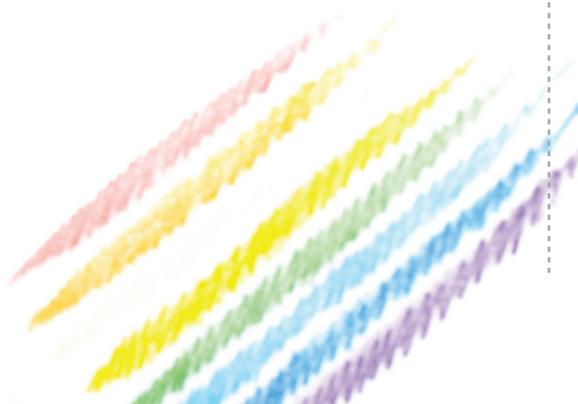
\*No class May 30

## Fitness

### Preschool Open Gym

Watching a rambunctious little rascal can really tire a parent out. Why not let your energetic tyke play with others while you both make some new friends? We will provide plenty of things to play with and climb in, around and over. No instruction or supervision will be provided and parents/caregivers are required to stay with their child.

Flah Park	M	11:30 am-1:00 pm	ongoing	free	18 mos-5 yrs
Flah Park	Th	10:00 am-12:00 pm	ongoing	free	18 mos-5 yrs

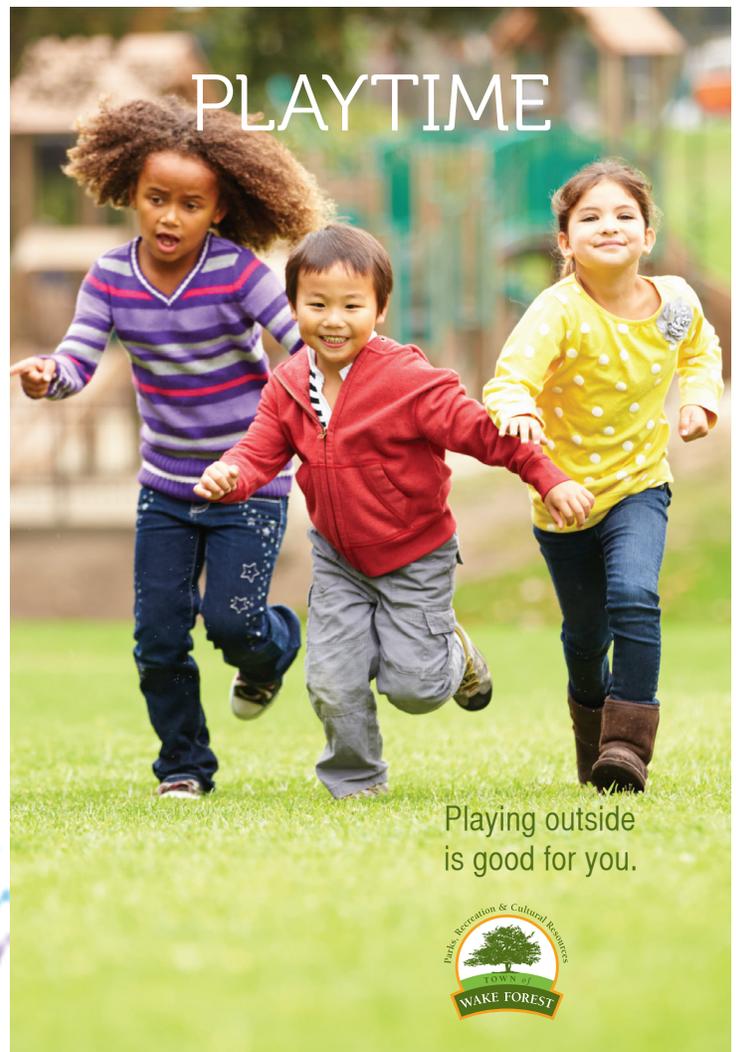


## YogaHappy—Preschool

Songs, games, crafts, stories, imaginative play, and creative movement...this isn't your typical yoga class. YogaHappy uses these familiar activities to teach yoga in a fun and interactive way. In addition to being fun, yoga promotes confidence, healthy living, and a peaceful mind, all of which contribute to a happier you! Parent participation required. **INSTRUCTOR:** Alison Draper

Ren Ctr AA	Th	10:00 am-10:45 am	Mar 17-Apr 21	\$60	ages 2-5
Ren Ctr AA	Th	10:00 am-10:45 am	May 5-Jun 9	\$60	ages 2-5
Alst Mass	Th	10:00 am-10:45 am	Jul 14-Aug 18	\$60	ages 2-5

\*Free trial class Thursday, Mar 3 at 10 a.m.



Playing outside  
is good for you.

