Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations.

Child Care

Montrose Discovery

Licensed Program

Professional, caring staff with years of experience provide a safe nurturing environment for your child.

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on the social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted. Closings are indicated in the registration packet. Amounts below indicate the monthly fee. Program operates through June 8, 2012.

Age: 3-5

38015	M-F	1/3-6/8	8 AM-6 PM	$800/$920
38016	M-F	1/3-6/8	9 AM-12:30 PM	$525/$603
38017	M-F	1/3-6/8	9 AM-3 PM	$720/$828

Montrose CC

Karen Simpson and Mary Lee, Montrose Staff

Arts, Dance and Enrichment

Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. Actors will present their favorite story the last day of class. 8 classes

Age: 4-6

37183	W	2/1-3/21	4:15-5 PM	$82/$92

King Farm Com. Rm./CARE Actor Staff

37185	Sa	1/28-3/17	10:45-11:30 AM	$82/$92

Thomas Farm CC/CARE Actor Staff

Mini Cheer *New*

LET'S MOVE!

Learn all aspects of basic cheerleading in this new mini-class. Participants will learn motions, jumps, stunts, dance and beginning tumbling. Cheer routines and dances are taught for a performance during the last class. 8 classes

Age: 5-8

37787	F	1/20-3/9	4-4:45 PM	$59/$69

Thomas Farm CC/Zagami

Preschool

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes a CD, cassette, songbook and education materials. Cost of materials is non-refundable. Sibling fee is $110. Siblings 8 months and younger attend free (no registration necessary). Fax, mail or walk-in registration for siblings 8 months and older to receive a discount. Adult participation required.
10 classes

Age: 1 mo.-5 yr.
37229 W 1/11-3/14 9:30-10:15 AM $167/$192
37230 W 1/11-3/14 10:30-11:15 AM $167/$192
37231 W 1/11-3/14 11:30 AM-12:15 PM $167/$192
Thomas Farm CC/Goodwin

37232 Th 1/12-3/15 9:30-10:15 AM $167/$192
37233 Th 1/12-3/15 10:30-11:15 AM $167/$192
Elwood Smith RC/Winkler

37234 F 1/13-3/16 10-10:45 AM $167/$192
37235 F 1/13-3/16 11-11:45 AM $167/$192
Kicks Karate/Winkler

Little Ninjas

Introduce your child to martial arts taught by a certified instructor. Each class begins with stretches followed by exercises and fun games that will help children learn the basics while improving strength, flexibility and coordination.
8 classes

Age: 3-4
38019 F 1/20-3/9 5-5:45 PM $61/$70
Thomas Farm CC/Thompson

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet bars provided at Rockcrest Ballet Center. 8-10 classes

Age: 3
37241 Sa 1/21-3/17 11-11:30 AM $56/$65
Thomas Farm CC/Baker

Age: 3-4
37236 Sa 1/21-3/10 10-10:45 AM $77/$90
Twinbrook CRC/Mattos

Age: 3-4
37240 Sa 1/21-3/10 9:30-10:15 AM $77/$90
Pump House Community Center/Dickinson

Age: 3-4
37239 Sa 1/21-3/31 10-10:45 AM $96/$109
Rockcrest Ballet Ctr./Chongpinitchai

Age: 4-5
37238 Sa 1/21-3/17 9-9:45 AM $87/$99
Thomas Farm CC/Baker

Age: 4-5
37237 Sa 1/21-3/10 11-11:45 AM $77/$90
Twinbrook CRC/Mattos

Pre-Ballet Dansez Dansez

Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required. 8 classes

Age: 2-4
37244 M 1/23-3/19 3:45-4:15 PM $90/$105
Twinbrook CRC/Philippe

Age: 2-4
37245 Th 1/26-3/15 4-4:30 PM $90/$105
Thomas Farm CC/Philippe

Age: 4-6
37246 Th 1/26-3/15 4:35-5:20 PM $90/$105
Thomas Farm CC/Philippe

Preschool

Tiny Hand Crafts (Adult/Child)

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Children make at least two projects per class. Note: $24 material fee payable to instructor at first class. Bring a smock. Adult participation required. 6 classes

Age: 2-6

37251	Th	1/26-3/1	10:15-11 AM	$55/$60
37252	Th	1/26-3/1	11:15 AM-12 PM	$55/$60

Thomas Farm CC/Dion

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Exercise is Child's Play (Adult/Child)

LET'S MOVE!

This course is designed to be an introduction to yoga and overall wellness. It's a fun, easy class for children and adults to learn child-like yoga poses and stretching. Some exercise equipment may be used. Adult participation is required (one adult per child). Wear loose-fitting clothing and bring a towel or mat.

Age: 2-5

37983	Sa	1/7-2/18	10:15-11 AM	$70/$81
37984	Sa	3/3-4/21	10:15-11 AM	$70/$81

Rockville Swim and Fitness Center/Mohan

FunFit Superstars© *New* (Adult/Child)

LET'S MOVE!

Enjoy a heart-healthy workout. Participate in fun, active games such as parachute, ball play and more. Improve coordination and sport skills as you socialize, gain self-confidence and improve cognitive development. 8 classes

Age: 18 mo.-3 yr.

37875	Sa	1/21-3/17	9-9:45 AM	$88/$99

Twinbrook CRC/Funfit Staff

FunFit Tots© (Adult/Child)

LET'S MOVE!

This fun-filled activity brings fitness to a whole new level. Using balls, hoops, chutes and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking. 8 classes

Age: 1-2

37304	F	1/20-3/9	10:15-11 AM	$88/$99

Age: 2-3

37305	F	1/20-3/9	11-11:45 AM	$88/$99

Thomas Farm CC/Funfit Staff

MarVa Tots

LET'S MOVE!

This introductory gymnastics class for boys and girls centers around having fun and building self-confidence. Various types of tumbling skills will be taught along with the trampoline and other gymnastics equipment. 6 classes

Age: 3-5

37332	Tu	1/17-2/21	6-6:45 PM	$61/$70

MarVa Tots and Teens/Staff

Tumble Tots (Adult/Child)

LET'S MOVE!

This introductory tumbling class provides a safe learning atmosphere with lots of exploring and fun for both girls and boys. Child must be walking. Siblings or visitors will not be permitted on the floor during class. 6 classes

Age: 9 mo.-3 yr.

37381	Su	1/22-2/26	9:45-10:30 AM	$61/$70

MarVa Tots and Teens/Staff

Yoga (Adult/Child)

LET'S MOVE!

Release stress, relax your mind and tone your body through stretching, strenthening and balancing asanas (postures) while connecting with your baby. Sivinanda, Iyengar and Vinyasa disciplines are incorporated into this Hatha yoga class. All ages and levels are welcome. Moms are advised to allow six weeks postpartum recovery before participating. 4 classes

Age: 2-48 mo.

37264	Th	1/12-2/2	10-11 AM	$39/$45
37265	Th	2/16-3/8	10-11 AM	$39/$45

Thomas Farm CC/Francavillo

Sports

We recommend bringing a water bottle to all sports programs.

Tennis for Toddlers

Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Adult participation required. Equipment is provided. 6 classes

Age: 4-5

37371	Su	1/22-3/4	9:30-10:15 AM	$69/$79
37372	Su	1/22-3/4	10:15-11 AM	$69/$79

Thomas Farm CC/Yargici

Tiny Hoopers

You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the fundamentals needed to learn the game.

Age: 4-5

37903	Th	1/12-2/16	5:30-6:30 PM	$45/$50

Lincoln Park CC/Williams

Wee Wanna Be© (Adult/Child)

Which sports players do your kids pretend to be? This innovative program builds self-esteem and confidence. Girls and boys receive instruction in sports and agility through supervised, non-competitive play. Each child participates at their own pace. Sports will change each season. Adult participation required. 6 classes

Age: 2-5

37391	Su	1/22-3/4	10:15-11 AM	$69/$79
37392	Su	1/22-3/4	11-11:45 AM	$69/$79

Twinbrook CRC/Wilson

Preschool

Time for Toddlers

Mommy and Me

Mondays, 10 a.m.-noon
Parents and pre-schoolers enjoy play equipment in the gym.
Membership or day pass required for adults; children under 5 are free.
Twinbrook Community Recreation Center

Tiny Tots

Tuesdays and Thursdays, 10 a.m.-noon
Parents and pre-schoolers enjoy play equipment in the gym.
Membership or day pass required for adults; children under 5 are free
Thomas Farm Community Center

Toddler Time

Wednesdays, 10 a.m.-noon
Parents and pre-schoolers enjoy play equipment in the gym.
Membership or day pass required for adults; children under 5 are free
Lincoln Park Community Center

Nature Tots

Thursdays, 10-11:30 a.m.
1/26, 2/9, 2/23, 3/8, 3/22
Explore nature with your toddler through hikes, crafts and hands-on activities. For children, ages 2-5.
$6 Rockville residents; $7 non-residents.
Croydon Creek Nature Center

www.rockvillemd.gov/recreation