



YOUTH PROGRAMS FOR AGES Birth-10 YEARS OLD

Royal Palm Beach Parks and Recreation Dept. presents:
Early Childhood Adventures, LLC. Programs (p.1 of 4)

Register for the following classes at: RPB Recreation Center, 100 Sweet Bay Lane, RPB, FL 33411:

Mommy & Me Workouts (Birth-2 yrs. old, with parent)
Mommy & Me, Story & Art Class (Ages 1-2 yrs. old, with parent)
Messy Art with Me (Ages 3-5 yrs. old, with parent)
You & Me Sports (Ages 3-4 yrs. old with parent)
Home Schoolers STEAM Classes (Grades K-2nd grade and parent)
Themed Birthday Parties (Ages 3-5, with parent)

Head Teacher of Parent and Child Classes, Ms. Angie Rinehart

The Head Teacher, Ms. Angie Rinehart, has her Master's in Early Childhood Education. She will ensure that your "little ones" learn valuable skills to better prepare them for VPK and Kindergarten. These classes will introduce preschoolers to proper class conduct and social interaction and will also give parents an opportunity to share quality time with other parents and their children.



Mommy and Me Workouts

If you've just had a little one, you know how hard it is to find time to workout! Ms. Jessica, a Certified Trainer, has created this program to incorporate your little one into your twice a week workouts! At the Recreation Center, you can exercise in a supportive environment and eliminate the need for a babysitter.

Workouts include:

- Bodyweight exercises (you and your child will enjoy doing together)
- High Intensity Training
- Body sculpting with weights and with the use of your baby's weight*

Ages: Birth-2 years old, with parent/caregiver

Days: Tuesdays and Thursdays

Times: 8:30 a.m. to 9:30 a.m.

Session: January 15th-February 28th

Session: March 5th-April 25th (No class: March 19th or 21st)

Session: April 30th-June 13th

Fee: \$140 (Resident)/ \$165 (Non-Resident) (7 weeks)

Where: Activity Room, Recreation Center

***Requirements*:** PARTICIPANTS WILL NEED TO BRING WATER, TOWEL, MAT AND HAND WEIGHTS.

For additional program information, contact the Head Teacher at
Angie@EarlyChildhoodAdventures.net or at (561) 206-2764.

Follow us on Facebook at "EarlyChildhoodAdventures"

Royal Palm Beach Parks & Recreation Dept.

561.790.5124