

# Children's Classes

CLASS	TIME/PLACE	FEE	INSTRUCTOR	DESCRIPTION
<b>0 - 7 MONTHS</b>				
<b>MOM-TOT EXERCISE CLASS</b> 4 classes per session. Begins March 18	Mondays, 10:00-10:45 a.m. 5224 Chinley Court	\$5M/\$7.50NM	J. Miller	Join Judy Miller at her home for an educational & invigorating hour of exercise for you & your baby. Help your child develop coordination & tone up your own muscles at the same time.
<b>4 MONTHS - 2 1/4 YEARS</b>				
<b>MOTHER'S MORNING OUT</b> 4 mornings per month	Wednesdays, 9 a.m. - 1 p.m. JCC Child Care Center	\$30M/\$40NM	Grandmothers, Inc.	Infants & toddlers are provided snacks and toys from a caring and safety-conscious staff, giving parents a morning free from childcare worries.
<b>3 - 4 YEARS</b>				
<b>DANCERCISE</b> 4 classes per session. Begins Mar. 19 & Apr. 23	Tuesdays, 2:30-3:30 p.m. Temple Beth El Fellowship Hall	\$10M/\$15NM	D. Heustess	Children will stretch, jump, run, dance, play games & otherwise develop their gross motor skills.
<b>5 - 6 YEARS</b>				
<b>GYMNASTICS &amp; EXERCISE</b> 4 classes per session. Begins March 19	Tuesdays, 4:00-5:00 p.m. Lansdowne Elementary Multi-purpose room	\$15M/\$22NM	M. Eulitt	Tumbling, mini-tramp, balance beam & jumping-jacks lead to healthy & happily tired kids.
<b>2nd &amp; 3rd GRADERS</b>				
<b>CLUB 23</b> 3 meetings. Begins March 10	2nd Sunday, through May 2:30 - 4:30 p.m. JCC Child Care Center	\$15/M	JCC Staff	Chance to interact with & enjoy their Jewish peers through such activities as dramatics, theater & museum visits. Mar. 10, Apr. 14, May 12.
<b>4th, 5th &amp; 6th GRADERS</b>				
<b>CLUB 46</b> 3 meetings. Begins March 24	4th Sunday, through May 2:30 - 4:30 p.m. JCC Child Care Center	\$15/M	JCC Staff	Chance to interact with & enjoy their Jewish peers through such activities as theater, parties & hikes. Mar. 24, Apr. 28, May 26.
<b>1st - 6th GRADERS</b>				
<b>KARATE</b> 4 classes per session. Begins March 22	Fridays, 4 - 5:30 p.m. Armstrong House	\$16M/\$24NM	D. Dale	Children will learn basics of karate from a popular instructor. This is a class for students for an hour and a half.
<b>PARENTS</b>				
<b>SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING.</b> 8 classes. Begins March 7.	Thursdays, 7:30-9:30 p.m. Charlotte Drug Ed. Center 1416 Morehead St.	\$22 singles \$30 couples	H. Harrill	STEP is designed to help parents & others who want better communication with children. Learn active listening skills, goals of discipline, how to redirect misbehavior, & how to respond positively to negative demands.

## CLASS SESSIONS

I. March 17 - April 19

Class Break April 7-12

II. April 21 - May 17

Registration and payment will be accepted for either or both sessions.

### Registration Form

(necessary for class registration)

Name(s) \_\_\_\_\_ JCC member? Yes \_\_\_\_\_ No \_\_\_\_\_

Class(es) \_\_\_\_\_ Session \_\_\_\_\_ Cost \$ \_\_\_\_\_

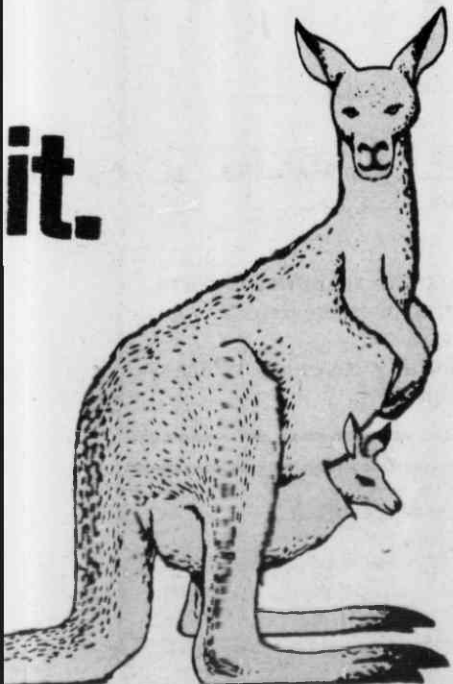
\_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_ Total \$ \_\_\_\_\_

\_\_\_\_\_ Phone \_\_\_\_\_

You will be considered registered when we receive your payment with this form, prior to sessions. Cost for children's classes: full for first child, half price for second child, same family, same (or same cost) class(es).



it.