

COMMUNITY RECREATION PROGRAMS

PRE-SCHOOL

DIAPER GYM – Instructor: Lisa Bass

Eligibility: Ages 6 months (sitting up) to 16 months (walking)

Location: Christiansburg Recreation Center – Classroom 1

Additional Information: Parent and child build muscles through play while learning and building experiences with songs, rhythms, movement and interactions with playtime afterwards.

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Feb. 1	Mar. 22	Mar. 27	Monday	9:30– 10 a.m.	\$15/\$30	6

TODDLER TIME – Instructor: Lisa Bass

Eligibility: Walking, 15-30 months

Location: Christiansburg Recreation Center – Multi Purpose Room 1

Additional Information: Parent participates with their child to introduce structured and free playing to develop language and social skills. Songs, rhythms, games and circle time themes for parents and children to work together in an e-device free environment. Younger siblings in strollers/carriers are allowed in class.

Minimum: 4 Maximum: 10

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Feb. 1	Mar. 22	Mar. 27	Monday	10– 10:45 a.m.	\$20/\$40	6

PEE WEE AEROBICS – Instructor: Lisa Bass

Eligibility: Ages 2 ½ - 4 years

Location: Christiansburg Recreation Center – Multi Purpose Room 1

Additional Information: Children are introduced to structured circle time activities involving gross-motor themed lessons, songs and games to develop language, encourage physical exercise and learn social skills. Free-time play is provided to allow for independent learning and social interaction with other children. Child must be at least 30 months old. On-time parent drop-off after a bathroom break help children benefit the most from this class.

Minimum: 4 Maximum: 8

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Feb. 1	Mar. 22	Mar. 27	Monday	11– 11:45 a.m.	\$20/\$40	6

PRE-SCHOOL PLAY GROUP – Instructor: Lisa Bass

Eligibility: Ages 2-5

Location: Christiansburg Recreation Center – Classroom 1/Multi-Purpose Room 1

Additional Information: Children learn in a mini pre-school environment with structured circle-time activities to learn about weather and the calendar. A theme (shape, color, places or holidays) will be provided through books, games, songs and other physical activities. Children will make a craft to reinforce the theme of the day. Free time play is included to allow independent learning and social interaction with other children. On-time parent drop-off after a bathroom break help children benefit the most from this class.

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Feb. 1	Mar. 22	Mar. 28	Tuesday	11 a.m. – 12:15 p.m.	\$20/\$40	6

BOOK IT – Instructor: Lisa Bass

Eligibility: Ages 2 ½ - 5 years

Location: Christiansburg Recreation Center – Classroom 1/Multi-Purpose Room 1

Additional Information: Books come alive with re-enactments, games and songs to open the imagination, active movement and language development. The theme of the pre-school level books will vary per session depending on the seasons, holidays, animals, etc. We do encourage everyone to visit the local library and for parents to read to children often. On-time parent drop-off after a bathroom break help children benefit the most from this class.

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Feb. 1	Mar. 22	Mar. 30	Thursday	11 a.m. – 12:15 p.m.	\$20/\$40	6

ENERGY OUTLET – Instructor: Lisa Bass

Eligibility: Ages 3 - 5

Location: Christiansburg Recreation Center – Multi-Purpose Room 1

Additional Information: Children get a dose of high-energy release activities along with a weekly introduction of motor skills to build strength, balance and coordination as they become more independent. Structured and free-time playtime develops language, physical and social skills.

Minimum: 4 Maximum: 6

Class	Reg. Begins	Reg. Ends	Starting Date	Day of Week	Time	TR/NR	Weeks
Session II	Feb. 1	Mar. 22	Mar. 31	Friday	10:30 – 11:45 a.m.	\$20/\$40	6

GRANDPARENT AND ME DAY SERIES

Location: Christiansburg Recreation Center – Senior Activities Room

Additional Information: Trying to find something to do with your grandchild/children on teacher workdays? This is the program for you. Each date will be a different activity. *Ages 5-9 year old's. Grandparents are required to stay with their grandchild/children.*

Minimum: 4 Maximum: 8

Registration	Eligibility	Date	Time	FEE
Dec. 6 – March 1	See note above	Wednesday, March 15	1 p.m.	\$8 includes all supplies
Dec. 6 – April 4	See note above	Tuesday, April 11	10 a.m.	\$8 includes all supplies