



Babysteps and Beyond... For Parent and Child

New Mommy - Watch Me Grow

0 - 6 months

Mondays 10:30-11:15

Question and answer periods for new Moms plus discussions on a variety of topics such as: safety in the home, baby, massage, new products and MORE!

\$180 for 14 sessions (Oct 4,11,18,25... Nov 1,8,15,22,29... Dec 6,13,20... Jan 3,10)

Creative Crawlers

6 - 12 months

Tuesdays 9:30-10:30

Introduce your child to his/her first play date! Through rhythm, movement and sensory experiences, your child will begin to widen their vistas to the world before them.

\$180 for 14 sessions (Oct 5,12,19,26... Nov 2,9,16,23,30... Dec 7,14,21... Jan 4,11)

One-derful Ones

12 - 18 months

Fridays 9:30-10:30

Storytime, singing, cooking, arts and crafts and play, while Mom helps and interacts, and enjoys watching her child experience this new world.

\$180 for 12 sessions (Oct 8,15,22,29... Nov 12,19... Dec 3,10,17... Jan 7,14,21)

Miss Lisa and Company

16 - 24 months

Thursdays 9:30-10:45

Learning through Movement, Rhymes, Yoga, Circus Arts, Music... It's a class that, "feels like a birthday party!"

\$180 for 12 sessions (Oct 7,14,21,28... Nov 11,18... Dec 2,9,16,23... Jan 6,13)

Big Kicks / Little Kicks

24 - 36 months

Tuesdays 9:30 - 10:15am - Sept. 21

Sundays 9:30 - 10:15am - Sept. 26

This Mommy and Me style class will have toddlers & parents explore basic soccer & movement skills together. Play organized games and develop listening skills, balance, ball skills and foot-eye coordination.

\$120 for 8 sessions

Stroller Strides

(www.strollerstrides.net/southnj)

Mondays 9:15-10:15

Ongoing exercise class for anyone with a child in a stroller. Join us each Monday and start your week off with a bang!

For pricing & registration, contact Deborah Bornstein 675-1166

Zumba

Wednesdays 9:15am AND Thursdays at 7:00pm

Get ready to ditch the workout and join the party! *Babysitting available on Wednesday mornings!*

60 minute heart-pumping, body sculpting, fat burning, **FUN** workout.

\$95 per 8 week session beginning in October





Steps and Beyond Registration Form

Name of child: _____ Birth date: _____

Mother's name: _____ Father's Name: _____

Address: _____ City/State: _____ Zip: _____

Phone: _____ Cell: _____ Cell: _____

Email: _____ Email: _____

Child's Physician: _____

Phone number: _____

Emergency contact: _____

Phone number: _____

Synagogue Membership ___ Beth El ___ Other (please specify)

_____	New Mommy—Watch Me Grow!		\$180
_____	Creative Crawlers		\$180
_____	ONE-derful Ones		\$180
_____	Miss Lisa and Company		\$180
_____	Big Kicks / Little Kicks	Tuesday Session	\$120
_____	Big Kicks / Little Kicks	Sunday Session	\$120
_____	Stroller Strides	Register through Stroller Strides	
_____	Zumba	Wednesday AM Session	\$ 95
_____	Zumba	Thursday PM Session	\$ 95

Amount Due: \$ _____

Please make checks payable to: *Congregation Beth El*

Parent's Signature _____ Date: _____

For office use:

Fee: _____ Date paid: _____ Initial: _____