

# PRESCHOOL - ACTIVITIES

## Ballet

A creative movement class for beginners. Learn the basics such as turnouts, correct posture and alignment for the arms, body, feet and head.

Instructor: High Step Academy Staff

**Age: 3 - 5**

152592 Wed 9/7 - 9/28 4:15 - 5:00 pm \$35.50RD \$40.50

152593 Wed 10/5 - 10/26 4:15 - 5:00 pm \$35.50RD \$40.50

152808 Wed 11/2 - 11/23 4:15 - 5:00 pm \$35.50RD \$40.50

**Location: High Step Dance Academy,  
3303 Washington Way**

**Please wear comfortable clothing, no jeans.**

## Gymnastics - Tiny Tots

Watch your child's face fill with excitement, body fill with pride, and hearts swell with confidence, as their skills expand with every class. Gymnastics is called the fundamental sport because it helps brain development, which is used in math and language, attention, concentration, reasoning skills and organizational strategies. Every two weeks a new, exciting theme is introduced. Instructor: Kim Philia & Staff, Defy Gravity Youth Center

**Age: 3 - 5**

152558 Sat 9/10 - 10/1 9:00 - 9:45 am \$35.50RD \$40.50

152559 Sat 10/8 - 11/5 9:00 - 9:45 am \$35.50RD \$40.50

152560 Sat 11/12 - 12/3 9:00 - 9:45 am \$35.50RD \$40.50

**Location: Defy Gravity Youth Center,  
4400 Westside Hwy**

**No Class 10/29, 11/26**

## YOUTH SPORTS

**& PERFORMANCE!**

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## Creative Dance for Tots

Designed for your little dancers interested in exploring different styles of dance. Children will love this fun and energetic class. Preschoolers will learn routines to perform for their family and friends at the last class. Wear comfortable clothing and no jeans please.

Instructor: High Step Academy Staff

**Age: 18M - 3Y**

**Location: High Step Dance Academy  
3303 Washington Way**

152623 Wed 9/7 - 9/28 5:00 - 5:45 pm \$35.50RD \$40.50

152624 Wed 10/5 - 10/26 5:00 - 5:45 pm \$35.50RD \$40.50

152625 Wed 11/2 - 11/23 5:00 - 5:45 pm \$35.50RD \$40.50

Register today  
at Parks and Recreation!



**Parent & Tot Climb Class**

Kids are natural climbers whether they are in the backyard, at the playground, or on your living room furniture. Let our skilled coaches build their confidence in your child while introducing them to a sport they can enjoy for a lifetime. The new rock wall at Lower Columbia College will be the setting for this fun and exciting activity. First class is for parent only to learn safety procedures before bringing your little one. The rest of the classes we will help you and your little one get comfortable in a gym setting, calming any nerves through climbing games and lots of encouragement. Instructor: Lower Columbia Fitness Staff

**Age: 3 - 5**

152628	Sat	9/10 - 10/1	10:00 - 10:50 am	\$50.00RD	\$55.00
152629	Sat	10/8 - 10/29	10:00 - 10:50 am	\$50.00RD	\$55.00

**Location: Lower Columbia College, 1600 Maple St**

**Swim, Parent & Tot**

Parent and tot swim is for your child to become acquainted with the water in a fun atmosphere. This class works with the parent and child on water adjustments and water safety skills. Adults are required to be in the water with the child and swim diaper is required for children not potty trained. Life jackets are available but you are encouraged to bring one. 'Puddle Jumper' brand is recommended for independent swimming. Instructor: Molly Johnson

**Age: 3M - 3Y**

152620	Thur	9/8 - 9/29	9:30 - 10:30 am	\$32.50RD	\$37.50
152621	Thur	10/6 - 10/27	9:30 - 10:30 am	\$32.50RD	\$37.50
152622	Thur	11/3 - 12/1	9:30 - 10:30 am	\$32.50RD	\$37.50

**Location: Heritage Swimming Pool, 1328 18th Avenue**

**No class 11/24**

**NURTURE NATURE**

**Family Playgroup!**

Regular contact with nature has so many benefits for children and it's also vital that we help our children learn to know and love the natural world so they grow up caring deeply for it. As well as nurturing those all-important bonds with nature, spending regular time as a family sharing nature based experiences is a beautiful pathway to nurturing strong and meaningful family bonds, creating cherished childhood memories and helps to give children strong foundations for learning and life. This playgroup will adventure out to Lake Sacajawea, Fallen Leaf Nature Niche, and will enjoy arts, crafts, games, and science, music and nature activities.

**Age: 2 - 5 years**

152820	Fri	9/9 - 9/30	10:00 - 11:00 am	\$35.00RD	\$40.00
152821	Fri	10/7 - 10/28	10:00 - 11:00 am	\$35.00RD	\$40.00
152822	Fri	11/4 - 12/2	10:00 - 11:00 am	\$35.00RD	\$40.00

**Location: Emmanuel Lutheran Church, 928 23rd Ave.**

**No class held on 11/25**

WE'VE GOT  
**SO EXCITING**  
 (can't hold it anymore)  
**BA NEWS!**

**Plans are in the works with a local senior living facility to offer an Intergenerational Preschool Program.**

**To learn more, email us at [rec@mylongview.com](mailto:rec@mylongview.com)**