

Summer 2022

First Steps/Early Childhood Classes

Registration for Summer registration opens May 23rd at 10:00am

The First Steps Early Childhood Division of AAPS Community Education and Recreation provides programming for babies, toddlers, preschoolers, and their caregivers. We offer in-person indoor and outdoor classes year around. In our classes, workshops and extra events, parents and caregivers receive quality programming, support and encouragement to help their children develop optimally during the crucial early years of life. All families with children from birth through kindergarten are welcome! In addition, we added *continuation* classes for younger elementary-age children up to age seven.

Partial and full scholarships are available through Rec & Ed for families who live in the Ann Arbor School District. Download the application at <http://bit.ly/recedscholarships>. All qualified scholarship families pay a small fee - see specific class. **If you work for AAPS, you may be able to use your BOE Staff Pass to take any adult/child class with us!**

Here's the [link](#) to the At-A-Glance summer classes. There are live links to every class in this document. **Reminder:** After registration, all participants will receive a separate email requesting information about your child (emergency contacts, pertinent medical issues, special needs, IEP accommodations, etc). ePACT collects this information separate from your ActiveNet registration account.

Why We Think Classes Are Valuable:

1. A weekly class (or two) adds some FUN to your schedule with a consistent activity: same day, same time, same community of people whether indoors or outdoors.
2. You stay connected to your favorite teachers and friends and/or make new connections in a safe, controlled environment for you and your child(ren).
3. Adults who accompany children to classes have an enjoyable and rich opportunity to observe their children in a "preschool-like" environment, with structure, a teacher and peers. This valuable time together gives adults a window into childrens' personalities and behaviors around other people outside of home and allows children the experience of classes without having to separate from a parent or caregiver.
4. Rec & Ed follows these masking rules for summer classes:
 - a. INDOORS: Masks are required to be worn for all persons age 2 to the best of their ability.
 - b. OUTDOORS: Masks are encouraged **but not required** unless social distancing can't be maintained, which will be at the discretion of the instructor/coach with assistance from parent participants (age 2 and up).

Summer Class Descriptions...

Babies and Parents Together Inside

4-12 months (non-walkers) & an Adult. Gather each week to sing, dance, play and socialize. Class includes a teacher-led circle time with a routine of lap songs, nursery rhymes, movement and stories.

Babies will be thrilled to see other little ones on the laps of their parents or caregivers! Each week class includes adult discussions focusing on parenting topics. While the babies play on their blankets or eat, the adults will have a chance to discuss topics related to this age group including sleeping, eating, developmental milestones, and the unique challenges of having babies during the pandemic. Share the joys and challenges of parenthood with the same families week-to-week. **This class fits best for non-walking babies.** Participants will physical/social distance and commit to weekly self-health screenings. Masks are required for adult participants. Instructor: Susanna Brown. **6 classes. No class 7/5.** 100% scholarship recipients pay \$5.

ID# 9702.401	6/28-8/9	10:00-11:00AM
Fee: \$95	Tuesdays	D107, Westerman Preschool & Family Center

Jump Into Speech

Ages 15-27 months & an Adult. Between 15 and 27 months toddlers develop their vocabulary at an amazing rate. In this class, adults learn and practice strategies that enhance language learning with guidance from teacher and Speech and Language Pathologist, Emily McGuire. During the first half of class, toddlers and adults explore and play in different stations in our classroom while making choices and interacting with peers. Areas may include block building area, dramatic play, fine motor, gross motor, art, books, sensory and more. The second half of class is Circle Time with songs, movement, partner activities and "What's in the Box!" Returning families have dedicated time to practice already-introduced strategies in a classroom, social setting. Participants will physically/social distance and commit to weekly self-health screenings. Masks are required indoors for all adults and children age 2 and older. Instructor: Emily McGuire. **6 classes. No class 7/7.** 100% scholarship recipients pay \$10.

ID# 9703.401	6/23-8/4 (No class 7/7)	9:30-10:30AM
Fee: \$115	Thursdays	Room C112, Westerman Preschool & Family Center

Fun at One And Two

Walking 12 to 30 months & an Adult. Welcome to the world of the one and two year old! We gather together each week to sing, play and move with other families and same-age peers. Class begins with open-ended time to explore, play and socialize with other families in our large classroom. Adults can share latest developments, questions and concerns with one another while toddlers play around the classroom. The train whistle signals the arrival in the station and the beginning of circle time for the second half of class. Led by Tasia and modeled by adult participation, the group will have fun singing, dancing and learning in addition to practicing important gross motor skills like walking backwards, marching, and jumping. New and familiar songs and props are shared during this musical and active time. Class ends with a read-aloud book and stickers. Participants will physically/social distance and commit to weekly self-health screenings. Instructor: Tasia Sprobach. **7 classes. No Class 7/15.** 100% scholarship recipients pay \$10.

ID# 9335.401	6/24-8/12	9:30-10:30AM
Fee \$119	Fridays	Room C112, Westerman Preschool & Family Center
ID# 9335.402	6/24-8/12	11:00AM-Noon
Fee: \$119	Fridays	Room C112 Westerman Preschool & Family Center

Exploration Zone Inside

Walking-5 years old & an Adult. Our fabulous playroom offers so much to toddlers and preschoolers. We have a wide variety of free-play activity centers to explore: art and sensory experiences, dramatic play, puzzles, blocks, climbing, books, and much more. Adults help children to find interesting choices each week and to practice social skills. After a quick group cleanup, we end our time together with a circle time of songs and stories, featuring ExZone favorites and new material weekly. This class works well for all ages! All participants age 2 and up are required to wear masks for the duration of class. Participants will physically/social distance and commit to weekly self-health screenings. Instructors: Sara Callaghan and Susan Bellisario. **7 classes. No class 7/5 and 7/6.** 100% scholarship recipients pay \$10.

ID# 9333.401	6/21-8/9	10:00-11:15AM
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Fee: \$135	Tuesdays	Room C112, Westerman Preschool & Family Center
ID# 9333.402	6/22-8/10	10:00-11:15AM
Fee \$135	Wednesdays	Room C112, Westerman Preschool & Family Center

In and Out with A Twist

Age 2-5 & an Adult. Indoor activities await you at the start of each Sunday in our fabulous playroom exploring puppets, blocks, puzzles and imagination play. Half-way through class, a short, musical circle time signals our transition outside. A shared outdoor activity like painting the rock, playing in water or using chalk is offered each week in addition to enjoying Westerman's playground. This class is the perfect blend of indoor and outdoor summer, family fun! All participants age 2 and up are required to wear masks for the indoor portion of this class. Participants will physically/social distance and commit to weekly self-health screenings. Instructor: Andrea Nance. **5 classes.** 100% scholarship recipients pay \$5.

ID# 9123.401	7/17-8/14	9:30-10:30AM
Fee: \$95	Sundays	Room C112 & Westerman Preschool Playground
ID# 9123.402	7/17-8/14	10:45-11:45AM
Fee: \$95	Sundays	Room C112 & Westerman Preschool Playground

Metamorphosis of the Monarch - Butterfly Workshops with Whitney

Ages 4-7 with an adult. Join Whitney as she takes you and your child(ren) on an exciting journey through the life of the Monarch Butterfly. Whitney is a nature enthusiast who raises monarchs in her backyard. The four stand-alone workshops highlight specific parts of the life of the Monarch and include hands-on activities, weekly butterfly-themed crafts, read alouds, stages of metamorphosis and in-depth education about raising these most-delicate creatures. Individual classes dive into topics on planting (not spraying), habitat restoration, tending to the caterpillars, collecting/growing milkweed, searching for butterfly eggs and how to properly raise caterpillars for healthy butterfly releases. Workshop locations will be unique and may include King Elementary, Windemere Park, Whitney's backyard and Westerman Preschool and Family Center. Register for all four classes at a discounted price to get the complete experience of raising Monarch butterflies. Participants will physically/social distance and commit to weekly self-health screenings. Masks are encouraged but not required. **Instructor: Whitney Wilkes-Krier.** Price includes \$5 material fee. Scholarship recipients pay \$5 or \$10.

ID#9876.401	6/26, 7/10, 8/14, 9/18	10:00-11:15AM
Fee: \$105	Sundays	Location TBD
ID# 9876.402	6/26	10:00-11:15AM
Fee: \$29	Sunday	Location TBD
ID# 9876.403	7/10	10:00-11:15AM
Fee: \$29	Sunday	Location TBD
ID#9876.404	8/14	10:00-11:15AM
Fee: \$29	Sunday	Location TBD
ID#9876.405	9/18	10:00-11:15AM
Fee: \$29	Sunday	Location TBD

Imagine Dance

3.5-6 years without an adult. Imagine Dance is an introduction to modern dance, improvisation and individual creativity in the dance studio at the CAB. Dancers learn to move their bodies in different ways as Lesley interweaves dance, music, literature and art for a holistic experience into the dance world. Class includes warm up, floor work, locomotor, choreography, and improvisation. A studio performance is included at the end of the session. Lesley holds degrees in Children's Dance and English Literature. She has many years of experience teaching dance and the creative arts in Ann Arbor. Participants will physical/social distance and commit to weekly self-health screenings. dancers are expected to wear masks as best they can for the duration of this indoor class. Instructor: Lesley Criscenti. **6 classes.** 100% scholarship recipients pay \$10.

ID# 9944.401	6/23-7/28	4:30-5:15PM
Fee: \$115	Thursdays	Dance Studio, Eberbach Cultural Arts Bldg (CAB)

Music Together Outside (Mini Session)

Birth - 5 years & Adult. This is the original Music Together® class that encourages children and families to experience the joy of making music together. Child development researchers support the idea that all children are musical, learn best through play and recommend mixed-age groupings because they foster natural, family-style learning. In our classes, your child interacts with peers of different ages and participates at their own level in singing, moving, listening, observing, chanting or exploring musical instruments. Younger children enjoy watching and imitating older ones and older children learn by leading younger ones. Registered families receive the **Banjo Collection CD and songbook + access to download music.** Masks are encouraged but not required unless social distancing can't be maintained, which will be at the discretion of the instructor with assistance from parent participants (age 2 and up). In case of inclement weather, class will be held where masks should be worn by adults and children 2 and older. Participants will physical/social distance and commit to weekly self-health screenings. Instructor: Stephanie Urban. **4 classes. No class 6/29.** 100% Scholarship recipients pay a \$45 material fee.

ID# 9718.411	6/15-7/13	9:15-10:00AM
Fee: \$109	Wednesdays	County Farm Park, Medford Road entrance
ID# 9718.412	6/15-7/13	10:15-11:00AM
Fee: \$109	Wednesdays	County Farm Park, Medfodr Road entrance

HoopsterTots Cubs, Basketball

Ages 3-4 & an adult. Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork while building motor skills, balance and coordination. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge for preschool-aged children. Parent participation enhances your child's experience for this age group. Participants will physical/social distance and commit to weekly self-health screenings. Instructors: Skyhawks Coaches. **6 classes. No class 7/2.** 100% scholarship recipients pay \$10.

ID# 9988.401	6/25-8/6	9:30-10:15AM
Fee: \$119	Saturdays	Bryant Gym

HoopsterTots Bears, Basketball

Ages 4-5 (& an adult at the beginning of the session). Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork while building motor skills, balance and coordination. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge for preschool-aged children. Parent participation required at the beginning of the session with parental role decreasing as the session progresses. Participants will physical/social distance and commit to weekly self-health screenings. Instructors: Skyhawks Coaches. **6 classes. No class 7/2.** 100% scholarship recipients pay \$10.

ID# 9989.401	6/25-8/6	10:30-11:15AM
Fee: \$119`	Saturdays	Bryant Gym

Printmaking Art Family Workshop 1

3.5-6 years with an adult. Join us in a two-day workshop to create artistic designs using screen printing technique. Adults and children produce their own design and then print those images on to a t-shirt or tote bag. On day one of the workshop, participants create drawings or designs on a mesh frame (silk screen). This drawing dries overnight. The next week, participants print their designs on the frame onto paper, t-shirts and/or tote bags (parent assistance is needed). In this workshop both adults and children can produce individual works. Please dress for an artistic good time in clothes that can get messy. Sajeev Visweswaran is a visual artist who partners locally with The Neutral Zone, Ann Arbor Art Center and The University of Michigan Museum of Art (UMMA) and a First Steps class participant with his young daughter. All participants are required to wear masks for the duration of class. Participants will physically/social distance and commit to weekly self-health screenings. Instructor: Sajeev Visweswaran 100% Scholarship recipients pay \$5.

ID#9546.401	6/23 and 6/30	4:30-5:15PM
Fee: \$59	Thursdays	Art Room, Eberbach Cultural Arts Building
ID#9546.402	6/23 and 6/30	5:45-6:30PM

Fee: \$59	Thursdays	Art Room, Eberbach Cultural Arts Building
ID#9546.403	7/12 and 7/19	4:30-5:15PM
Fee: \$59	Tuesdays	Art Room, Eberbach Cultural Arts Building
ID #9546.404	7/12 and 7/19	5:45-6:30PM
Fee: \$59	Tuesdays	Art Room, Eberbach Cultural Arts Building

Lino Cut and Stamping Art Family Workshop 2

3.5-6 years with an adult. Join us for a two day workshop to experience the artistic process of lino cutting. In this workshop both adults and children can produce individual works. Day one of the workshop participants draw their own design or drawing on a linocut block (either linocut or styrofoam) and carve out the desired negative areas. The following week the participants print their respective blocks on paper. This technique can be used with parental supervision, or for families that prefer to avoid the use of sharp tools, foam sheets will be provided so that the image can be pressed directly into the sheet with pens/pencils or wooden dowels. Please dress for an artistic good time in clothes that can get messy. Sajeev is a visual artist who partners locally with The Neutral Zone, Ann Arbor Art Center and The University of Michigan Museum of Art(UMMA)and a First Steps parent class participant with his young daughter. All participants are required to wear masks for the duration of class. Participants will physically/social distance and commit to weekly self-health screenings. Instructor: Sajeev Visweswaran
100% Scholarship recipients pay \$5.

ID# 9646.401	8/4 and 8/11	4:30-5:15PM
Fee: \$59	Thursdays	Art Room, Eberbach Cultural Arts Building
ID# 9646.402	8/4 and 8/11	5:45-6:30PM
Fee: \$59	Thursdays	Art Room, Eberbach Cultural Arts Building

Preschool Yoga, Outdoors

Ages 2-5 & an Adult. S-T-R-E-T-C-H! Move, breathe, smile, and laugh with your little one while reaping the many benefits of yoga. Developmentally appropriate poses, games, breathing, and meditation techniques will be practiced to build body awareness, release energy, and experience relaxation. Stories, affirmations, and a weekly arts and craft activity will be incorporated to tap into your child's whole being. Participants will physical/social distance and commit to weekly self-health screenings. Instructor: Marisa Lind. **5 or 6 classes. No class 7/4 or 7/9.** 100% scholarship recipients pay \$10.

ID# 9005.401	6/20-8/1 (weather 8/8)	9:15-10:00AM
Fee: \$125	Mondays	Ann Arbor Park location, TBD
ID# 9005.402	6/20-8/1 (weather 8/8)	10:15-11:00AM
Fee: \$125	Mondays	Ann Arbor Park location, TBD
ID#9005.403	7/2-8/6 (weather 8/20)	9:15-10:00AM
Fee: \$105	Saturdays	Ann Arbor Park location, TBD

Dance It Out, Indoors

Age 2-4 & an adult. You and your child explore a variety of creative movement activities designed to develop gross motor skills! Music provides the medium for jumping, hopping, stepping sideways and moving around the dance studio. Adults and children dance together using various props and each class ends in parachute time with the whole group. Start your Saturday morning with an active parent and child class. All participants age 2 and up are required to wear masks for the duration of class. Participants will physically/social distance and commit to weekly self-health screenings. Instructor: Gina Thompson. **7 classes. No class 7/30.** 100% scholarship recipients pay \$10.

ID# 9234.401	6/25-8/13 (no class 7/30)	9:15-10:00AM
Fee: \$109	Saturdays	Dance Studio, Eberbach Cultural Arts Building

Hello Toes Ballet

Age 3 without an adult. Does your child pretend to be a ballet dancer? Then he or she will love this class designed for our youngest ballet students. Dancers learn basic ballet steps with a focus on balance, rhythm, movement and coordination. Let Gina introduce your little dancer to the beautiful art of ballet. Young dancers will experience a "by myself" class with some parental support at the beginning of the session. Participants will physical/social distance and commit to weekly self-health screenings. Dancers are expected to wear masks as best they can for the duration of this indoor class. Ballet attire

recommended. Instructor: Gina Thompson. **7 classes. No class 7/30.** 100% scholarship recipients pay \$10.

ID# 9815.401 6/25-8/13 (no class 7/30) 11:15-Noon
Fee: \$119 Saturdays Dance Studio, Eberbach Cultural Arts Building (CAB)

Beginning Ballet

Ages 4-5 years without an adult. This class is for older preschoolers who may or may not have previous ballet experience. Basic ballet positions and steps, terminology, rhythm and coordination are taught, practiced and developed through movement and music in a supportive environment. Your young dancer will improve in strength, flexibility and self-confidence. Participants will physically/socially distance and commit to weekly self-health screenings. Dancers are expected to wear masks as best they can for the duration of this indoor class. Ballet attire recommended. Instructor: Gina Thompson. **7 classes. No class 7/30.** 100% scholarship recipients pay \$10.

ID# 9817.401 6/25-8/13 (no class 7/30) 1:15-2:00PM
Fee: \$125 Saturdays Dance Studio, Eberbach Cultural Arts Building (CAB)

Beginning Ballet II NEW!

Ages 5-6 years without an adult. Young dancers who have taken an introductory ballet class will enjoy the next level of ballet with Ms. Gina. This class enhances your child's balance and flexibility with the teaching of basic steps, placement and vocabulary while focusing on awareness of alignment and placement. Class includes basic barre work as well. Participants will physically/socially distance and commit to weekly self-health screenings. Dancers are expected to wear masks as best they can for the duration of this indoor class. Ballet attire recommended, hair in a bun and ballet slippers. Instructor: Gina Thompson. **7 classes. No class 7/30.** 100% scholarship recipients pay \$10.

ID# 9818.401 6/25-8/13 (no class 7/30) 2:15-3:00PM
Fee: \$125 Saturdays Dance Studio, Eberbach Cultural Arts Building (CAB)

Creative Dancer

Ages 3-5 years without an adult. This high energy class teaches rhythm, coordination and balance through age-appropriate movements set to upbeat music in the dance studio of the CAB. Your young dancer develops muscle memory in this independent class while having lots of fun. The dancing style is great for girls and boys who like to move and aren't as interested in traditional dance classes. Wear comfortable clothes and bring a water bottle. A performance is included at the end of the session. Participants will physically/socially distance and commit to weekly self-health screenings. Dancers are expected to wear masks as best they can for the duration of this indoor class. Instructor: Gina Thompson. **7 classes. No class 7/30.** 100% scholarship recipients pay \$10.

ID# 9210.401 6/25-8/13 (no class 7/30) 10:15-11:00AM
Fee: \$119 Saturdays Dance Studio, Eberbach Cultural Arts Building (CAB)

Hip Hop

Ages 4-6 years without an adult. Gina is teaching a first Hip Hop class for the younger-age kids, and she's including jazz to keep it really cool. It's all about the beat and moving deliberately and in new ways using the dance studio in the CAB. This style is great for girls and boys who love dancing to fun music and may not be as interested in traditional dance classes. It's helpful if dancers have taken *Creative Dancer* or have previous dance experience. A performance is included at the end of the session. Wear clothing comfortable for dancing and bring a water bottle. Participants will physically/socially distance and commit to weekly self-health screenings. Dancers are expected to wear masks as best they can for the duration of this indoor class. Instructor: Gina Thompson. **7 Classes. No class 7/30.** 100% scholarship recipients pay \$10.

ID# 9215.401 6/25-8/13 (no class 7/30) 12:15-1:00PM
Fee: \$125 Saturdays Dance Studio, Eberbach Cultural Arts Building (CAB)

Questions about our program and classes? Call 734-994-2300 x53186
Website: <https://bit.ly/FirstStepsWebsite>