

# dance

## nurturing pathways®\*

grownups and ages 6 weeks–12 months  
M @ 11:30 or TH @ 12:00

little monkeys will acquire strong motor skills and enjoy sensory rich props. a unique creative dance class that builds strong bodies, brains and bonds between you and your baby.  
grownups and ages 12–24 months  
TH @ 9:30

waddlers are introduced to an array of experiences. including rhymes, chants, instruments, obstacle courses and props. watch as your waddler grows into a confident and joyful mover.  
grownups and ages 2 and 3  
TH @ 10:30

refine motor skills and develop school readiness through rhymes, chants, instruments, folk dances, obstacle courses. this class is full of challenging movement opportunities that stretch the development of every child.

## run, wiggle and giggle

ages 2 and 3 (grownups required)  
W @ 10:00

an exciting class for toddlers learning to move their bodies imaginatively using props and musical instruments.

## creative dance

ages 3 to 5  
M @ 12:30 or T @ 11:45 or TH @ 5:30

monkeys will find joy and express life through the motion of their bodies. fundamental dance skills are further developed with the addition of tempo and props.

## tippy tippy toes

ages 4 and 5  
M @ 1:30 or F @ 1:30

twinkle your toes and flex your fairy wings! a whimsical way to introduce ballet to children in a fun and warm environment through music and lots of cool props.

## pre ballet

ages 5 and 6  
T @ 5:30 or F @ 3:45

come plié, jeté, tendu, and skip! this series introduces ballet positions, vocabulary, coordinated movements, and music

# movement

## little monkey movement

grownups and ages 12-24 months  
M @ 10:00 or W @ 11:00

come dance, sing, play, and cuddle with your child while we'll stretch our bodies to nursery rhymes, dance to lively music and make new friends. a variety of props will help us to explore basic dance concepts and work on our locomotor skills.

## play group

grownups and ages 18-30 months  
F @ 9:45

meet your friends and make new ones while experiencing the whole range of urban monkeys fun. instructor will lead monkeys through movement, music, art and yoga.

## monkey jump and roll I

ages 2 and 3 (grownups optional)  
F @ 10:45

## monkey jump and roll II

ages 3 and 4  
F @ 11:45  
gymnastic skills and positions are introduced through singing, dancing and games. monkeys work toward independence while learning co-ordination, balance and flexibility.

## jumping in the jungle

ages 3 and 4  
T @ 10:30 or TH @ 4:30

every class is a cool new obstacle course, designed to keep kids moving and develop skills to work as a team!

## recess

ages 4 to 6  
M @ 3:15 or W @ 2:30

get up and jump, dart and dash, stretch and move through a variety of games, obstacles, and sport skills to fully engage, excite and finally exhaust those little ones.

# yoga

## big fun family yoga

all ages with grownups  
T @ 4:30 or S @ 9:30

everyone will enjoy the energy of this all ages class. learn and grow together, find your balance, and practice peace in an environment that embraces all yoga levels.

## cobra to down dog

ages 3 and 4  
T @ 1:30

every child can benefit from yoga, used for centuries to strengthen body and mind, learn invaluable skills to grow strong physically, mentally and emotionally.

# theatre

## story time (members only)

all ages with grownups  
T @ 12:30 or F @ 12:30  
enjoy stories, rhymes, songs and fun. this class is FREE for urban monkeys members only.

## storybook acting

ages 3 to 5  
W @ 1:30

jump feet first into a new children's story each week! using acting techniques and sensory props, little monkeys will let their imagination run wild.

# music

## music together®\*

all ages with grownups  
M @ 9:30 or W @ 12:00 or S @ 10:30  
monkeys of all ages are introduced to the joys of making music together. regardless of musical ability, parents and care givers will discover what a powerful role model they are by just having fun and making music.  
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# adult

## adult yoga

T @ 6:30 or TH @ 6:30 (one hour)  
enjoy the community of others while you move from pose to pose. no yoga experience required. free supervised open gym available for your little monkeys. register for this class and you can come to either tuesday or thursday. come to both days for a discounted price.

## adult cardio fitness

W @ 6:30 am (one hour)  
gain strength and improve your posture and flexibility in these fun and highly effective training sessions. cardio and core movements are combined with one-on-one coaching to get you in shape.

# urban monkeys

jungle for kids • oasis for grownups

register for full fall session- \$199 for 12 week classes  
all classes are 12 weeks unless otherwise noted  
10 class punch card for \$175  
5 class punch card for \$90  
(good for 3 months from date of purchase)

open gym is free for members- \$10 per family for non members

missed class policy: you may make up no more than 2 classes each session provided you give advance notice of absence. you may use your make up credits in another age appropriate class provided there is room. we do not provide make up classes when we do not hear from you prior to your absence.

(\* registration only. music together class cost includes \$30 materials fee. first time registrants of nurturing pathways will receive supporting materials.

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