

# EARLY CHILDHOOD PROGRAMS

Our Early Childhood programs ensure a joyous and engaging beginning to your child's life-long education.

## WE SUPPORT THE WHOLE FAMILY

We believe children are naturally competent, capable learners with a built-in ability to devise their own ideas and persist in tackling them. Our approach to learning places an emphasis on social and emotional development to help support every child in becoming the best version of themselves.

At the 14Y, children begin building relationships with peers and with adults other than parents and caregivers, acquiring a set of skills they will carry through life. Explore our many early childhood and family programs that offer options for all families. Since every family has different needs and interests, a dedicated early childhood staff member will guide you through our incredible range of possibilities here.

Education programs run from September through June, and mini sessions and drop-in classes are offered all year long.



## PRESCHOOL

The 14th Street Y's Preschool, open to children 2 – 4 years of age, offers an educational environment within a vibrant 14Y community located in the heart of the East Village. Our Preschool curriculum, inspired by the Reggio approach, stimulates and supports children's natural curiosity about the world in which they live and play. Guided by the firm belief that "play is a child's work," we have filled our sunny spacious classrooms with the rich and varied materials children need to build on their interests to create and learn. The class teachings weave together Jewish values and traditions within an age-appropriate and inclusive setting. We welcome families from all backgrounds and reflect the community in which we live.

Our Preschool provides a family-centered early childhood education. Beyond this philosophy, it is our incredible, nurturing staff who help build self-confidence and foster an enthusiasm for learning that draws families to our special programs. Together, parents and staff form a learning partnership focused on the growth and development of children.

### OPEN TO CHILDREN 2 – 4 years

Age 2 years | 9:00 am – 1:00 pm

3 and 5 day options available

Ages 3 – 4 years | 9:00 am – 3:00 pm

1:00 pm early dismissal available

We're interested in your child's future and provide ongoing school placement support for continuation into the right public or independent school that meets your child's needs.



## PRELUDE TO PRESCHOOL

Our signature Prelude to Preschool programs help children develop confidence, community, and independence during their first experience of school. We offer a variety of options, schedules, and age groupings to meet children's differing needs, all with the same goal of ensuring a secure, engaging, and joyous beginning to your child's life-long education! Each program includes art, music, creative movement, storytelling, cooking, work time in our classroom learning centers, outdoor play on our rooftop playground, and gym time in our Indoor Playroom. Grown-ups will enjoy the camaraderie and support our discussion groups and evening parenting workshops offer.

### Ages 15 – 34 months (grouped by age)

A perfect prelude to preschool, this program helps toddlers develop friendships, master the routines, materials, and activities of an early childhood classroom, and discover the joys of being independent! Small class size and high teacher-to-student ratios ensure plenty of individualized attention and support as the adults are gradually phased out of the room.

### NOW ENROLLING

September 2019 to June 2020 Prelude To Preschool  
Limited spaces, please email Jill Shely at [jshely@14streety.org](mailto:jshely@14streety.org)

Winter Prelude January 2020 to June 2020 Prelude To Preschool.  
Email Jill Shely at [jshely@14streety.org](mailto:jshely@14streety.org) for more information.

Ask about how a Friday Class can fill out your week!

While these programs are not prerequisites for admission to the 14th Street Y's Preschool, families in these programs will receive priority consideration in the admissions process.

For more information, pricing, and to schedule a tour, please contact **Nili Shriber**, Preschool Director, at **646-395-4328** or [NShriber@14StreetY.org](mailto:NShriber@14StreetY.org)



# EARLY CHILDHOOD | FAMILY PROGRAMS

Family Programs are a great way to connect with other parents and caregivers in a warm, welcoming environment.

## FIND YOUR COMMUNITY HERE

Family Programs include drop-in classes for those looking for flexible family-fun, adult and child classes offered as mini-semester so you can connect with other parents and caregivers in a supportive environment, and parenting support groups, an amazing resource for parents of young children. There's something for every member of your family, from child to caregiver to parent to grandparent.

## DROP IN CLASSES

A perfect option for those who aren't ready to commit to a whole season of classes. We offer drop-in classes for new parents, and fun activities for young families including sing-a-longs, and messy play that explores art using different textures and mediums, in addition to a variety of parent and baby fitness classes.

Learn more at [14Street.org/DropInClass](https://14Street.org/DropInClass)

Get a 5-class punch card or purchase a single session at the Service Desk in our lobby to attend our drop-in classes. Please note the price of the card varies depending on the class.

## NEW PARENT

### BREASTFEEDING SUPPORT GROUP

This breastfeeding support group will help you troubleshoot and avoid nursing problems. Enjoy camaraderie and conversation too! Led by Leigh Anne O'Connor, IBCLC.

**Thursdays | 1:30 – 3:00 pm**

**2x month: 9/5, 9/19, 10/3, 10/17, 10/31, 11/14, 12/5, 12/19, 1/9, and 1/23**

**M \$85, NM \$100 For 5 Class Punch Card or \$25 per class**



## PAUSE/PLAY:

### Shabbat (Saturday)

Afternoons at the 14th Street Y

Ready to rethink how you spend those chilly winter weekends? PAUSE/PLAY invites you to hit the pause button in your busy lives and experience all that the our downtown community has to offer. We welcome everyone in our community to join us for a day of relaxation and renewal. From family yoga and storytime to whiskey tastings and dance classes, these events feature activities for the whole family.

Upcoming PAUSE/PLAYS:

Nov. 2 | Dec. 7 | Feb. 1, 2020



## MUSIC

### BANANAJAM MUSIC & MOVEMENT

**Ages 2 months – 3 years**

Join popular musician Suzanna Bridges as she jams on her guitar and accordion. Mixing original tunes, popular kids' songs, and family friendly pop along with instruments, scarves, and puppets, this class is sure to entertain both grown-ups and children.

**Thursdays | Sept. 19 – Dec. 19 | 1:15 – 2:00 pm**

**No Class 11/28**

### SING ALONG | 2 months – 3 years

Join other families in a relaxed, playful, and fun environment. You and your child will sing along to a variety of musical selections while bringing out your child's natural curiosity about music.

**Sundays – Thursdays | Sept. 16 – Dec. 19**

**3:30 – 4:15 pm and 4:30 – 5:15 pm**

**No Class 9/29, 9/30, 10/1, 10/8, 10/9, 10/13, 10/14, 11/5, 11/10, 11/11, 11/28, and 12/1**

**M \$105, NM \$120 for 5 Class Punch Card or \$28 per class**



Learn more at [14StreetY.org/DropInClasses](https://14StreetY.org/DropInClasses)

## ART, LITERACY, AND PLAY

### MESSY PLAY | 18 – 36 months

A time for toddlers and adults to explore the joys of texture, color, water, bubbles, sand, paint, and more. This class stimulates sensory awareness and creativity. Enjoy a variety of everyday art materials used in new and imaginative ways. Dress messy! Snack will be provided.

**Mondays | Sept. 16 – Dec. 16**

**11:00 am – 12:00 pm**

**Fridays | Sept. 20 – Dec. 20**

**11:00 am – 12:00 pm**

**No Class 9/30, 10/14, 11/11 and 11/29**

**M \$160, NM \$175 for 5 Class Punch Card or \$37 per class**

### INDOOR PLAYGROUND

#### Ages 6 months – 3 years

Make a playdate at the 14Y. Children run, climb, slide, and jump in our padded playroom. Bring a friend and enjoy the relaxed environment where little ones explore and play together. Strollers must be left on the first floor stroller racks.

**Sundays | Nov. 3 – Dec. 15**

**9:30 – 11:00 am and 11:00 am – 12:30 pm**

**No class 11/10, and 12/1**

**M \$85, NM \$100 For 5 Class Punch Card or \$25 per class**

### PLAYTIME IN THE GYM

#### Ages 12 months – 6 years

**Saturdays | Nov. 2 – Dec. 14 | 3:30 – 5:00 pm**

Bring your family to the 14th Street Y's gymnasium for fun unstructured activities on Saturday afternoons. Children can run, jump, throw balls, and play with hoops and Imagination Playground blocks. It's a great way to get out of the cold weather, bond with your child, and make new friends.

**No class 11/9 and 11/30**

**M \$17 per family, NM \$20 per family**

### WALKERS, RUNNERS, AND JUMPERS

#### Ages 12 – 24 months

These toddlers have mastered walking and are now running all over the place! This class continues to challenge physical development with obstacles that include balance, depth perception and body awareness, and coordination, as well as focused listening and imaginative themes.

**Thursdays | Sept. 19 – Dec. 19**

**11:15 – 12:00 pm**

**No class 11/28**

**M \$125, NM \$140 for 5 Class Punch Card or \$32 per class**

### NEW! MINI MOVERS

#### (with parent/caregiver)

Join Bloom Performing Arts in this beginning movement through make-believe class. Through creative interactive play, miming, animal character work, and storytelling, your child will stretch their muscles while strengthening their imagination. Each week is a new theme, allowing students to explore different movements with different genres. Let's get moving!

**Sundays, September 22 – December 15**

**12-24 months – 9:15 – 10 am**

**24-36 months – 10:15 – 11 am**

**No class 9/29, 10/13, 11/10, and 12/1**

**M \$120 NM \$140 for 5 Class Punch Card Or \$32 per class**



### CHILDREN'S LEARN TO SWIM

#### For Children 6 Months to 12 Years

Children learn the complex physical skills of swimming at different rates. Based upon age and ability, children will work to acquire the following Red Cross Swim Skills: water safety, breath and buoyancy control, front & back float, streamlining, and basic stroke mechanics for all 4 competitive strokes.

Learn more at [14StreetY.org/Aquatics](http://14StreetY.org/Aquatics)



### PARENT + BABY FITNESS

**FREE FOR ALL MEMBERS**

**NM \$100 for 5 Class Punch Card or \$25 per class**

#### POSTPARTUM PILATES WITH BABY

##### Ages 6 weeks – pre-crawling

**Tuesdays | 11:00 am – 12:00 pm**

Our postpartum Pilates will address every new mom's biggest body challenge: how to get one's abdominal muscles working again! This class focuses on rediscovering waistlines and restoring posture while getting your energy and strength freely flowing. Babies interact and play while you workout.

**No class 10/ and 11/5**

#### BABY & ME FITNESS

##### Ages 6 weeks – pre-crawling

**Wednesdays | 1:00 – 1:45 pm**

The class incorporates aerobics, strength training, and toning with relaxing and playful songs for your baby.

**No class 10/9**

#### BABY & ME BARRE

##### Ages 6 weeks – pre-crawling

**Thursdays | 1:00 – 2:00 pm**

Blending the best of ballet technique, Pilates and yoga, this Barre class is modified specifically for postnatal moms, targeting key areas for a highly efficient and effective workout.

**No class 11/28**

#### BABY & ME YOGA

##### Ages 6 weeks – pre-crawling

**Fridays | 1:00 – 1:45 pm**

Come to Baby & Me Yoga as soon as your doctor/midwife gives you the go-ahead. A class that combines a series of movements, postures, and breathing techniques that aims to stretch, strengthen, release tension, and bring awareness to key areas of the body that are affected from having a new baby. Guide your baby through gentle postures designed to enhance infant development. Babies can also interact with each other.

**No class 11/29 and 12/27**

## MINI SEMESTER

Register for a mini semester class in art, music, movement, or sports. Children learn socialization, build skills, and have fun while parents and caregivers meet new friends and become part of a community.

### MUSIC

#### MAGICAL MOVEMENT WITH MIK

Children dance, sing, play instruments, and create musical magic together! Teacher, performer, and music therapist Mik Manenti and her live accompanist use theatrical puppets and props to captivate both you and your child.

**Tuesdays**

**Ages 18 – 24 months | 9:15 – 10:00 am**

**Ages 24 – 36 months | 10:00 – 10:45 am**

**Session I | Sept. 17 – Oct. 29**

**Session II | Nov. 12 – Dec. 17**

**No class 10/1 and 11/5**

**M \$240, NM \$255**

### ART, LITERACY, AND PLAY

#### PLAYDAY | 18 – 36 months

Children adapt to a classroom setting through routines with the opportunity to socialize and become comfortable transitioning through activities. Children utilize blocks, puzzles, art materials, music, and movement, while parents and caregivers meet new friends. Includes 30 minutes of gross motor activities and playtime in the Indoor Playroom. Snack will be served.

**Mondays | 9:15 – 10:45 am**

**Session I | Sept. 16 – Oct. 18**

**M \$210, NM \$225**

**Session II | Nov. 4 – Dec. 16**

**M \$250, NM \$270**

**No class 9/30, 10/14, and 11/11**

**Wednesdays | 10:30 am – 12:00 pm**

**Session I | Sept. 18 – Oct. 30**

**M \$250, NM \$270**

**Session II | Nov. 6 – Dec. 18**

**M \$295, NM \$315**

**No class 10/9**

**Fridays, 9:15 – 10:45 am**

**Session I | Sept. 20 – Oct. 25**

**M \$250, NM \$270**

**Session II | Nov. 1 – Dec. 20**

**M \$295, NM \$315**

**No class 11/29**

### SPORTS + FITNESS

#### TODDLER SPORTS

##### with Caregiver or Parent

Toddler Sports is a fun, interactive beginners multi-sport class. Through a range of developmentally appropriate activities and age-appropriate equipment, children engage in non-competitive interactive games that help develop motor coordination and promote flexibility, balance, hand-eye coordination, and body awareness. Toddlers will learn the basic skills needed to play basketball, baseball, soccer, and football. Each class will start with open play, followed by a group warm-up and will end with the sport of the day.

**Thursdays**

**Ages 12 – 24 months | 9:15 – 10:00 am**

**Ages 24 – 36 months | 10:00 – 10:45 am**

**Session I | Sept. 19 – Oct. 24**

**M \$240, NM \$260**

**Session II | Oct. 31-Dec. 19**

**M \$280, NM \$300**

**No class 11/28**

**Fridays**

**Ages 12 – 24 months | 9:15 – 10:00 am**

**Ages 24 – 36 months | 10:15 – 11:00 am**

**Session I | Sept 20-Oct 25**

**M \$240, NM \$260**

**Session II | Nov. 1- Dec. 20**

**M \$280, NM \$300**

**No class 11/29**

Learn more at

[14StreetY.org/MiniSemester](https://14StreetY.org/MiniSemester)

### NEW! GRADUALLY SEPARATING FRIDAY CLASSES

#### Friday Feature | 9:15 – 11:00 am

In a class, setting your child will explore cooking, science, yoga, mindfulness, storytelling, and more.

#### Friday Reflection | 11:15 am – 1:00 pm

This Friday class, through the Jewish lens of Shabbat, asks us to slow down.

To register email [JShely@14StreetY.org](mailto:JShely@14StreetY.org)



### PARENTING SUPPORT GROUPS

The 14th Street Y is rich with resources for parents of young children. Our discussion groups are open to all parents, regardless of where your child may be enrolled. Topics cover a range of parenting concerns, from fostering empathy and setting limits, to gender identity and work-life balance.

#### PARENTING YOUR PRESCHOOLER

##### 2.9 – 5 years

This discussion group, led by Nancy Weinrib, LMSW, provides participants with an opportunity to talk together about the challenges of raising young children in today's fast-paced world. Topics will focus on the issues most relevant to parents of 2.9 – 5 year olds, and will include helping your child adjust to the new demands of preschool or Pre-K, building peer relationships, fostering empathy and resilience, setting limits effectively, as well as gender identity, death, siblings, nutrition, sleep, cognitive and language development, school readiness, work/life balance, and other parenting concerns. Open to all parents regardless of what program or school your child/children currently attend.

Groups form as needed.

For more information contact **Dana**

**Federbush, Director of Family Programs at**  
[DFederbush@14StreetY.org](mailto:DFederbush@14StreetY.org) or 646-395-4336.

**Tuesdays | 9:15 – 10:45 am**

**Wednesdays | 6:30 – 8:00 pm**

Learn more at

[14StreetY.org/ParentSupportGroup](https://14StreetY.org/ParentSupportGroup)

### CPR WORKSHOP: INFANT/CHILD/ADULT

#### WITH/WITHOUT AED CERTIFICATION

Learn to perform CPR on all ages. We will cover prevention, recognition, and treatment for respiratory and cardiac emergencies (CPR) and choking emergencies for infants (12 months and under) and children/adults (1 year and up). This course is designed for parents/caregivers, personal trainers, teachers, and counselors. Certification and non-certification workshops are offered. Taught by an American Heart Association and EMS Safety Service Instructor.

**4 Mondays | 6:30 – 8:30 pm | 9/16, 10/21, 11/18, and 12/9**

**M \$90, NM \$100 per workshop (per individual)**

For certification, there is an additional \$20 fee when you register.