



14th Street Y
 344 East 14th Street, New York, NY 10003
 (212) 780-0800 www.14StreetY.org

New Parent & Early Childhood Drop - In Classes

WINTER/SPRING 2020 January 6 - June 3, 2020

CHECK CATALOG FOR HOLIDAY CLOSINGS and 14StreetY.org FOR THE MOST UPDATED INFORMATION

Drop-Ins are on-going unless otherwise noted. For further information, please contact the Service Desk at 646-395-4310

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Babymoon Open Hangout 7:30 - 9:00AM Parent & Baby Ages 0-9 months				Messy Play 11:00AM-12:00PM Ages 18-36 months No class 2/21, 4/10, 4/17	Indoor Playground Jan. 8 - March 28 9:30-11:00AM Ages 12 months - 6 years No Class 1/18, 2/15
Messy Play 11:00AM-12:00PM Ages 18-36 months No Class 1/20, 2/17, 4/13, 5/25	Postpartum Pilates with Baby 11:00AM-12:00PM Ages 2-12 months Free for Members				The Dough Project 11:00 - 11:45AM Ages 1 - 3 Years No Class 1/11, 1/18, 2/15, 3/7, 4/11, 5/23
	Downtown Mama's Meet-Up 1:15 - 2:45PM Six Week Session * first series FREE FOR MEMBERS (check website)	Baby & Me Fitness 1:00-1:45PM Ages 6 wks - pre-crawling *Free for Members	Baby & Me Barre 1:00-2:00PM Ages 6 wks - pre-crawling No Class 4/9 *Free for Members	Baby and Me Yoga 12:45-1:45PM Ages 6 wks - pre-crawling *Free For Members	Babymoon Open Hangout 11:00 - 12:30PM Parent & Baby Ages 0 - 9 months No Class 1/18, 2/15
		Babymoon Open Hangout 2:00-3:30PM Parent & Baby Ages 0-9 months No Class 4/8, 4/15	Breastfeeding Support Group 1:30 - 3:30PM 2X per month (check website) \$40 per session		SUNDAY
Indoor Playground 3:30-5:00PM Ages 2 months-3 Years No Class 1/20, 2/17, 4/13, 5/25	Sing Along 3:30-4:15PM Ages 2 months-3 Years No Class 1/21, 2/18, 4/14	Sing Along 3:30-4:15PM Ages 2 months-3 Years No Class 2/19, 4/15	Sing Along 3:30-4:15PM Ages 2 months-3 Years No Class 2/20, 4/9, 4/16	Babymoon Open Hangout 3:30-5:00PM Parent & Baby Ages 0-9 months No Class 4/10	Indoor Playground 9:30-11:00AM and 11:00AM-12:30PM Ages 12 months - 6 years No Class 1/19, 2/16, 4/12, 5/24
	Sing Along 4:30-5:15PM Ages 2 months-3 years No Class 1/21, 2/18, 4/14	Sing Along 4:30-5:15PM Ages 2 months-3 years No Class 2/19, 4/15	Sing Along 4:30-5:15PM Ages 2 months-3 years No Class 2/20, 4/9, 4/16		Sing Along 4:30-5:15PM Ages 2 months-3 years No Class 1/19, 2/16, 4/12, 5/24

Downtown Mama's Meet Up in peach is M \$150, \$180 NM; first series FREE FOR MEMBERS
Baby Moon Open Hangouts in peach are M \$15, 5 class punch card \$60; NM \$25, 5 class punch card \$100
Classes in pink are \$25, 5-class punch card M \$85, NM \$100
Fitness Classes in orange are FREE FOR MEMBERS, NM \$25, 5-class punch card NM \$100
Music Classes in green are \$28, 5-class punch card M\$105, NM \$120
Messy Play Classes in purple are \$37, 5 class punch card M \$160, NM \$175
Playtime in the Gym in blue is FREE FOR MEMBERS, NM \$20/family
The Dough Project in aqua is M \$28, NM \$34, 5 class punch card M \$115, NM \$130

Interested in Personal Training for New Moms? Call Damon Williams at 646-395-4358