



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

**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**