



# INFANT AND TODDLER CLASSES **WINTER 2026**

Starting 1/5 and ending 3/29

## MONDAY

**DEVELOPMENTAL MOVEMENT:  
WALKERS  
9:30 – 10:30 AM**

**DEVELOPMENTAL MOVEMENT:  
PRE CRAWLERS  
10:45 – 11:45 AM**

**OPEN PLAY\*  
11:30 AM – 1:00 PM**

**DEVELOPMENTAL MOVEMENT:  
CRAWLERS  
12:00 – 1:00 PM**

**LOOK WHO'S TALKING  
4:15 – 5:00 PM**

**OPEN PLAY\*  
4:30 – 6:00 PM**

## TUESDAY

**TODDLER SPORTS  
9:15 – 10:00 AM**

**TODDLER AND ME YOGA\*  
10:00 – 10:45 PM**

**NEW PARENT & PRENATAL YOGA\*  
11:00 – 11:45 PM**

**OPEN PLAY\*  
11:30 AM – 1:00 PM**

**MESSY PLAY  
11:30 AM – 12:15 PM**

## WEDNESDAY

**JAPANESE PLAYDAY  
9:30 – 10:15 AM**

**TKIYA MUSIC  
10:30 – 11:15 AM**

**OPEN PLAY\*  
11:30 AM – 1:00 PM**

**NEW PARENT SUPPORT\*  
11:30 AM – 12:30 PM**

## THURSDAY

**BABY AND ME PILATES\*  
10:00 – 10:45 PM**

**BABY PLAYDAY  
11:00 – 11:45 AM**

**OPEN PLAY\*  
11:30 AM – 1:00 PM**

**OPEN PLAY\*  
4:30 – 6:00 PM**

## FRIDAY

**TODDLER PLAY & LEARN  
9:30 AM – 11:00 AM**

**RAMBLIN' DAN  
10:00 – 10:45 AM**

**OPEN PLAY\*  
11:30 AM – 1:00 PM**

**RAMBLIN' DAN  
11:30 AM – 12:15 PM**

**OPEN PLAY\*  
4:30 – 6:00 PM**

## SATURDAY

**TODDLER AND ME YOGA\*  
10:00 – 10:45 AM**

**NEW PARENT & PRENATAL YOGA\*  
11:30 AM – 12:15 PM**

## SUNDAY

**OPEN PLAY\*  
10:00 – 11:30 AM**



**REGISTER HERE**

Classes in blue are included in 14Y Family Memberships. NonMembers can join for a charge.

Trial classes are available.  
Email [JShely@14StreetY.org](mailto:JShely@14StreetY.org)

\*Stroller parking at 14Y is limited. To help keep the space safe and accessible, we ask families with children over age 1 to bring a compact, foldable stroller. If you need accommodations, please email [earlychildhood@14StreetY.org](mailto:earlychildhood@14StreetY.org).

# CLASS DESCRIPTIONS

**Baby and Me Pilates\***: Enjoy Pilates, with your babies as partners!

**Baby Playday**: Our fun-filled sessions provide the perfect environment for your little ones to explore, play, and learn. Recommended for 3 months to 1 year.

**Developmental Movement with Dionne**: From first stretches to first steps, our Developmental Movement series grows with your child—featuring three classes designed for pre-crawlers, crawlers, and early walkers to support every stage of development.

**Japanese Playday**: Join instructor Michiyo Kigawa on a language-filled adventure, fostering curiosity and language skills in a playful setting. Recommended for 3 months to 3 years.

**Look Who's Talking**: Get an early start exposing your child to language through songs, play, and language development techniques with certified speech-language pathologists!

**Messy Play**: Come make art, and don't be afraid to get messy! Recommended for 1 to 3 years.

**New Parent & Prenatal Yoga\***: This is a time for new and expectant parents to focus on balance, emotional support, and wellness.

Winter session runs from January 5 - March 29.  
Check online for start dates and pricing.  
Registration required. Space is limited.

Check online for holiday closures  
and most up to date schedule.

Questions? Email [earlychildhood@14StreetY.org](mailto:earlychildhood@14StreetY.org)

**New Parent Support\***: Designed for new parents to meet up, get support, and build community.

**Open Play\***: Join your 14Y friends for some unstructured play. Recommended for 3 months to 3 years.

**Ramblin' Dan's Freewheelin' Band**: A one-of-a-kind, high energy, and engaging musical experience for your child.

**Tkiya Music**: Join Tkiya for your favorite songs, from BimBam to the Wheels on the Bus, plus puppets, bubbles, and more! Recommended for 3 months to 3 years.

**Toddler and Me Yoga\***: Enjoy yoga and stretching while your toddler has room to play. Recommended for 1 to 3 years.

**Toddler Play and Learn**: This 90-minute class introduces classroom routines and focuses on a different subject each Friday.

**Toddler Sports**: Designed for little ones eager to run, kick, throw, and explore, plus develop coordination and teamwork. Recommended for 1 to 3 years.

Join us for Prelude to Preschool! Our program runs from September to June with rolling admissions.

Email [earlychildhood@14StreetY.org](mailto:earlychildhood@14StreetY.org) to learn more.  
Visit [14StreetY.org/preludetopreschool](http://14StreetY.org/preludetopreschool) for more information.



Summer is not far away! Scan to learn about summer camp offerings, including New Town Day Camp.

**INFANT AND  
TODDLER CENTER**  
at 14Y Preschool