



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*
11:00 – 11:45 AM**

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

*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.

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

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 to learn more.
Visit 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