







# BABY DAY

PRESENTED BY: FIRST 3 YEARS



## 2024 Session Schedule

**9:30 Baby & Me Energize Time** - Kick off your morning with a little strength, cardio, and core training, all while engaging with your baby/toddler! 


**9:30 Storytime** - Discover new worlds when you read together! Storytime strengthens the bond between you and your child - Join in the fun! 

**10:00 Infant Massage** - Gentle touch helps you and your baby build a trusting bond to relax and enjoy each other's company. Come connect by learning infant massage strokes.  

**10:00 Ramp It Up** - Bring your little scientists to explore the wonders of physics. 

**10:30 Baby Sign Language** - Get introduced to the benefits of baby sign language. Learn new ways to communicate with your little love.  

**10:30 Family Flow** - Flow through gentle movements to connect as a family. Learn simple and fun yoga poses. 

**11:00 Made With Love** - Prioritize family nutrition while learning how to make your own baby food. 

**11:00 Fun with Felt** - Discovering new textures can be fun! Create a felt board and practice the art of storytelling. 

**11:30 Potty Party** - Learning to use the potty should be a celebration! Join us to learn more about this developmental process. Potty Seat Raffle included!  

