

Spring 2019



BIRTH-TO-5 GROUPS

Young at HeART (ages 3-5): Calling all artists! Does your child love arts and crafts? This recreation group will help your little one build grip strength, direction following, and grasping and visual-motor coordination skills, while creating a beautiful piece of artwork. Multimedia art projects will be created based on weekly themes. Your child will build confidence and friendships, while developing a variety of skills they will need when entering school.

Monday: 10:00-11:00am

Baby Badgers (ages birth-3): Your baby changes a little each day as they grow and explore their world. As a parent, it can be tough to keep up with your baby as they are busy mastering new motor, communication, and cognitive skills. Baby Badgers is an opportunity to explore and strengthen developmental milestones, while bonding with your baby and connecting with other local parents. Our CI therapists will give parents a crash course on tips for daily activities and routines that can foster healthy development and wellness in your baby.

Wednesday: 9:00-10:00am

Yogi Youngsters (ages 3-5): Does your little yogi love to move their body? Help improve their body awareness, coordination, motor skills, and flexibility through fun and structured movement activities that incorporate the tenants of yoga practice. Your child will gain confidence, and learn to become more in tune with their body and mind through affirmations, breathing techniques, and calming and regulation strategies.

Thursday: 2:00-3:00pm

GROUPS OFFERED AT CI HATCHERY HILL: 2990 CAHILL MAIN, SUITE 204

FOR PRICING AND REGISTRATION, CALL (608) 819-6394 | CITHERAPIES.COM

