



**NYS programs for the little ones!**  
**Please spread the word and**  
**Sign up today!**

### **Preschool Drop In Art**

Come and do a simple art project twice a month with NYS. Explore textures, mediums, colors and more! Great time to connect with other parents as well!

\*\*\*No registration required

*Instructor: NYS Staff*

*Location: NBPT Rec Center*

Ages 3-5 with adult

Space is limited to 15 weekly

Wednesdays, Oct 5-March 22 (only the 1st and 3rd weeks each month), 9:15-10am

FREE

### **MUSIC Rocks**

Miss Claudia will be having a 1 hour session of music fun, come explore the music experience & make some noise together

Ages 0-8

Tuesdays, Starting Sept 6 (skip Nov 8 and school vacation weeks)

9am-10am

NBPT Rec Center

FREE! Offered by Community Action Inc.

### **Pre-School Open Gym**

Run, jump, skip, roll. Our gymnasium is open for free play! Meet your friends here or make new friends just goofing around. We provide balls, mats and a few other goodies. Adults must stay with children the whole time.

Ages 2-5 with adult

Tues and Wed, Oct 4-March 29

(skip Nov 8, 23, Dec 27, 28, Feb 21, 22),

10-11:30am

**FREE!**

### **Toddler Time Gym Hour**

Back this year... Learning to walk and run is hard work! This gym time is just for 1 and 2 year olds with out the big kids around! We provide balls and mats and a few small structures. Feel free to bring your favorite scooter or walking toy! Adults must stay with children the whole time.

Ages 1 and 2 with adult

Fridays, Oct 7-March 31

(skip Nov 11, 25, Dec 23, 30, Jan 13, Feb 24),

10-11:30am

**FREE!**

### **Dad's Saturday AM Drop In**

Come and meet other dads and kids! Dads, granddads, uncles and caregivers are invited to drop in and hang out with their little ones. Meet some new friends, bring the kids in pjs if you want! We even have coffee and tea.

Earn some points at home (aka let mom sleep in).

*Location: NBPT Rec Center*

*(preschool and programming room)*

For infants, toddlers and siblings (under 6)

Saturdays (1st and 3rd of each month)

October 1- December 7

January 7- March 18 (skip Feb 18)

8:30-10:30am

**Free!**

**There's more...**

Register online at [www.newburyportyouthservices.com](http://www.newburyportyouthservices.com) or call us at 978-465-4434 for more information.

## Micro Athletics

Each class your Knucklebones' Coach will explore the fundamentals of athletics: from basketball, football, gymnastics and hockey, to soccer, t-ball and tennis. We will also teach skills such as yoga positions, how to throw a Frisbee and how to ride a balance bicycle. The entire program will be supported using a plethora of unique equipment by the most admired manufacturers and through a variety of contemporary, cultural, nature-based and traditional games. All activities focus on fundamentals, motor development, physical fitness, & fun! Sneakers are required.

*Instructor: Knucklebones*

*Location: NBPT Rec Center Gym*

Session 1 Ages 2-5 with adult  
Mondays, Oct 17-Nov 14, 10-11am

Session 2 Ages 2-5 with adult  
Thursdays, Feb 2-March 9 (no Feb 23), 10-11am  
Res: \$72/Non Res: \$82

## Indoor Tennis

An amazing opportunity for some one-on-one tennis instruction for your child. Can't hit that serve? Back hand getting you? Want to master the drop shot? Take advantage of this wonderful opportunity for specialized coaching. Perfect for players of all levels.

*Instructor: NYS Staff*

*Location: NBPT Rec Center Gym*

Ages 4-6 with adult  
Saturdays, Oct 8-29, 9-10am  
Res:\$52/Non Res: \$62

## Micro Gymnastics

Knucklebones' Gymnastics offers a unique twist for your beginning gymnast. Using age appropriate equipment and fun techniques, your child will gain creative and rhythmic movement, flexibility, fundamental gymnastics and gross motor skills. Exploring various apparatus including beam, high bar, rings, mats, mat shapes (cylinder, wedges, humps, etc), spring board, and trampolines along with unique products such as Gonge balance sets, polyspots, and Action, your child will progress with introductory skills while having fun!

*Instructor: Knucklebones*

*Location: NBPT Rec Center Gym*

Session 1 Ages 2/3 with adult  
Thursdays, Oct 13-Nov 10, 9:30-10:15am

Session 2 Ages 4/5 with adult  
Thursdays, Oct 13-Nov 10, 10:30-11:15am  
Res: \$72/Non Res: \$82

## Micro Basketball

This clinic focuses on the basic fundamentals beginning with dribbling, shooting, passing and catching as well as defense. Using age appropriate equipment the class will enable your child to learn at their own pace while having a blast! Each class will be structured with stretching, learning a skill, rule of the day, skill game and finally a fun filled game for all to enjoy. Sneakers are required.

*Instructor: Knucklebones*

*Location: NBPT Rec Center Gym*

Ages 2-5 with adult  
Mondays, Feb 27-March 27, 10-11am  
Res: \$72/Non Res: \$82

Looking for help with behavior issues? Let us help! Based on the 1-2-3 Magic strategy, we will help you out!

Check out: Positive Parenting 101 (for parents of 2-5 years old )  
Tuesday, Nov 29th; 6-7:30pm  
on Page 21 in our brochure- available online.

Register online at [www.newburyportyouthservices.com](http://www.newburyportyouthservices.com) or call us at 978-465-4434 for more information.