

# Welcome

to our program and event information!

We are very excited for you to see what we have to offer you and your family.

There is a lot of information here for you.

Please scroll down through ALL the pages to see ALL our



## Summer Programs

### Including:

- ★ New Mother's Group
- ★ Parent-Child programs
  - My Baby & Me
  - Fun for Wee Ones
  - Stay & Play
- ★ Separation with Ease
- ★ Preschool programs for 2's, 3's, 4's
- ★ Specialty programs for preschoolers: winter, spring and summer schedules
  - Kindergarten Enrichment
  - Enrichment for 3's
  - Little Artists
  - Little Book Lovers
  - Little Bugs and other creepy, crawly fun
  - Little Builders
  - Little Chefs
  - Little Gardeners
- Little Scientists
- Little World Travelers
- ★ Summer Camp for 2's & 3's
- ★ Infant and Child CPR classes
- ★ Fit4mom classes
  - Stroller Strides
  - Body Back
  - Fit4Baby (coming soon)
- ★ Tot Music
- ★ Summer Open House-Meet & Greet
- ★ Pregnant? We have classes for you :)
  - Pregnancy Basics
  - Childbirth Education
  - Breastfeeding A to Z
  - Baby Care Basics
  - Call for our booklet 631-360-2880



# FIT4MOM<sup>®</sup>

## Western Suffolk

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FIT4MOM is the nation's leading prenatal and postnatal fitness program, providing fitness classes and a network of moms to support every stage of motherhood.

From pregnancy, through postpartum and beyond, our fitness and wellness programs help make moms strong in body, mind, and spirit.



*Sign up on our website for your  
**FREE class today !***

suffolkcountywest.fit4mom.com or call 631-360-2880

**Stroller Strides** for moms & babies

**Body Back** high intensity interval training for moms at  
any stage of motherhood

**FIT4BABY** prenatal exercise for moms-to-be

**Strength in Motherhood**

CFA, Inc. & Fit4Mom





# SUMMER PARENT ~ CHILD FUN 2019

Click  
anywhere on the  
page for our  
registration form :)

CFA, Inc. New Mother's Group, Parent-Child and Separation with Ease programs **REVISED June 6, 2019**

## Please note:

### Reasonable prices!

- \* 5% discount if *paid in full* for **Summer programs - by June 14**, For programs listed on this page.
- \* **10% discount** for siblings participating in the same or a different program. Siblings over 6 months of age cannot be in the classroom. Please make other arrangements for sibling care.
- \* Sign up a friend who participates in our **"Care to Share"** program and you receive \$10 off your program.
- \* **All these programs** take place at 359 Route 111, Smithtown in the Main Office, the one with the bright green door.
- \* **Payments for our parent-child and separation programs** are due upon registration. Cancellation before the first class is subject to a \$50 non-refundable and non-transferable fee.
- \* **Payments** are non-refundable after the first meeting.
- \* **Sorry**, no makeups during the summer :(
- \* **There is a \$20.00 fee** for returned checks.
- \* **For program descriptions** and other information please visit our website at

**www.familycfa.com**

**Register online**

or call

**631-360-2880**

or email us at

**familycfa@aol.com**



## New Mother's Group

Birth - 3 months of age  
1.5 hour program.  
6 meetings  
The 6th meeting is  
determined by the group.

Day	Time: 1:30-3pm	Cost
Tue.	July 16, 23, 30, Aug. 6 & 13	\$100

*Only \$75 if you have done a prenatal program through CFA.*

## My Baby and Me

3 - 6 months of age. One hour program.

Day	Dates - Sorry, no makeup during the summer :(	Time	Cost
Tue.	8 meetings - July 2, 9, 16, 23, 30, Aug. 6, 13 & 20	12:15 - 1:15 pm	\$136
Thu.	7 meetings - July 11, 18, 25, Aug. 1, 8, 15 & 22	12:45 - 1:45 pm	\$119

## Fun for Wee Ones

6 -12 months of age. One hour program.

Day	Dates - Sorry, no makeup during the summer :(	Time	Cost
Mon.	8 meetings - July 1, 8, 15, 22, 29, Aug. 5, 12 & 19	12:15 - 1:15 pm	\$136

## Stay & Play

Ages 1 & 2 years. One hour program.

Day	Dates - Sorry, no makeup during the summer :(	Time	Cost
Tue.	8 meetings - July 2, 9, 16, 23, 30, Aug. 6, 13 & 20	9:30 - 10:30 am	\$200
Thu.	7 meetings - July 11, 18, 25, Aug. 1, 8, 15 & 22	11:15 - 12:15 pm	\$175

## Separation with Ease

2 yrs of age & up. One hour program.  
A separation class to ease your child into  
a preschool setting.

Day	Dates - Sorry, no makeup during the summer :(	Time	Cost
Mon.	8 meetings - July 1, 8, 15, 22, 29, Aug. 5, 12 & 19	9:30 - 10:30 am	\$200
Mon.	8 meetings - July 1, 8, 15, 22, 29, Aug. 5, 12 & 19	10:45 - 11:45 am	\$200
Tue.	8 meetings - July 2, 9, 16, 23, 30, Aug. 6, 13 & 20	10:45 - 11:45 am	\$200
Thu.	7 meetings - July 11, 18, 25, Aug. 1, 8, 15 & 22	10 - 11 am	\$175

# 2019 SUMMER CAMP for 2's & 3's!

**Must be 2 or 3 by December 1.**

**Discounts:** 1 or 2 sessions - full cost,  
3 sessions - 10% off total,  
All 4 sessions - 15% off the total cost

**All classes will take place in the Main Office.**

Click  
anywhere on  
the page  
for our  
registration  
form :)



Session	Dates Mon & Wed & Fri	Time	Theme	Cost
Session 1	July 1, 3, 8, 10, 12	9:15 - 11:45 am	Party in the USA!	\$185
Session 2	July 15, 17, 19, 22, 24, 26	9:15 - 11:45 am	The Circus is in Town	\$225
Session 3	July 29, 31, Aug. 2, 5, 7 & 9	9:15 - 11:45 am	Princesses & Knights	\$225
Session 4	Aug. 12, 14, 16, 19, 21, 23	9:15 - 11:45 am	Barnyard Palooza	\$225



## **BIG** Ages 4, 5 & 6 Programs for LITTLE Ones

- ★ Register for 3 classes and save 10%
- ★ Register for 4 classes and save 15%
- ★ Register for 5 or more classes, save 20%
- ★ Payment plans available. Ask for details.
- ★ Sorry, there are NO makeup classes or refunds for days not attended :(



# BIG Summer 2019 Programs for LITTLE Ones

Ages  
4, 5 & 6

Click  
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registration  
form :)

## Summer Kindergarten Enrichment

### A 3 hour drop off program for children entering Kindergarten in Sept. '19.

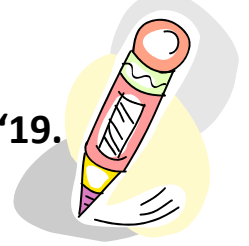
We offer a very special program for those children heading off to Kindergarten in September. Our wonderful teachers enhance your child's education and kindergarten readiness through review and practice. Using special handwriting programs, the children will practice their handwriting, review their letters, numbers and colors, work on our sight reading program and phonics skills. In addition to academics, your children will also participate in camp activities including outdoor play. We will be sure to balance school work with summer fun!

**Day:** Tuesdays and/or Thursdays

**Dates:** Tuesdays, 8 meetings - July 2, 9, 16, 23, 30, Aug. 6, 13,  
Thursdays, 7 meetings - July 11, 18, 25, Aug. 1, 8, 15, 22  
No makeup classes

**Time:** 9 - 12 pm

**Cost:** Tuesdays, \$295 *plus \$10 material fee*  
Thursdays, \$260 *plus \$10 material fee*  
Both days - 15 classes - ONLY \$525



## Summer Enrichment for 3's

### For children starting a 4 year old program in September '19.

#### 3 hour drop off program.

During this program your child will further enhance their education through review and practice of their letters, numbers and colors and work on their phonics skills. In addition to academics, our terrific teachers will also have your children participate in camp activities including outdoor play. We will be sure to balance school work with summer fun!



**Day:** Wednesdays

**Dates:** July 3, 10, 17, 24, 31, Aug. 7, 14, 21  
8 meetings - no makeup classes

**Time:** 9am-12noon

**Cost:** \$295 *plus \$10 material fee*

## Summer Little Artists

### Ages 4-6, drop off program. Must be 4 by Dec. 1.

This is a very special program designed specifically for the inquiring minds of preschoolers. For children, art is a gateway to their imaginations. Where we see circles, squiggly lines and dots, they see images and stories. Our program will help their imagination come to life and express their natural creative ability! Your child will have the opportunity to develop their fine motor skills while discovering colors and shapes using various artistic media. Each week a famous artist will be highlighted and the children will create their own interpretation of the famous artist's work. Be sure to provide some wall space at home for their finished products!

**Day:** Wednesdays

**Dates:** July 3, 10, 17, 24, 31, Aug. 7, 14, 21  
8 meetings - no makeup classes

**Time:** 9 - 12 pm **OR** 12:30-3:30 pm

**Cost:** \$295 *plus \$10 material fee*

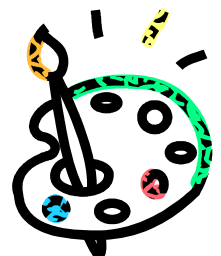
**OR**

**Day:** Thursdays

**Dates:** July 11, 18, 25, Aug. 1, 8, 15, 22  
7 meetings - no makeup classes

**Time:** 9 - 12 pm

**Cost:** \$260 *plus \$10 material fee*



## Summer Little Builders



**Ages 4-6, drop off program.**

**Must be 4 by December 1.**

Girls and boys, welcome to the construction zone! Get ready to build and build and build! Learn about the many tools and equipment that are used everyday to build tall buildings, houses, boats, etc. Our young students will put together their own tool kits, learn what it means to be a construction worker and learn about other community helpers. They will explore 2D and 3D shapes, they will design, measure and construct their own creations. They will sing songs, read books, learn and play while having tons of fun building!

**Day:** Tuesdays

**Dates:** July 2, 9, 16, 23, 30, Aug. 6, 13, 20

8 meetings - no makeup classes

**Time:** 9 - 12 pm

**Cost:** \$295 plus \$10 material fee

## Summer Little World Travelers

**NEW!**

**Ages 4-6, drop off program.**

**Must be 4 by December 1.**



Hmm, imagine a fabulous vacation! Maybe an African safari, a trip down the Amazon, a luau in Hawaii, climbing Mt. Everest, walking among the pyramids in Egypt. Ahh, sounds like fun, right? This wonderful class will take your child around the world, learning about famous landmarks and

natural wonders through creative play, crafts and of course, their imagination! Your child will make travel maps, photo scrap books and create their own souvenirs. They will grab their travel tickets and off they go. What a great way to learn about the world!

**Day:** Thursdays

**Dates:** July 11, 18, 25, Aug. 1, 8, 15, 22

7 meetings - no makeup classes

**Time:** 12:30-3:30 pm

**Cost:** \$260 plus \$10 material fee

## Summer Little Bugs

Click  
anywhere on the  
page for our  
registration form :)

*and other creepy, crawly fun*

**NEW!**

**Ages 4-6, drop off program.**

**Must be 4 by December 1.**

You'd have to admit that bugs are just plain fascinating for most kids! Send your curious child to CFA this summer and they will learn all about bees, ladybugs, roly-polies, ants, butterflies and so many more cute and kinda creepy creatures. Your child will learn about the characteristics of insects and spiders. They will also learn about the parts of an insect, insect life cycles, habitats, food and more. Let your child explore the world of bugs as we sing about them, move like them, and possibly even hold them!

**Day:** Wednesdays

**Dates:** July 3, 10, 17, 24, 31, Aug. 7, 14, 21

8 meetings - no makeup classes

**Time:** 12:30-3:30 pm

**Cost:** \$295 plus \$10 material fee



## Summer Little Book Lovers

**NEW!**

**Ages 4-6, drop off program.**

**Must be 4 by December 1.**



Did you know that reading to children is important and vital to their development? Lucky for us, a preschooler's curiosity and imagination make this the perfect age to lay a solid foundation for literacy skills. Each week the children will study an author or theme through books. They will bring the stories to life with a blend of interactive lessons and making connections using games. science, song, art, culinary and hands on experiences. Watch in awe as their vocabulary and reading skills continue to develop. In the words of Margaret Fuller, American author and educator, "Today a reader, tomorrow a leader." Come join us! Read, explore, discover!

**Day:** Tuesdays

**Dates:** July 2, 9, 16, 23, 30, Aug. 6, 13, 20

8 meetings - no makeup classes

**Time:** 12:30-3:30 pm

**Cost:** \$295 plus \$10 material fee

# BIG Summer 2019 Programs for LITTLE Ones

Ages  
4, 5 & 6

Click  
anywhere on the  
page for our  
registration form :)

## Summer Little Scientists

**Ages 4-6, drop off program.**

**Must be 4 by December 1.**

BLAST OFF into fun and learning! This program was designed to pique an interest of science in curious little minds and to tap into the scientist in each and every one of us. Children will enjoy hands-on activities like pouring, measuring and mixing while learning the processes of prediction, observation, classification, and other important skills; all while having fun! Each week will bring a new science adventure that will have your child excited to be a part of this great program!

**Day:** Mondays

**Dates:** July 1, 8, 15, 22, 29, Aug. 5, 12, 19  
8 meetings - no makeup classes

**Time:** 9 - 12 pm

**Cost:** \$295 plus \$10 material fee

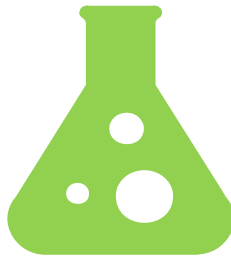
**OR**

**Day:** Tuesdays

**Dates:** July 2, 9, 16, 23, 30, Aug. 6, 13, 20  
8 meetings - no makeup classes

**Time:** 12:30 - 3:30 pm

**Cost:** \$295 plus \$10 material fee



## Summer Little Chefs

**Ages 4-6, drop off program.**

**Must be 4 by December 1.**

Do you see a little "Master Chef" emerging in your child? Would you like to? We can help unleash the cooking beast! This new curriculum is stuffed with healthy FUN and good nutrition lessons. Your child will have a great time learning about the rules of the kitchen, safety and how to mix a variety of ingredients to create some delicious and unusual treats. There will be many different foods used so please alert us to any food allergies and/or restrictions.

**Day:** Tuesdays or Thursdays

**Dates:** July 2, 9, 16, 23, 30, Aug. 6, 13, 20  
8 meetings - no makeup classes

**Time:** 12:30 - 3:30 pm

**Cost:** \$295 plus \$10 material fee

**OR**

**Day:** Fridays

**Dates:** July 12, 19, 26, Aug. 2, 9, 16, 23  
7 meetings - no makeup classes

**Time:** 9 - 12 pm

**Cost:** \$260 plus \$10 material fee



Join us weekdays  
& weekends for

- Stroller Strides
- Stroller Barre
- Body Back
- Fit4Baby

at CFA and other locations.

Contact: MaryKahrs@fit4mom.com



Weeknights &  
Saturdays at  
CFA  
Contact:  
Monica  
Moyers at  
info@  
totmusic.net

# 'Til Help Arrives - 2019

Click  
anywhere on  
the page  
for our  
registration  
form :)

## Would You Know What To Do?

Find out at our Infant/Child Safety and CPR Workshop.

This program teaches parents and individuals how to care for an infant or child that stops breathing, is choking or becomes seriously ill or injured. Learn basic life saving skills, safety tips and CPR.

Choose one:

Mar. 3 (Sun), May 5 (Sun), July 13 (Sat), Sept. 8 (Sun), Nov. 2 (Sat)

Time: 1:30 - 4:30 pm

Cost: \$50 per person for new clients

\$45 per person for existing clients



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## ***Pregnancy Basics 2019***

One, 1.5 hour meeting for parents-to-be

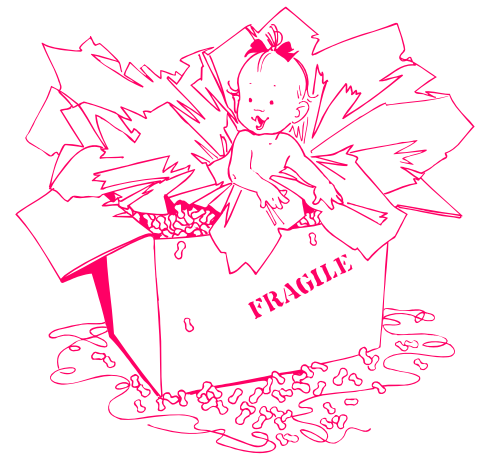
A **FREE** all about pregnancy class!

This FREE class is taken as early in pregnancy as possible. The first trimester is preferred but parents-to-be can participate at ANY TIME during their pregnancy.

The "Pregnancy Basics" class is a "How To" class. Its purpose is to help parents-to-be feel more confident and educated as they move through the weeks of pregnancy feeling healthy, better organized and prepared.

This information packed overview covers your baby's growth and development, anatomy & physiology, labor & delivery, breastfeeding, hospital policies and procedures.

This program is provided not only at CFA but also many Ob/Gyn practices. Ask your physician or midwife if this important class is available in their office, if not register and participate in this class at CFA.



**Dates:** Tuesday evening

Choose **2019**

one Feb. 12, Mar. 12, Apr. 9,  
May 14, June 11, July 9,  
Aug. 13, Sept. 10, Oct. 15,  
Nov. 12 & Dec. 10

**Time:** 6:30 - 8pm

**Cost:** NO Charge



# ***Wait! There's more!***

## ***♦ Complete Childbirth Education***

***Including Lamaze***

- 3 evenings or
- 1 day

## ***♦ Breastfeeding A to Z***

## ***♦ Baby Care Basics***

***Click [HERE](#) to visit our Website's Programs Page to find out more about these classes.***

***Please scroll down to the Parents-to-be section.***

Click  
anywhere on the page  
to get to our  
Parent-to-be programs :)

