



The Center for New & Expectant Parents

February 2012

Walnut Creek

1403 N. Main Street, Walnut Creek, CA 94596

To register for classes, please call (925) 933-3291 or email: wcclasses@dayonecenter.com
Calendar subject to change. Please check website for updates: www.DayOneCenter.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prenatal Classes Infant & Child CPR Workshops New Parent Groups – Drop In			1 Mom and Baby Yoga 11:00 – 12:15p Mom & Baby Fitness 4:00-5:00p Prenatal Yoga 6:15 – 7:45p	2 NPG: 3- 6 months 11:00 – 12:00p Breastfeeding Group 12:30-1:30p Adjusting to Parenting 0-12 months 2:30-3:30p Musical Play 6-12 months only 4:00 – 4:45p Meet The Doula Night 7:00-8:30p	3 NPG: 6-12 months 11:00 – 12:00p New Series Starts! Rhythm Babies Musical Series 6-12 month old 1:30– 2:30p NEW AGE! Rhythm Babies Musical Series 13-18 month old 3:00-4:00p	4 Prenatal Yoga 9:00 – 10:30am
5	6 Story Time 9 – 24 months 10:00-10:30a Mom & Baby Fitness 11:00 – 12:00pm NPG: 0-3 months 12:30 – 1:30p Musical Play 4:15 – 5p All About Pumping 2:15-3:45pm	7 Itsy Bitsy Yoga 0 months - precrawl 10:15 – 11am Adjusting to Parenting 0-12 months 11:30-12:30pm Musical Play 1:00 – 1:45p Newborn Care 6:00-9:30p	8 Mom and Baby Yoga 11:00 – 12:15p Mom & Baby Fitness LAST AFTERNOON CLASS! 4:00-5:00p Prenatal Yoga 6:15 – 7:45p Establishing Good Sleep Habits for the 0-3 month old 1:00 – 3:00p	9 NPG: 3- 6 months 11:00 – 12:00p Breastfeeding Group 12:30-1:30p Adjusting to Parenting 0-12 months 2:30-3:30p Musical Play 6-12 months only 4:00 – 4:45p	10 NPG: 6-12 months 11:00 – 12:00p Rhythm Babies Musical Series 6-12 month old 1:00– 2:00p NEW AGE! Rhythm Babies Musical Series 13-18 month old 3:00-4:00p	11 Prenatal Yoga 9:00 – 10:30am Infant Massage 11:00-12:30pm
Infant and Child CPR 11:30-2:30p JUST ADDED! Infant and Child CPR 3:00-6:00p	12 Story Time 9 – 24 months 10:00-10:30a Mom & Baby Fitness 11:00 – 12:00pm NPG: 0-3 months 12:30 – 1:30p Musical Play 4:15 – 5p	13 Itsy Bitsy Yoga 0 months - precrawl 10:15 – 11am Adjusting to Parenting 0-12 months 11:30-12:30pm Musical Play 1:00 – 1:45p	14 Mom and Baby Yoga 11:00 – 12:15p NEW! Childproofing 1:30-3p Prenatal Yoga 6:15 – 7:45p	15 NPG: 3- 6 months 11:00 – 12:00p Breastfeeding Group 12:30-1:30p Adjusting to Parenting 0-12 months 2:30-3:30p Musical Play 6-12 months only 4:00 – 4:45p Children's Paw Prints 10:30 – 2:30p Pediatric Emergencies 6:30-8p	16 NPG: 6-12 months 11:00 – 12:00p Rhythm Babies Musical Series 6-12 month old 1:00– 2:00p NEW AGE! Rhythm Babies Musical Series 13-18 month old 3:00-4:00p	17 Prenatal Yoga 9:00 – 10:30am Breastfeeding 2:30 – 4:00p
JUST ADDED! Gearing Up For Baby 1:30 – 3:30p	18 Story Time 9 – 24 months 10:00-10:30a Mom & Baby Fitness 11:00 – 12:00pm NPG: 0-3 months 12:30 – 1:30p Musical Play 4:15 – 5p	19 Itsy Bitsy Yoga 0 months - precrawl 10:15 – 11am Adjusting to Parenting 0-12 months 11:30-12:30pm Musical Play 1:00 – 1:45p Wills, Trust & Life Insurance 6:00-8:00pm	20 Mom and Baby Yoga 11:00 – 12:15p Introducing Solids 1:30-3:00p Prenatal Yoga 6:15 – 7:45p	21 NPG: 3- 6 months 11:00 – 12:00p Breastfeeding Group 12:30-1:30p Adjusting to Parenting 0-12 months 2:30-3:30p Musical Play 6-12 months only 4:00 – 4:45p	22 Member Appreciation Day NPG: 6-12 months 11:00 – 12:00p Rhythm Babies Musical Series 6-12 month old 1:00– 2:00p NEW AGE! Rhythm Babies Musical Series 13-18 month old 3:00-4:00p	23 Member Appreciation Day Prenatal Yoga 9:00 – 10:30am Baby Wearing 11:00 – 12:30p Signing With Your Baby 2:00-3:30pm
24 Member Appreciation Day Childbirth Prep 9:00 – 5:00p	25 Member Appreciation Day Story Time 9 – 24 months 10:00-10:30a Mom & Baby Fitness 11:00 – 12:00pm NPG: 0-3 months 12:30 – 1:30p Musical Play 4:15 – 5p	26 Itsy Bitsy Yoga 0 months - precrawl 10:15 – 11am Adjusting to Parenting 0-12 months 11:30-12:30pm Musical Play 1:00 – 1:45p	27 Mom and Baby Yoga 11:00 – 12:15p Prenatal Yoga 6:15 – 7:45p			