

# Parks and Rec Spare Time Fun!

## Cosumnes CSD Leisure Enrichment



### Leisure Enrichment Newsletter • February 2011



## REGISTRATION

Phone, Fax, Mail and Walk-In Registration

**Parks and Recreation Administration Building**  
8820 Elk Grove Blvd, Ste 3  
Elk Grove, CA 95624  
Phone: (916) 405-5300  
Fax: (916) 686-6942

**Wackford Community and Aquatic Complex**  
9014 Bruceville Road  
Elk Grove, CA 95758  
Phone: (916) 405-5600  
Fax: (916) 405-5659

**Laguna Town Hall**  
3020 Renwick Avenue  
Elk Grove, CA 95758  
Phone: (916) 684-7550  
Fax: (916) 684-7551

Online Registration



**CSD Buildings Closed**

**Monday February 14<sup>th</sup>**  
Lincoln's Birthday

**Monday February 21<sup>st</sup>**  
Washington's Birthday



## Baby Signs® Our Rainbow World

A child's world is full of colors! Join us for this 45 minute class which teaches fun activities and games to help children explore the colors in the world around them. Learn ASL color signs and how colors help build a foundation for future learning.

*For children ages 2 to 5 years.*

Instructor: Shaun Roney

**Wackford Complex, Blue Heron Room**  
# 33623 Saturday 2/19

**\$10**

9:00-9:45 am

## Mommy and Baby Yoga Workshop

This workshop creates a playful atmosphere for parent and baby to relate with choreographed play and interaction. It will aide new parents to regain strength, flexibility, and reduce stress while enhancing infant motor development and provide an opportunity for structured bonding in a natural and supportive environment. Please bring a blanket for your baby.

Instructor: My Yoga Room staff  
**My Yoga Room, 8737 Elk Grove Blvd.**

**\$50**

# 32612 Sunday 2/20-3/20 10:45-12:00 pm



## Me and My Shadow

A parent participation class with emphasis on 'bubbly fun'. Activities include exercise and dancing to music, along with colorful hoops, scarves, balls and props. Comfortable clothing recommended.

*For children ages 2 to 3 years.*

Instructor: Encore! Studio staff

**Encore! Studio, 9677 East Stockton Blvd.**

**\$57**

# 32972 Monday 2/28-4/4 9:15-9:45 am

**Wackford Complex, Poppy Room B**

**\$57**

# 32963 Monday 2/28-4/4 6:00-6:30 pm

**Elk Grove Rec. Center, Room 10**

**\$57**

# 32968 Saturday 2/26-4/2 11:00-11:30 am

## Successful Breastfeeding Workshop

Breastfeeding is nature's first connection of mother and child after childbirth, but it doesn't always begin perfectly. Get all the information you need to make it a natural success from the beginning and learn how to overcome the most common problems. Optional supply packet.

Instructor: Janet Carroll, RN, CLC

**Wackford Complex, Preschool Room**

**\$40**

# 32541 Wednesday 2/9 6:30-9:00pm

