

# Bright Horizons at Naperville

## Complimentary Enrichment Events

Join us for our complimentary enrichment events! Parents must remain at the center while their child participates in the class. Reservations suggested, but not required. All classes are open to the public.

To reserve a space, email [Naperville@brighthorizons.com](mailto:Naperville@brighthorizons.com) or call 630-955-5930.



### Healthy Cooking for Kids (2 – 5 years)

Mondays from 3:30 – 4:30 p.m. (March 2, March 9, March 16, March 23, March 30)

- The children will learn science, math, health, and nutrition as they participate in a hands-on cooking project.

### Fine Arts (3 – 5 years)

Tuesdays from 10:00 – 11:00 a.m. (March 3, March 10, March 17, March 24, March 31)

- Children will learn to appreciate the works of many great artists, such as Picasso and Pollock. They will experience different art materials and mediums.

### Infant Massage and Bonding (6 weeks – 15 months)

Tuesdays from 12:00 – 1:00 p.m. (March 3, March 10, March 17, March 24, March 31)

- Infant massage helps parents bond with their babies while improving health, sleep patterns, and reducing colic.

### Yoga (all ages)

Wednesdays from 10:00 – 11:00 a.m. (March 4, March 11, March 18, March 25)

- In our children's yoga classes, children will learn to stretch their bodies in new creative ways. Through yoga poses, games, and activities, we promote strength, flexibility, coordination, and body awareness.

### STEAM Class (3 – 5 years)

Thursdays from 10:00 – 11:00 a.m. (March 5, March 12, March 19, March 26)

- The children will engage in projects that integrate science, technology, engineering, art and math. STEAM projects help the children to hypothesize, test their hypothesis, problem solve, and develop critical thinking skills

### Parent Lunch and Learns (adult-only, RSVP required)

Thursdays from 12:00 – 1:00 p.m. with a light lunch served

- March 5 - Keys and Tips for Assessing Quality Child Care
- March 12 - Infants and Toddlers...The Go-Go
- March 19 - Tips for Potty Training
- March 26 - Sensitive Things About School (geared towards parents of preschoolers)

### BRIGHT HORIZONS AT NAPERVILLE

550 East Diehl Road, Naperville, IL 60563

630-955-5930

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