



# Late Fall - Winter Fun 21-22

CFA, Inc. New Mother's Group & Parent-Child Groups- December 21 - January 22

**Please note:**

- \* 5% discount if *paid in full* by **Friday, Nov. 12, for parent-child programs** listed on this page.
- \* **10% discount** for siblings participating in the same or a different program. Non-registered siblings over 6 months of age cannot be in the classroom. Please make other arrangements for sibling care.
- \* Sign up a friend using our "Care to Share" program and you will receive \$10 off your next program when your friend registers.
- \* **All these programs** take place at 60 East Main Street, Kings Park unless otherwise noted.
- \* **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.
- \* One **Makeup** class is provided at the end of the session.
- \* **There is a \$20.00 fee** for returned checks.
- \* **For program descriptions** and other information please visit our website at

[www.familycfa.com](http://www.familycfa.com)  
or call/text

**(631) 360-2880**

Follow us:

Facebook: FamilyCFA

Instagram: @familycfa

## New Mother's Group

Day	Time: 2 - 3:30pm	Cost
Tue.	Nov. 2, 9, 16, 23 & 30 <i>OR</i> Jan. 11, 18, 25, Feb. 1, 8	\$75

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

## My Baby & Me

Day	# of meetings	Time	Cost
Tues.	7 & 1 Makeup	11:45am - 12:45pm	\$190
Thu.	7 & 1 Makeup	12:30-1:30pm	\$190

3 - 6 months of age  
One hour program

## Fun for Wee Ones

	# of meetings	Time	Cost
Mon.	7 & 1 Makeup	11am - 12pm	\$190
Fri.	6 & 1 Makeup	11:30 - 12:30pm	\$165

6 - 12 months of age  
One hour program

## Stay & Play

	# of meetings	Time	Cost
Mon.	7 & 1 Makeup	9:45-10:45am	\$190
Tues.	7 & 1 Makeup	9:45-10:45am	\$190
Wed.	7 & 1 Makeup	10 - 11am	\$190
Thu.	7 & 1 Makeup	9:45-10:45am	\$190
Thu.	7 & 1 Makeup	11:15am-12:15pm	\$190
Fri.	6 & 1 Makeup	10:15 - 11:15am	\$165

Ages 1 & 2 years  
One hour program

Turn the page  
for  
**Saturday  
Family Fun  
Day**

And, remember  
Wednesdays are  
Tot Music Day at CFA  
Visit

[www.Totmusic.net](http://www.Totmusic.net)  
for details

Separation Programs  
will return in the spring.

## Exact Class Dates

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 Meetings Nov. 29, Dec. 6, 13, 20, Jan. 3, 10, 24 1 makeup: Jan. 31	7 Meetings Nov. 30, Dec. 7, 14, 21, Jan. 4, 11, 18 1 makeup: Jan. 25	7 Meetings Dec. 1, 8, 15, 22, Jan. 5, 12, 19 1 makeup: Jan. 26	7 Meetings Dec. 2, 9, 16, 23, Jan. 6, 13, 20 1 makeup: Jan. 27	6 Meetings Dec. 3, 10, 17, Jan. 7, 14, 21 1 makeup: Jan. 28	Dec. 18 and/or Jan. 29 and/or Feb. 19

# Saturday Family Fun Day

All age  
1.25 hour program

3 meetings	Time	Cost
1x/month <b>Dec. 18</b> and/or <b>Jan. 29</b> and/or <b>Feb. 19</b>	9:30-10:45am	\$30/day or \$80 for all 3 dates

Coming back in the New Year

## Little Artists

with Miss Maria D.

Ages 4-5, drop off program.  
Must be 4 by Dec. 1.



Drums Alive®

Join us for this cardio fitness program for moms! Email us for details familycfa@aol.com

Also available



### Fit4baby

Prenatal fitness including strength, cardio, balance and practicing of positions for labor.

### Stroller Strides

Toning & strength for moms and stroller fun for their kiddos

### Strides 360

An endurance program for moms including cardio, agility and strength. Moms can participate with or without kiddos.

### Run Club +

Take your run training to the next step with our 8-week guided training program. Whether you're training for a specific running goal or simply want the support and structure of a run training program, we can help.

BE SURE TO VISIT OUR

## EVENTS PAGE



“Sip & Learn” Series  
Mom’s Night Out  
Daytime Mom Meetups  
Family Fun Playgroups  
and other  
Community Events



*We update the page often, so visit often!*



CFA, Inc. & Fit4mom  
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