

WELCOME

to our 2020 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 programs

Winter and Spring and Summer



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 Animal Lovers
- Little Artists
- Little Astronauts

- Little Book Lovers
- Little Builders
- Little Chefs
- Little Gardeners
- Little Scientists

★ Summer Camp for 2's & 3's

★ Infant and Child CPR classes

★ Stroller Strides classes (Fit4mom)

★ Tot Music

★ Summer 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



Western Suffolk

FIT4MOM®



Stroller Strides®

A functional, total-body conditioning workout designed for moms, at any stage of motherhood, with kids in tow safely secured in their stroller. Each 60-minute workout is comprised of strength training, cardio and core restoration, all while meeting and talking to other moms, entertaining little ones with songs, activities and fun!

**Sign up for your
FREE class
today!**

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



Winter Locations

Smith Haven Mall, Lake Grove - CFA, Smithtown -
Kings Park Dance, Kings Park - Dance Intensity, Commack

In the spring we move outside!

Strength in Motherhood - CFA, Inc. & Fit4Mom



WINTER 2020 FUN!

CFA, Inc. New Mother's Group, Parent-Child programs - February-March '20

Click anywhere on the page for our registration form :)

Please note:

- * 5% discount if *paid in full* by **Monday, January 20, 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 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

or call

(631)360-2880



Winter Program Dates

Mon.	Tues.	Wed.	Thurs.
Feb.3	Feb. 4	Feb. 5	Feb. 6
Feb.10	Feb. 11	Feb. 12	Feb. 13
Feb. 24	Feb. 25	Feb. 26	Feb. 27
Mar. 2	Mar. 3	Mar. 4	Mar. 5
Mar. 9	Mar. 10	Mar. 11	Mar. 12
Mar. 16	Mar. 17	Mar. 18	Mar. 19
Mar. 23	Mar. 24	Mar. 25	Mar. 26
Mar. 30	Mar. 31	Apr. 1	
Makeup Apr. 6	Makeup Apr. 7	Makeup Apr. 8	Makeup Apr. 2

Come in from the cold to the place that will warm your heart! ♥

New Mother's Group

Day	Time: 1:30 - 3pm	Cost
Tu	Jan. 14, 21, 28, Feb. 4, & 11 OR Mar. 10, 17, 24, 31, Apr. 7	\$100

Birth - 3 months of age
One & 1/2 hour program
6 meetings
Only \$75 if you've done a prenatal program with CFA
The 6th meeting is determined by the group.

My Baby & Me

Day	# of meetings	Time	Cost
Wed.	8 & 1 makeup	1 - 2 pm	\$152
Thu.	7 & 1 makeup	1:15 - 2:15 pm	\$133

3 - 6 months of age
One hour program

Fun for Wee Ones

Day	# of meetings	Time	Cost
Mon.	8 & 1 makeup	12:30 - 1:30 pm	\$152
Tue.	8 & 1 makeup	12:30 - 1:30 pm	\$152

6 -12 months of age
One hour program

Stay and Play

Day	# of meetings	Time	Cost
Mon.	8 & 1 makeup	9:45 - 10:45 am	\$216
Mon.	8 & 1 makeup	11 - 12 noon	\$216
Thu.	7 & 1 makeup	9:30 - 10:30 am	\$189
Thu.	7 & 1 makeup	10:45 - 11:45 am	\$189

Ages 1 & 2 years
One hour program

Fit4mom - Stroller Strides

For moms at all stages of motherhood! The classes listed below are available at CFA. Enroll in these classes through the Fit4mom website: suffolkcountywest.fit4mom.com

Monday - 1:45pm	Thursday - 12noon
Tuesday - 12:15pm & 6pm	Friday - 1:30pm
Wednesday - 2:15pm	Saturday - 9:30am



We also offer Tot Music & Fit4Mom classes. See our website for details.



BIG *Winter 2020* (February-March) Programs for LITTLE Ones

Click
anywhere on the
page for our
registration form :)

Winter New & Improved Little Chefs



Ages 3-5, drop off program. (Must be 3 by Dec. 1, 2019)

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 that create some delicious and unusual treats. There will be many different foods used so please alert us to any food allergies and/or dietary restrictions or limitations.

Day: Tuesdays, in our Preschool

Dates: Feb. 11, 25, Mar. 3, 10, 17, 24

Makeup provided for weather related closings

Time: 12:30 - 2:30pm

Cost: \$195 + \$10 material fee

Winter Little Artists



Ages 3-5, drop off program. (Must be 3 by Dec. 1, 2019)

Little Artists 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 help them express their natural artistic ability!

Your child will also have the opportunity to develop their fine motor skills while discovering colors and shapes using various artistic media. Through painting, coloring and drawing, using various techniques their art work will come alive and their creative juices will flow. Find out how truly talented your child really is.

Day: Thursdays in our Preschool

Dates: Feb. 13, 27, Mar. 5, 12, 19, 26

Makeup provided for weather related closings

Time: 12:45 - 3:15pm

Cost: \$245 plus \$10 material fee

SPRING FUN is in the AIR - 2020

Click anywhere on the page for our registration form :)

CFA, Inc. New Mother's Group, Parent-Child and Separation with Ease programs - April-June 2020

Please note:

Reasonable prices!

- * 5% discount if *paid in full* by **Wednesday, March 25**, 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.
- * 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

or call

(631)360-2880



Spring 2020 Program Dates

Mon.	Tues.	Wed.	Thurs.
Apr. 20	Apr. 21	Apr. 22	Apr. 23
Apr. 27	Apr. 28	Apr. 29	Apr. 30
May 4	May 5	May 6	May 7
May 11	May 12	May 13	May 14
May 18	May 19	May 20	May 21
Closed	Closed	May 27	May 28
June 1	June 2	June 3	June 4
Makeup June 8	Makeup June 9	Makeup June 10	Makeup June 11

New Mother's Group

Day	Time: 1:45 - 3:15pm	Cost
Tu	Mar. 10, 17, 24, 31, Apr. 7 OR Apr. 28, May 5, 12, 19, June 2	\$100

My Baby & Me

	# of meetings	Time	Cost
Wed	7 & 1 makeup	1-2pm	\$133

Fun for Wee Ones

	# of meetings	Time	Cost
Mon	6 & 1 makeup	12:30 - 1:30pm	\$114
Th	7 & 1 makeup	12:15 - 1:15pm	\$133

Stay and Play

	# of meetings	Time	Cost
M	6 & 1 makeup	9:45 - 10:45am	\$162
Th	7 & 1 makeup	9:30 - 10:30am	\$189

Separation with Ease

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

	# of meetings	Time	Cost
M	6 & 1 makeup	11am - 12pm	\$162
Th	7 & 1 makeup	10:45 - 11:45am	\$189



Strength in Motherhood
CFA, Inc. & Fit4Mom



Birth - 3 months of age
One & 1/2 hour program
6 meetings

Only \$75 if you've done a prenatal program with CFA
The 6th meeting is determined by the group.

3 - 6 months of age
One hour program

6 -12 months of age
One hour program

Ages 1 & 2 years
One hour program



We also offer Tot Music & Stroller Strides-Fit4Mom classes. See our website for details.



BIG *Spring 2020* Programs for LITTLE Ones

Click
anywhere on the
page for our
registration
form :)



Spring Little Gardeners

Ages 3-5, drop off program.

Must be 3 by December 1.

Your child will definitely get dirty in this class! They will learn about the different parts of the plant, how plants grow and how plants use rain, sun and soil. They will learn about life on a farm and where food really comes from. They will see how grocery stores fit into the big food picture. Your child will understand living vs. non-living by doing various experiments. There will also be taste testing, books, activities, songs, arts and crafts. The best part of this class is that there will be planting and harvesting of different kinds of fruits and vegetables. This is a great program for the picky eater.

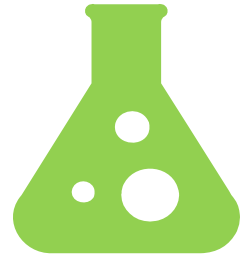
Day: Tuesdays

Dates: Apr. 21, 28, May 5, 12, 19, June 2
6 meetings - no makeup classes

Time: 12:30 - 2:30pm

Cost: \$198 plus \$10 material fee

Spring 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 in 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: Thursdays

Dates: Apr. 23, 30, May 7, 14, 21, 28
6 meetings - no makeup classes

Time: 12:45-2:45

Cost: \$198 plus \$10 material fee

'Til Help Arrives - CPR Classes

Parents, Would You Know What To Do?

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

Choose one Sunday: Mar. 15, May 17, July 12
more dates on our website

Time: 1:30 - 4:30 pm

Cost: \$50 per person for new clients
\$45 per person for existing clients

Need certification?

There is an extra American Red Cross
fee of \$20/person for a 2 yr.
certification card with textbook.



FIT4MOM

Join us weekdays
& weekends for

Stroller Strides

at CFA and other
locations.
Visit our website for
more information.



**Weeknights and
Saturdays at CFA**

Contact:

**Monica Moyers at
info@totmusic.net**



SUMMER PARENT ~ CHILD FUN 2020

Click anywhere on the page for our registration form :)

CFA, Inc. New Mother's Group, Parent-Child and Separation with Ease programs 2020

Please note:

- * 5% discount if *paid in full* for **Summer programs - by June 12**, 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 14, 21, 28, Aug. 4 & 11	\$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	8 meetings - Sorry no makeups :(Time	Cost
Tue.	June 30, July 7, 14, 21, 28, Aug. 4, 11, 18	12:15 - 1:15 pm	\$152
Thu.	July 2, 9, 16, 23, 30, Aug. 6, 13, 20	12:45 - 1:45 pm	\$152

Fun for Wee Ones

6 -12 months of age. One hour program.

Day	8 meetings - Sorry no makeups :(Time	Cost
Wed.	July 1, 8, 15, 22, 29, Aug. 5, 12, 19	12:15 - 1:15 pm	\$152

Stay & Play

Ages 1 & 2 years. One hour program.

Day	8 meetings - Sorry no makeups :(Time	Cost
Wed.	July 1, 8, 15, 22, 29, Aug. 5, 12, 19	10:45 - 11:45 am	\$216
Tue.	June 30, July 7, 14, 21, 28, Aug. 4, 11, 18	9:30 - 10:30 am	\$216

Separation with Ease

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

Day	8 meetings - Sorry no makeups :(Time	Cost
Wed.	July 1, 8, 15, 22, 29, Aug. 5, 12, 19	9:30 - 10:30 am	\$216
Tue.	June 30, July 7, 14, 21, 28, Aug. 4, 11, 18	10:45 - 11:45 am	\$216
Thu.	July 2, 9, 16, 23, 30, Aug. 6, 13, 20	10 - 11 am	\$216
Thu.	July 2, 9, 16, 23, 30, Aug. 6, 13, 20	11:15 - 12:15 pm	\$216

2020 SUMMER CAMP for 2's & 3's!

Click anywhere on the page for our registration form :)



Must be 2 or 3 by December 1.

Discounts: 1 or 2 sessions - full cost,
3 sessions - 5% off total,

All 4 sessions - 10% off the total cost

All classes will take place in the Main Office Building :)

Session	Dates Mon & Wed & Fri	Time	Theme	Cost
Session 1	June 29, July 1, 3, 6, 8,10	9:15 - 11:45 am	Pirates & Mermaids	\$245
Session 2	July 13, 15, 17, 20, 22, 24	9:15 - 11:45 am	Tropical Getaway	\$245
Session 3	July 27, 29, 31 Aug. 3, 5, 7	9:15 - 11:45 am	Out of this World	\$245
Session 4	Aug. 10, 12, 14, 17, 19, 21	9:15 - 11:45 am	The Great Outdoors	\$245



**STROLLER
STRIDES®**

Join us weekdays & weekends at CFA & other locations. Visit CFA's website for more information.



Weekdays, weeknights & Saturdays at CFA
Contact: Monica Moyers at info@totmusic.net

BIG Summer 2020 Programs for LITTLE Ones

Ages
4, 5 & 6

Click
anywhere on the
page for our
registration form :)

Summer Kindergarten Enrichment

A 3 hour drop off program for children entering Kindergarten in Sept. '20.

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 classes - June 30, July 7, 14, 21, 28, Aug. 4, 11, 18

Thursdays, 8 classes - July 2, 9, 16, 23, 30, Aug. 6, 13, 20

No makeup classes

Time: 9 - 12 pm

Cost: Tuesdays, \$350 plus \$10 material fee

Thursdays, \$350 plus \$10 material fee



Summer Enrichment for 3's

For children starting a 4 year old program in September '20. 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 1, 8, 15, 22, 29, Aug. 5, 12, 19

8 meetings - no makeup classes

Time: 9 - 12 pm

Cost: \$350 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 1, 8, 15, 22, 29, Aug. 5, 12, 19

8 meetings - no makeup classes

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

Cost: \$350 plus \$10 material fee

OR

Day: Thursdays

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

8 meetings - no makeup classes

Time: 9 - 12 pm

Cost: \$350 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: June 30, July 7, 14, 21, 28, Aug. 4, 11, 18

Day: Wednesdays

Dates: July 1, 8, 15, 22, 29, Aug. 5, 12, 19

8 meetings - no makeup classes

Time: 12:30-3:30pm

Cost: \$350 plus \$10 material fee

Click
anywhere on
the page for
our
registration
form :)

Summer



Little Animal Lovers

Ages 4-6, drop off program.

Must be 4 by December 1.

Young children will have a wonderful time this summer as they play games, sing songs, create crafts and use imaginative play while learning about all kinds of animals and their habitats. They will learn about what veterinarians do, what a pet store is, zoos and zookeepers and what it means to rescue animals. There is something special about children's interest in animals. When we support their love for animals, we are helping nurture those all important feelings of connection, stewardship and deeper feelings of empathy, compassion and emotional development.

Day: Thursdays

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

meetings - no makeup classes

Time: 12:30-3:30 pm

Cost: \$350 plus \$10 material fee

Summer



Little Astronauts

Ages 4-6, drop off program.

Must be 4 by December 1.

"To infinity and beyond"! Young children love to pretend to be astronauts, blasting off into space and exploring the wonders of the solar system. They will learn about the sun and everything that orbits, or travels around, it. This includes the eight planets and their moons, dwarf planets, and countless asteroids, comets, and other small, icy objects. Sounds amazing doesn't it? The children will enjoy special books and crafts to stimulate their creativity and help them understand these "out of this world" concepts. Learning about outer space is always an adventure and so much fun for children!

Day: Tuesdays

Dates: June 30, July 7, 14, 21, 28, Aug. 4, 11, 18

8 meetings - no makeup classes

Time: 9-12 pm

Cost: \$350 plus \$10 material fee

Summer

Little Book Lovers

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 (in Main Office)

Dates: June 30, July 7, 14, 21, 28, Aug. 4, 11, 18

8 meetings - no makeup classes

Time: 12:15-2:15 pm

Cost: \$232 plus \$10 material fee

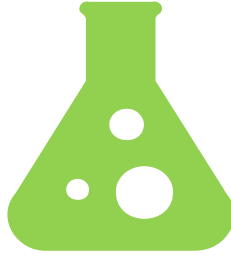


BIG Summer 2020 Programs for LITTLE Ones

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: Tuesdays

Dates: June 30, July 7, 14, 21, 28, Aug. 4, 11, 18
8 meetings - no makeup classes

Time: 12:30 - 3:30 pm

Cost: \$350 plus \$10 material fee

OR

Day: Fridays

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

Time: 9 - 12 pm

Cost: \$350 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: Mondays

Dates: June 29, July 6, 13, 20, 27, Aug. 3, 10, 17
8 meetings - no makeup classes

Time: 9:30 - 12:30 pm

Cost: \$350 plus \$10 material fee

OR

Day: Tuesdays

Dates: June 30, July 7, 14, 21, 28, Aug. 4, 11, 18
8 meetings - no makeup classes

Time: 12:30 - 3:30 pm

Cost: \$350 plus \$10 material fee



BIG Ages 4, 5 & 6 Programs for LITTLE Ones

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

