

I AM GROWING

Nurturing Pathways®



Photo: Joe Carbone

Growing
The Mind
Through
Movement!

WEST SEATTLE FAMILY YMCA



NURTURING PATHWAYS®

How To Get Started!



Photo: Joe Carbon

Why Nurturing Pathways®

Nurturing Pathways® is a complete movement & music program for birth to three years, grounded in current brain research & executed with best teaching practices. Nurturing Pathways® focuses on how beneficial movement activities enhance brain development in the first three years of life. This easy-to-understand format will inspire parents and caregivers to enjoy this unique program for the benefit of your child and for fun! Nurturing Pathways® brings the best in movement and music together.



Babies (2 months-pre walking)

Fridays: 11:45-12:30PM @ WS
Fridays: 4:15-5:00PM @ WS

Waddlers (Walking-24 months)

Fridays: 2:15-3:00PM @ WS

Toddlers (2Yrs.-3Yrs.)

Fridays: 3:15-4:00PM @ WS

You may register and pay at either the Fautleroy or West Seattle YMCA for either location of classes.

About The Instructor

As one of the first licensed Nurturing Pathways® instructors **Rachel Glass** has served as an arts specialist at the Wolftrap Institute (Washington DC) and the Nashville Institute for the Arts. She served for several years as a professional arts mentor in King & Pierce Counties. Since 1989 she has taught creative movement all over the country and has taught creative movement for 3-5 year olds at the West Seattle YMCA since 1998. She lives in West Seattle with her husband and daughter.

See What Parents are Saying

"Keep the classes coming! Rachel is tremendous! Energetic, imaginative, kind, and excellent!"

"I see her brain kicking in and suddenly there are these explosions of words, coordination and I can see it in her eyes! She loves coming and she LOVES Rachel!"

"Love the teacher! Very positive and encouraging."

Session

January 15th-March 5th

Locations

West Seattle YMCA
4515 - 36th Ave SW
206.935.6000

Fees

Members: \$60 (1 class drop-in \$10)
Program members: \$70* (1 drop-in \$12)
Materials: \$30 for parent pack (One time fee) (2 CD's, 3 booklets & musical shaker)

- Program members must have an *Annual Program Membership; the cost is \$50 per family.



