

Parents love Nurturing Pathways®!

"Highly informative, so interesting to learn connections between movement and the brain's functions."

"It taught us ways to keep our baby happy on her tummy. We learned many exercises and dances to build strong muscles and have fun at the same time."

"I love watching the other babies and seeing my own smile from ear to ear."

"I've learned many new ways to play with my baby and she loves coming here!"

Everyone is Welcome

The YMCA is a membership organization open to all people.

Special Accommodations: If you cannot afford the full cost of a YMCA program or membership, please ask for confidential scholarship application. Financial assistance, to the extent possible, is available to those in need. If you have a disability and need further assistance or information please contact the YMCA at 206-935-6000 or our TTY line at 206-362-5346 and identify which branch you wish to contact.

Insurance: It is the member's or participant's responsibility to provide his/her own accident and health insurance. The YMCA does not provide any such coverage for members or participants.

Instructor: Rachel Glass
Rachel recently completed her training with Christine Roberts, and as a licensed Nurturing Pathways® Instructor, is very excited to bring this outstanding program to our YMCA. As an arts specialist in theatre and creative movement, she trained with and worked for the Wolftrap Institute (Washington DC), an organization dedicated to bring the arts to Headstart preschools. She also worked with Nashville Institute for the Arts with children K-12. She served for several years as a professional arts mentor, helping elementary school teachers create their own arts programs.

Since 1989, she has taught creative movement, theatre and music all over the country to children ages 3-18 and has taught Creative Movement for 3-5 year olds at the West Seattle Family YMCA since 1998. Rachel is also a professional actor and has worked in film, TV, stage, theatre and radio since 1987.

Rachel lives in West Seattle with her husband, Dave, and their 4 year old daughter, Maia.

www.nurturingpathways.com



Growing The Mind Through Movement™
Licensed Instructor



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4515 36th SW
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www.westseattleyymca.org

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West Seattle & Fauntleroy Family
YMCAs



Nurturing Pathways®

Growing the Mind
Through Movement



We build strong kids,
strong families,
strong communities.

Birth—3 years Creative Dance Programs

Why Nurturing Pathways®?

Nurturing Pathways® is a complete movement and music program for birth to three years, grounded in current brain research and executed with best teaching practices.

Nurturing Pathways® answers many questions about beneficial movement activities for the first three years of life in an easy-to-understand format. The program can be applied to a variety of learning environments, inspiring parents and caregivers to enjoy this unique program for the benefit of the children and for fun! Nurturing Pathways® brings the best in movement and music together!



Session: Sept. 18-Nov. 6, 2006

Fee is for one class per week for 8 weeks.
YMCA Members: \$85*
Program Members: \$95*

*Plus a one-time materials fee of \$30 for the Parent Pack (2 CD's, 3 booklets & musical shaker) per family. The Parent Pack brings the class home & explains the developmental benefits for a child.

Babies (2 months-Prewalking)

Fridays, 4:15-5:00 pm @ West Seattle
Thursdays, 10:30-11:15 am @ Fauntleroy

Attire: Babies in a "one-sie" and parents in comfortable clothes and bare feet.

Join other parents and experience the satisfaction of stimulating your baby's first year with movement. This fun and creative class will enrich your baby's motor, music and language skills, using baby exercises, musical instruments and sensory-rich props.

Dads, nannies or caregivers are welcome.

Waddlers (Walking—24 months)
Fridays, 5:15-6:00 pm @
West Seattle
Tuesdays, 10:30-11:15 am @
Fauntleroy

Attire: Comfortable clothing and bare feet

Discover new ways to move with your waddler while you explore dance concepts together using rhyming exercises, props & musical instruments. Watch your child develop motor coordination, language skills & musical intelligence and strengthen your bond with one another with fun movement explorations and self-discovery.

www.nurturingpathways.com

West Seattle & Fauntleroy
Family YMGAs

Come try us out!