

Wellness in the Parks

with Nature's Playhouse

Red Oaks Nature Center has partnered with Nature's Playhouse of Ferndale to offer three programs, focused on children and their parents/caregivers.



Music & Play - Jan. 29, 2025 10:15-11 a.m.

Ages 6 months-4 years

\$25/family (one parent/caregiver and one child) + \$5/additional child

With ukulele tunes leading the way, children will explore different sounds, rhythms, and instruments. This class encourages early musical appreciation, developmental growth, coordination, movement and creativity as kids learn rhythms, melodies and sounds in a playful environment. Perfect for parents and caregivers to bond with their children through the universal language of music.



Fit & Play - Feb. 26, 2025 10:15-11 a.m.

Ages 6 weeks-3 years

\$20/family (one parent/caregiver and one child) + \$5/additional child

A total fitness program that moms can do while their babies or little ones play. This class includes intervals of strength and body toning exercises.



Little Life Skills - March 26, 2025 10:15-11 a.m.

Ages 2-4 years

\$25/family (one parent/caregiver and one child) + \$5/additional child

This interactive class uses puppets, story time and open play to teach toddlers a variety of essential life skills. From brushing teeth to putting on shoes, to learning how to share with others or embracing differences, each session will guide toddlers in exploring essential skills in a fun, interactive way. We'll end our puppet show with a few stories that tie into the class theme, and wrap-up the class with open play.

All classes take place at Red Oaks Nature Center.