



We are going to take a class.  
It's called Movement Express. **All aboard!**



# Here's some information our caregivers might want:

## Location:

Red Hook Space: 71 Sullivan Street, Brooklyn, NY, 11231

**Within P.S. 15**

## Class Dates:

Saturdays, 12:00 pm – 12:45 pm

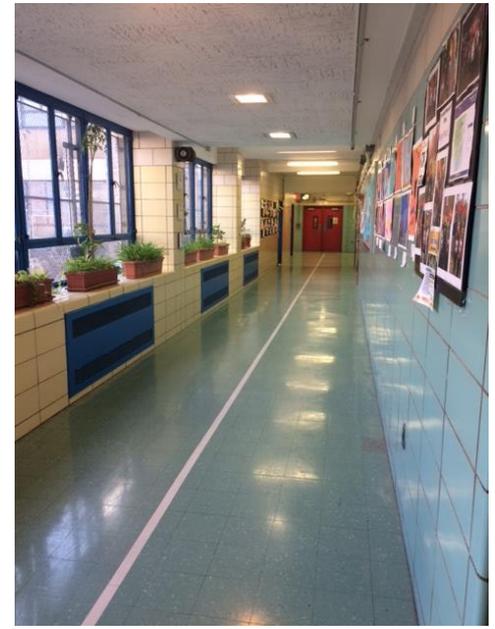
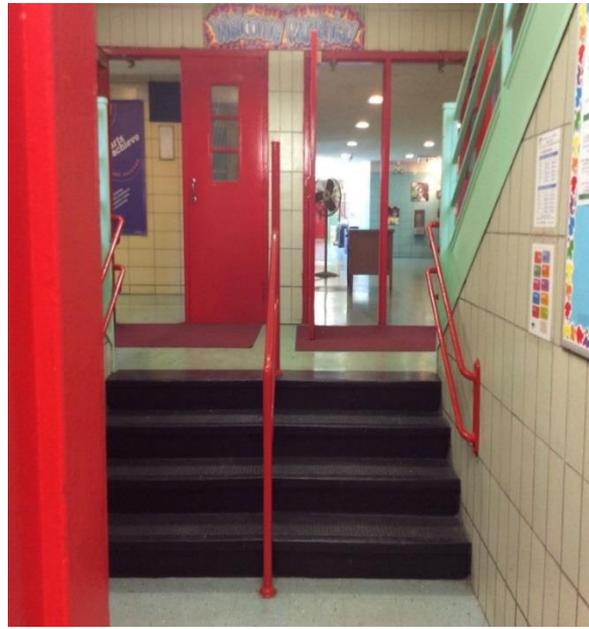
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|--------------|---------------|
| – October 14 | – November 11 |
| – October 21 | – November 18 |
| – October 28 | – December 2  |
| – November 4 | – December 9  |

## Please note:

- There will be no class on Saturday, November 25.
- In the event that we need to cancel a class, we will schedule a make up day for Saturday, December 16.

*For more information visit us at [extremekidsandcrew.org](http://extremekidsandcrew.org) or call (347) 410-6050.*

This is 71 Sullivan Street or PS 15.  
**It's a school!**

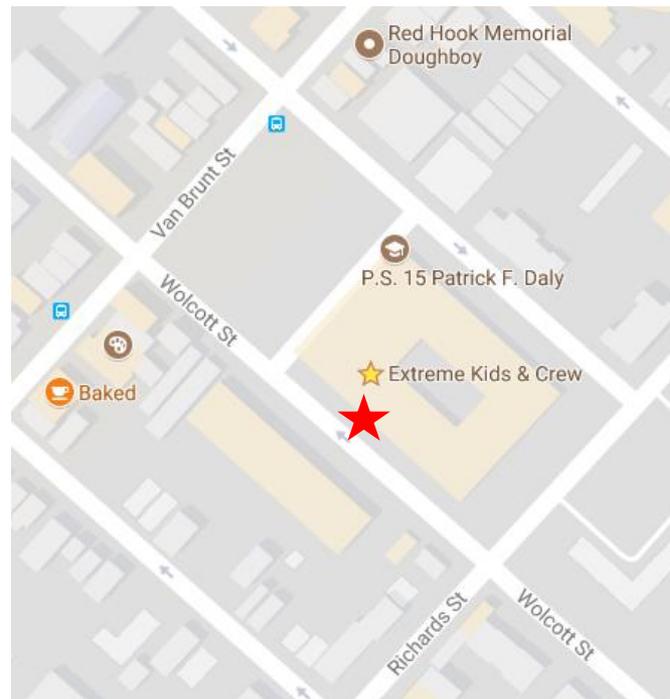


We will go through the bright red doors, up the stairs and down to the end of the hallway. When we get to red doors at the end, we will see Extreme Kids on the left.

There is also an accessible entrance to the school on Wolcott Street between Van Brunt and Richards Street. When we get to the door, we'll ring the bell to let someone know to come let us in!



This is the doorbell



The red star shows where the entrance is.

At Extreme Kids we will meet some new grown ups. We might see...



Leigh



Caitlin



Maggie



Diana

When we get inside Extreme Kids, we will take off our shoes. There are a lot of fun things to do at Extreme Kids. Let's play while we wait for the music class to start!



When our teacher is ready, we will join the class. The teacher has some really interesting looking stuff! We will play again when the class is over.

Our grown ups will take class with us at Extreme Kids--they will play, stretch, and move along with what we do!

Bring your stretchy pants, caregivers!



Movement class can be loud. We can also borrow headphones from Extreme Kids if we want!





When our teacher, Jennifer, asks us to sit in a circle, it means that class is starting.

We will first sing our song Hello Movement. Then we will warm up our bodies by moving each part one at a time.

In class, we will play games and stretch our bodies.



Sometimes we will be silly and move around a lot. Other times we will practice calming our bodies down together.

In class, we will get to act out stories with our bodies!  
This boy is pretending to be a mouse in its hole.



Soon, it will be time to play with props. Jennifer will show us how to play with fun new toys.



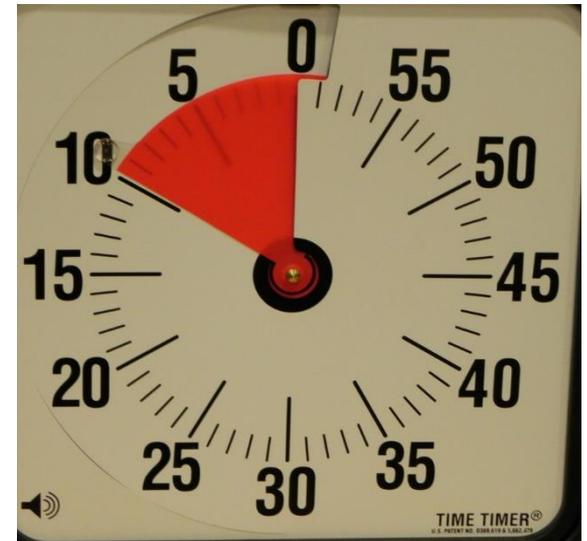
We'll listen carefully for the directions on how to use these toys!

After we put our props away, it will be quiet time. This is a part of class for us to all get very calm.



We will listen to quiet music and take very deep breaths together.

At the end of class, it will be time for free play in the gym. We will have 10 minutes to make our own choices about what to play.



Once our ten minutes are up, we will say good-bye to the gym and go put on our shoes and coats.

What a fun day we had in Movement Express!!

