

# GROW At Monroe Center Free Day of Workshops & Classes - October 6th, 2013 11am - 5pm

<b>Contact Information</b>	<b>11am-11:45am</b>	<b>12pm-11:45pm</b>	<b>1pm-1:45pm</b>	<b>2pm-2:45pm</b>	<b>3pm-3:45pm</b>	<b>4pm-4:45pm</b>
Harmony Pilates Studio E508 201-653-3011 info@harmonypilateshoboken.com		Straight Up Pilates Mat Class: Adults	Pilates Tower Class: Adults	Prop Fun Pilates Mat Class: Adults	Pilates Tower Class: Adults	
Hoboken School of Music Studio E502 201-798-2600 www.hobokenschoolofmusic.com info@hobokenschoolofmusic.com musictherapyhsm@gmail.com	Toddler Music Group Class: Ages 3-5	Introduction to Music Theory: Ages 5+	Rock Guitar Crash Course!: Ages 8+	Vocal Master Class: Ages 6-17	Vocal Master Class: Adults	Opera...Wine and Cheese!: Adults 21+
Shake Your Belly Off - Belly Dancing Studio E310A 201-589-0644 shakeyourbellyoff@gmail.com	Regular Beginner Class: Ages 13 & up	Mommy & Me Shimmy: Ages 7 & up		Regular Belly Dancing Class: Ages 7+	Regular Beginner Belly Dancing: Ages 13+	
Urban Arts Studio E206 201-222-5400 www.urbanartsnj.com info@urbanartsnj.com	Collage: Ages 2 & Up	Collage: Ages 2 & Up	Collage: Ages 2 & Up	Collage: Ages 2 & Up	Collage: Ages 2 & Up	Collage: Ages 2 & Up
Urban Arts Studio E206 201-222-5400 www.urbanartsnj.com info@urbanartsnj.com	Pastel Landscapes: Ages 7 & Up	Pastel Landscapes: Ages 7 & Up	Pastel Landscapes: Ages 7 & Up	Pastel Landscapes: Ages 7 & Up	Pastel Landscapes: Ages 7 & Up	Pastel Landscapes: Ages 7 & Up
Wee Care OT (201) 656-8800 www.weecareot.com	Sensory Play	Sensory Play	Sensory Play	Sensory Play	Sensory Play	Sensory Play
M Avery Designs Fashion Lab Studio E306 201-876-1198 www.maverydesigns.com customerservice@maverydesigns.com	Intro to Sewing: Ages 13+	Kids Sewing: Ages 7-10	Intro to Sewing: Ages 13+	Tween/Teen Sewing & Fashion: Ages 11-16	Intro to Sewing: Ages 13+	Kids Sewing: Ages 5-6

M Avery Designs Fashion Lab Studio E306 201-876-1198 www.maverydesigns.com customerservice@maverydesigns.com	Hand Sewing Basics: All Ages		Hand Sewing Basics: All Ages		Hand Sewing Basics: All Ages	
Arte Vino Studio C307 (551)226-9442 info@artevinostudio.com	Recreational Painting: Adults	Recreational Painting: Adults	Recreational Painting: Adults	Recreational Painting: Adults	Recreational Painting: Adults	
Atelier of Little Picasso Studio C510 at Daehyuk Sim Art Studio www.littlepicasso.wix.com/littlepicasso www.daehyuksim.com dhsim99@gmail.com 917-669-0917 201-238-2653	Art for Children: Ages 3 and up	Art for Children: Ages 3 & Up	Art for Children: Ages 3+	Art for Children: Ages 3+	Little Picassos' Exhibition: Come and celebrate the creations of our children	Little Picassos' Exhibition: All Ages
Local Barre Studio C208 dana@localbarre.com	Open Barre Express: Adults	Open Barre Express: Adults		Open Barre Express: Adults		
Monroe Movement Space Studio C-504 201-222-8033 www.movementspace.com	Movement, Music & Language: Parent- Caretaker/Child crawling-3 years	Cooperative Games: Ages 3-12	School Time with Dena & Luke: 2-3 Year olds	Movement, Music & Language: Parent- Caretaker/Child crawling-3 years	Ballet/Modern: Ages 3-5	Ballet/Modern: Ages 6+
Monroe Movement Space Studio C-504 201-222-8033 www.movementspace.com	NA	Postnatal Pilates Sculpt: Adults	Prenatal Pilates: Adults	Mommy & Me Pilates: Babies and mommies 6 weeks through pre- crawling	Jazz and Theatre Dance: Ages 11+	Jazz and Theatre Dance: Ages 11+
Mad Science of Union and Hudson Studio E314B Hoboken, NJ 07030 (973) 542-8366 www.madscienceunionhudson.com info@madscienceunionhudson.com	Mad Mixtures for: Preschoolers (ages 3 and up)	Playing with Polymers: Kindergarten - Grade 2	Playing with Polymers: Grades 3+	Mad Mixtures for Preschoolers: Ages 3+	Playing with Polymers: Kindergarten - Grade 2	Playing with Polymers: Grades 3+
Beyond the Photograph facebook.com/beyondthephoto Beyondthephoto.com 201-681-8400 support@beyondthephoto.com	Better Digital Photography: Adults	Composition with Impact!: Adults	What to do with your Digital Files?: Adults	Essential Tools of Photography: Adults	Lightroom for Ultimate Quality: Adults	Better Digital Photography: Adults

<p>Bricks 4 Kidz  Studio E-505  hoboken@bricks4kidz.com  www.bricks4kidzhoboken.com  201-747-7070</p>	<p>Pre-School Class:  Ages 3.5-5 Years</p>	<p>Enrichment Class:  Ages 6+</p>	<p>Pre-School Class:  Ages 3.5-5</p>	<p>Enrichment Class:  Ages 6+</p>	<p>Pre-School Class:  Ages 3.5-5</p>	<p>Enrichment Class:  Ages 6+</p>
<p>The Crop Shop  Store Level  www.crop-shop.com  201.683-5900  erica@crop-shop.com</p>	<p>Emergency Bracelet  for Kids - Mommy &amp;  Me: Ages 3+</p>	<p>Pumpkin Cake  Pops: Ages 12+</p>	<p>Emergency Bracelet  for Kids - Mommy &amp;  Me: Ages 3+</p>	<p>Halloween Card  Making: Ages 12+</p>	<p>Soap Making: Learn  to make Soap</p>	<p>Emergency Bracelet  for Kids - Mommy &amp;  Me: Ages 3+</p>
<p>EatMetal, Inc.  Studio C211A  201.926.9620  eatmetal@mac.com  www.eatmetal.org</p>	<p>Forged Heart  Earrings Workshop:  Adults</p>	<p>Forged Heart  Earrings Workshop:  Adults</p>	<p>Forged Heart  Earrings Workshop:  Adults</p>	<p>Forged Heart  Earrings Workshop:  Adults</p>	<p>Forged Heart  Earrings Workshop:  Adults</p>	<p>Forged Heart  Earrings Workshop:  Adults</p>