



Chabad Play Station on a ROLL

B"H

Monday

Kids Cook Kosher

6 week course

With Rosie Popack

Hands On Experience
Easy to read weekly Recipes
Kosher Thought of the week

Upon Completion
Ones very own Exclusive
Kosher Kids Cookbook
Customized Chefs Uniform
Cooking Utensils

"We Create Skills and Memories
To Last A Lifetime"



October 25 - November 29

4-5pm

Boys and Girls

Ages 5-11

Price- R250

Ongoing
Classes

Tuesday

Teeny Tiny Yoga with a Jewish Twist

6 week course

With Sara De Beer

Qualified Experienced Yoga Teacher

Introductory Sequence:

The basic yoga flow. Wake up your body
and nurture your baby.

Core alert for post pregnancy mums
and turns. Bond with your baby while
re-invigorating your abdominal muscles.

Soothing your baby: Cramp and wind relief
through basic baby yoga postures.

Roly Poly Baby. Rock 'n Roll mom: Twists
and rolls for tension relief and better sleep
while activating mom's hips and thighs.

Pressure point massage techniques for a
happy, healthy baby.

Invigorating yoga flow for mom.

Consolidation of the yoga sequence and
baby yoga postures



October 26 - November 30

9:30-10:30am

Boys and Girls

Ages 0-1yr

Price- R300

Wednesday

Hebrew School

5 week course

Qualified Hebrew School Teachers

Master the Aleph Champ
levels at your own pace
and become an
Aleph Champ Star

Customized Home Kit Box
Almanac Review Book
Customized Timer
Aleph bet Flashcards

"Hebrew
Connecting our
Past Present and Future"



October 27 - November 24

4-5pm

Boys and Girls

Ages 6-12

Price- R325

Thursday

Get Crafty!

5 week course

With Sheila Valentini

Join the
Creation Station
And have Fun with
Judaic Educational Crafts:

Mosaic
Deco Podge
Wood Work
Painting

Design and Decorate
Your very own
Masterpiece

"A Year Full of Smiles
One Month at A Time"



October 28 - November 25

4-5pm

Boys and Girls

Ages 5-11

Price- R250

Book Now Spaces Limited Payment Secures Booking

For More Information Contact Barbara 021-434-3740 or reception@chabad.co.za

