



Where the moms are

## Mommy & Me Classes at West Boca Medical Center

September 5, 2011

### Mommy & Me classes

There are several great ones in Boca Raton. One of our [BocaParent "gurus,"](#) Karen Deerwester, is the Mommy & Me director at B'Nai Torah Congregation. Her classes start as young as 4 months. Register at the [B'Nai Torah](#) website. Also:

- The city of Boca Raton offers several excellent classes, starting with infants. Miss Lili's Kangaroo Kids class at the James A. Rutherford Community Center is a longtime favorite. You can also find parent-child classes in music and dance at all the community centers. For complete listings, see [The Recreator](#) or [BocaParent's Things to Do](#) calendar.
- Houses of worship and some Jewish community centers also have parent-child programs. Spanish River Church, for example, has a [River Tots](#) program for ages 1 to 3 1/2. Check with the churches and temples in your neighborhood.
- Both local hospitals offer classes for moms and babies. West Boca Medical Center hosts one of the few Saturday morning classes that is great for moms who work during the week. It's offered every other Saturday, starting again on Oct. 1. Get more information and register at the hospital [website](#). (Choose Maternity Services in the event search menu). Boca Raton Regional Hospital has a mommy & me yoga class, as well as an educational class for moms and babies who are sitting and crawling. Check the [calendar](#) on its website.
- Stroller Strides has a class in which you exercise with your baby in the stroller at Town Center Mall on Saturdays and Mondays. More info at its [website](#).

<http://www.bocaparent.com/bpnews/tag/mommy-me-classes/>