



City of Lakes Waldorf School  
2344 Nicollet Ave S  
Minneapolis, MN 55404

**Tel: 612-767-1502**

**Email: [enrollment@clws.org](mailto:enrollment@clws.org)**

**Visit us online: [clws.org](http://clws.org)**

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# Little Sprouts

Waldorf-Inspired

Parent/Child Class

For ages 18 months—3 ½ years



# Little Sprouts Playgroup

Little Sprouts is a Waldorf-inspired parent/child class. It offers a time and place to step back from the busyness of daily life to share time with your child.

- Experience together the warmth, wonder and unhurried rhythm of a morning in a Waldorf classroom.
- Sing songs, learn verses and make friends as we wend our way through snack preparation, circle time, free play time for children and handwork/crafts time for parents.
- Just for parents
  - There is a parent orientation meeting prior to the session where we discuss the rhythm, understanding behind, and intentions for our mornings together.
  - Each family will have a parent-instructor check-in during the session.
  - A parent discussion evening is offered as a special time to discuss topics of interest, such as the Waldorf approach to parenting, healthy play, and discipline choices as we share support for our journeys along this amazing path of parenthood.

**Please join us in Little Sprouts as we strive to inspire and affirm you on your parenting journey!**

Class meets one day/week for 9 weeks, with two special parent evenings

**Time:** 9:30—11:30 a.m.  
**Tuesday Group** 1/27—3/24  
**Wednesday Group** 1/28—3/25  
**Thursday Group** 1/29—3/26

**Cost:** \$190 per group; no refunds after session begins

**Location:** Classes are held at the First Christian Church  
2201 First Ave. S.  
Minneapolis

**Parent Orientation Meeting**  
Tuesday, January 20, 2009, 7-8 p.m.

**Parent Discussion Evening**  
Tuesday, March 17, 2009, 7-8:30 p.m.

**Instructor:**  
**Susan Lyon Lantz** is the mother of four children, ages 17 (twins), 12 and 9. She is certified by and has served as a mentor for LifeWays Child Care and Human Development Training. She is also certified as a Waldorf Collaborative Counselor through Antioch University, has completed and enjoyed many years of local courses through Novalis/Foundation Studies, and has a BA from the University of Michigan.

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## Little Sprouts Registration Form

Parent Name \_\_\_\_\_ Preferred Day (circle) **Tu** **Wed** **Thur**

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Child Name #1 \_\_\_\_\_ Birthdate \_\_\_\_\_

Child Name #2\* \_\_\_\_\_ Birthdate \_\_\_\_\_

\*\$50 per additional child unless 6 months or younger. Please mail registration form and check to:  
 City of Lakes Waldorf School, 2344 Nicollet Ave S, Minneapolis, MN 55404.  
 For further information, please call Madonna Palladino at 612-767-1502.