

Feature Focus

Frolic the Frost Away

Indoor Activities to Brighten Your Winter

By KIMBERLI RUSS VIDA

Age 5 and Under

Kelli Lewis finds Music Together with Carol (754-4240, musictogetherwithcarol.com) to be “a fantastic wintertime activity. The class is 45 minutes of movement, singing and fun for both the parent and the child.”

Lewis also appreciates the chance to interact with other parents and children. Her son Jacob is her third child to participate in the classes. “[Jacob] loves the large, spacious room in which he can roam, he loves the rhythmic music, and all the instruments and balls he gets to play with during class. As a parent, I think the musical training he gets without knowing it is the best part of the experience!” Music class is also an option at Romp n’ Roll (Westpark Shopping Center, 249-5001; Virginia Center Marketplace Shopping Center, 249-1001, rompnroll.com). The facility also offers gym and art classes, and has open gym hours when anyone can stop by and play.

Brookie Crawford “wanted something to nourish [her 18-month-old twins’] interest in music,” so she enrolled them at Romp n’ Roll, but they also take advantage of the gym times. “I like open gym because it’s a chance for Cordelia and Dorian to explore the different gym equipment at their pace. I’m always surprised to find which items catch their attention.”

Alyssa and Amanda, 22 months, have been in a gym class for almost a year at Romp n’ Roll. “It’s been neat watching the girls grow through use of all the equipment,” says mom Jennifer Malcolm. “The environment is very stimulating and well maintained.” Alycia Wright found a good way to instill a love of healthy activity in her family. “My daughter, Alexandra (2) went to summer day camp three days a week and I would drop her off at Romp n’ Roll then head to my own YMCA gym,” says Wright. “Often she would say, ‘Mommy I want to go to MY gym at Romp N Roll.’”