



Bishop McHugh Regional Catholic School
Accredited by the Middle States Association of Colleges and Schools
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FOR IMMEDIATE RELEASE

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**Bishop McHugh Offers ‘Rhythm-Robics’
Mommy & Me and Preschool Age Classes**

(Cape May Courthouse, N.J.) September 8, 2015 – Bishop McHugh Regional Catholic School will be offering two music and movement programs geared toward young children and open to the community. Mommy & Me ‘Rhythm-Robics’ is for children ages six months to 24 months and their caregivers. Preschool ‘Rhythm-Robics’ is for children ages two to four years without their caregivers. Classes take place on Wednesdays at Bishop McHugh Regional Catholic School, 2221 Route 9N, Cape May Court House, N.J. The Mommy & Me class will be held from 8:15 a.m. to 9 a.m. The Preschool class will be after school from 2:30 p.m. to 3 p.m.

Rhythm-Robics is a music and movement program for young children. It combines elements of children’s music, expressive movement, exercise, dance and yoga. Instructor Lori Stranges uses a variety of materials to enhance the activities, including great music, lummi sticks, instruments, bean bags and ribbon sticks. The program is designed to promote self-confidence, positive experiences, and acceptance of others.

Mommy and Me Sessions are scheduled in four-week increments:

- October 7, 14, 21, 28

- November 4, 18, December 2, 9
- January 6, 13, 20, 27
- February 3, 10, 17, 24
- March 2, 9, 16, 23
- April 6, 13, 20, 27
- May 4, 11, 18, 25

Preschool Sessions are scheduled in eight-week increments:

- October 7, 14, 21, 28, November 4, 18, December 2, 9
- January 6, 13, 20, 27, February 3, 10, 17, 24
- March 2, 9, 16, 23, April 6, 13, 20, 27

The cost is \$70 for the four-week Mommy & Me Rhythm-Robics Program, and \$105 for the eight-week Preschool Rhythm-Robics Program. To register, contact Bishop McHugh at (609) 624-1900, ext. 21 or info@bishopmchugh.com. Deadline for registration for the first session is October 1, 2015. Checks are payable to Lori Stranges.

Bishop McHugh Regional School is a PreK-8 regional school in Cape May County with a student centered curriculum grounded in the Gospel values. For more information, visit <http://bishopmchugh.com/mchugh/>. The community is invited to “Like” Bishop McHugh on Facebook at www.facebook.com/BishopMcHughRegionalSchool and follow Principal McGuire on Twitter at [@BMRCSPrincipal](https://twitter.com/BMRCSPrincipal).

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