

PRESCHOOL

MEMBERS ONLY

Schedule in effect from January 7 - June 15, 2008

Mother Goose

Watch smiles appear as we share songs, stories and rhymes.

18 months - 5 years Wednesdays 11 - 11:30 a.m.

Location: Learning Centre

Preschool Power

Let's play! Discover movement with hula hoops, bean bags, balls and more! New equipment and activities introduced each week.

18 months - 5 years Mondays 1:30 - 2 p.m. Gym

Reading Buddies

Bring a friend, read a story and make a related craft!

18 months - 5 years Tuesdays 5:30 - 6 p.m.

6 - 6:30 p.m.

Saturdays 9:30 - 10 a.m.

10 - 10:30 a.m.

Location: Learning Centre

Toddler Tumblers

(Parent participation required)

Colourful tumbling mats invite and encourage toddlers to explore and discover body awareness as they enhance social and motor skills.

18 months - 2 years Tuesdays 4:30 - 5 p.m. Gym

Saturdays 9 - 9:30 a.m. Gym

Tiny Tumblers

Music and tumbling mats encourage fun and creative movement.

Guided through activities for the first portion of class, exploration and free play will follow.

3 - 5 years Tuesdays 5 - 5:30 p.m. Gym

5:30 - 6 p.m. Gym

Saturdays 9:30 - 10 a.m. Gym

10 - 10:30 a.m. Gym

Movin' & Groovin'

Kids will be movin' and groovin' to the music as they exercise their little muscles and enhance co-ordination.

2 - 5 years Wednesdays 10:30 - 11 a.m. Gym

Kinder Klub

Fun, friendship and learning! Weekly themes will be introduced through games, crafts, songs and stories, encouraging social interaction and creativity. Pick up themes at Membership Sales.

2 - 5 years Fridays 1 - 1:45 p.m. MP#1

Gym & Splash

Join your little one for a romping good time! You will be guided through 1/2 hour of sports and movement, then it's down to make a splash in the pool!

2 - 5 years Tuesdays & Thursdays 9:15 - 9:45 a.m. Gym

10 - 10:30 a.m. Pool

Open Atrium

Come play with toys, read a book or play in the treehouse. Parent supervision required.

All Ages Saturdays 9 - 12 noon Atrium



Preschool Dribblers

Skills, drills and games! Join us in the gym for this beginner's basketball program.

3 - 5 years Thursdays 5 - 5:30 p.m. Gym

Saturdays 10:45 - 11:15 a.m. Gym

Junior Soccer

For those little soccer enthusiasts! Practice and learn new soccer skills.

3 - 5 years Tuesdays 5 - 5:30 p.m. Gym

Wednesdays 5 - 5:30 p.m. Gym

Intro to Ballet

Children will be introduced to a variety of ballet movements, progressing to mini performances.

3 - 6 years Mondays 4:30-5; 5-5:30 p.m. Studio

Saturdays 11 - 11:30 a.m. Studio

Cookie Monsters - Registration Required

Yummy! Let your child explore and express themselves through food preparation in this program. They learn, create and discover using quick, easy recipes and then have fun eating their creations! Meet in the kitchen at Z beside the Y.

Fee: \$17.50/session

3 - 5 years Saturdays 11-12 noon

January 12 - March 8

March 29 - June 14 (no classes May 17)

Stay 'N Play - Multipurpose Room #1

The Stay 'N Play Centre offers a safe, secure and caring environment for children while their parents or caregivers participate in YMCA activities. Payment tickets may be purchased at Member Services

\$2.25/child/hour Available in \$10, \$20 and \$30

Infant - 6 years

Mondays - Fridays 8:45 a.m. - 1 p.m.

Monday - Thursday 5 - 9 p.m.

Monday - Thursday 5 - 9 p.m.

Saturdays 8 a.m. - 1 p.m.



Chaplin Family YMCA

250 Hespeler Road
Cambridge, ON N1R 3H3
(519) 623.YMCA

www.ymcacambridge.com

A YMCA Developmental Asset:
Support

Young people need to be surrounded by people who love, care for, appreciate, and accept them.

KIDS - NON-REGISTERED

MEMBERS ONLY

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Kids Zone

Come and hang out, finish your homework, play board games, read or do a craft. Staff will assist where possible and provide the equipment.

6+ years Mondays 5:30 - 7:30 p.m. Learning Centre

Arts and Crafts

Get creative and experience the fun of arts and crafts! Each week will be a new theme where kids will engage in painting, drawing, sculpting, cutting and pasting. Ask membership sales for a list of themes for each week.

5 - 8 years Saturdays 1:30 - 2:30 p.m. Multipurpose Room #1

Creative Tumblers

During this movement class, instruction and opportunities for creative exploration will foster body awareness, tumbling skills and co-ordination.

6 - 8 years Tuesdays 6 - 6:45 p.m. Gym
Saturdays 10:45 - 11:30 a.m. Gym

Intro to Ballet

Children will be introduced to a variety of ballet movements, progressing to mini performances.

6+ years Saturdays 11:30 - 12 noon Studio

Active Y Kids

Let's play and get fit. Each week kids will engage in a new activity ranging from skipping, walking, balance exercises, sports and games. Each theme will touch on the components of healthy living. Pick up the schedule of events from membership sales.

6 - 9 years Mondays 5 - 5:30 p.m. Gym
10 - 14 years 5:30 - 6 p.m. Gym
6 - 9 years Wednesdays 5 - 5:30 p.m. Gym
10 - 14 years 5:30 - 6 p.m. Gym

Soccer

A chance to learn and improve soccer skills.

6 - 9 years Wednesdays 5:30 - 6 p.m. Gym
10 - 14 years Wednesdays 6 - 6:30 p.m. Gym

Mini Sticks

Experiment and learn the basic skills of floor hockey with other preschoolers.

3 - 5 years Thursdays 4:30 - 5 p.m. Gym

Little Sticks

Learn the basics of floor hockey in a fun environment.

6 - 9 years Thursdays 5 - 5:45 p.m. Gym

Floor Hockey

A chance to learn shooting and passing; and to put your skills to the test, as you play in a fun, supportive environment.

10 - 14 years Thursdays 5:45 - 6:30 p.m. Gym

Junior Dribblers

Kids will learn basic basketball skills as they practice and perform various skills and drills and play games.

6 - 9 years Thursdays 5:30 - 6 p.m. Gym
Saturdays 11:15 - 12 noon Gym

Senior Dribblers

Join us for this challenging hoops class. Youth participate in skills and drills needed to develop their technique and game.

10 - 14 years Thursdays 6 - 6:45 p.m. Gym

Junior Hoops

Supervised open basketball

5 - 9 years Mondays 5:30 - 6 p.m. Gym
Wednesdays 6 - 6:30 p.m. Gym

Hoops

Supervised open basketball.

10 - 14 years Mondays 6 - 6:30 p.m. Gym

Kids Badminton

Join us in the gym for badminton.

6 - 9 years Tuesdays 6 - 7 p.m. Gym

Youth Badminton

Join us in the gym for badminton.

10 - 14 years Tuesdays 7 - 8 p.m. Gym

Active Y Families

Each week families will get involved with their children by learning new skills. Activities range from skipping, walking, sports & games. All welcome.

Saturdays 12 - 12:45 p.m. Gym

Family Table Tennis

Join us in the gym for table tennis!

6-14 years Saturdays 1 - 2:30 p.m. Gym
with parent

Family Badminton

Come have some fun and pair up with a family member.

6 - 14 years Saturdays 1 - 2:30 p.m. Gym
with a parent



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A YMCA Developmental Asset:
Social Competencies

Young people need the skills to interact effectively with others, to make difficult decisions, and to cope with new situations.