

Facility Features

State of the art equipment and building design, all specially designed to create an optimal learning environment about health and physical activity:

- Healthy Living orienteering course
- Traversing wall
- Dance Pads and Wii Fit
- Activity Floor
- Growing Gardens
- Outdoor play and picnic space

Cost:

\$4 per child or \$90 per class per ½ day workshop

**our facility holds a maximum of 2 classes (50 students)*

Teachers and parent volunteers – no charge

Booking Information:

Programs are available Tuesday – Friday
9:30-11:30 a.m. or 1:00-3:00 p.m.

Registration is done on a first come, first serve basis. Please complete the registration request online at www.ymcaofniagara.org

School will be invoiced for their visit. Cancellations can be made by phone or email a minimum of 4 business days before the scheduled date.

For more information, please contact:

Ashley Johnson, Program Director

905-934-9755 ext. 295

or email ajohnson@ymcaofniagara.ca

The YMCA of Niagara is committed to building strong kids, strong families and strong communities. In partnership with **Brock University's Faculty of Applied Health Sciences** the YMCA's Healthy Kids Centre is pleased to offer program support for teachers designed to animate the Revised Ontario Curriculum- Health and Physical Education Grades 1-8, 2010 and the Kindergarten Program, Ontario serve as a fun, learning experience for students and teachers to visit.

The new YMCA Healthy Kids Centre, located at 360 Niagara Street in St. Catharines, will enable and support primary teachers to deliver and make physical and health literacy come alive. At the Healthy Kids Centre the emphasis will be on interactive activities designed to **complement the three main strands of the new HPE Curriculum – Active Living, Movement Competence, and Healthy Living.** Connecting these strands will be a focus on Living Skills that will help children make healthy choices in their lives.



Funded by the Healthy Communities Fund



YMCA Healthy Kids Centre

2011-2012
Student Learning for
Grades K - 3



Program Overview

All programs are 2 hours and are delivered through interactive activities appropriate to the grade level.

Teachers and students are provided with the opportunity to engage in the new curriculum. Led by a YMCA staff member and/or a Brock Student.

Active Adventure

An interactive indoor multi purpose room to engage students in active living. Diverse forms of locomotion, mirror education gymnastics and music will help students explore physical activity. All activities are framed to develop Living Skills, with a focus on interpersonal skills.

This module is linked to the Healthy Living, Active Living and Movement Competence Strands, Grades 1-3 of the Ontario Curriculum – HPE and the Health and Physical Activity expectation of The Kindergarten Program.

Hooray for Health

Our orienteering course includes decision making skills and knowledge on staying safe when traveling in the community. Nutrition activities and active games provide a focus for making nourishing decisions for healthy kids' bodies. Each activity is framed to develop one or more important Living Skills, with a focus on independent and creative thinking.

This module is linked to the Healthy Living, Active Living and Movement Competence Strands, Grades 1-3 of the Ontario Curriculum – HPE and the Health and Physical Activity expectation of The Kindergarten Program.

Happy Hearts

This module includes activities from all three strands of the Ontario HPE Curriculum and offers children something from each of Hooray to Health, Active Adventure and Movement Mania. It's a great way to explore everything that the Healthy Kids Centre has to offer. All activities are framed to develop Living Skills, with a focus on personal skills.

This module is linked to the Healthy Living, Active Living and Movement Competence Strands, Grades 1-3 of the Ontario Curriculum – HPE and the Health and Physical Activity expectation of The Kindergarten Program.

Movement Mania

Using various target games, students will explore locomotion patterns on a uniquely designed patterned floor. Elements of rhythmic movement allow students to create new confidence and skill. All activities are framed to develop Living Skills with a focus on personal skills.

This module is linked to the Healthy Living, Active Living and Movement Competence Strands, Grades 1-3 of the Ontario Curriculum – HPE and the Health and Physical Activity expectation of The Kindergarten Program.

The Amazing Body

Our Amazing Body display will focus on how the human body and senses play a role in an active lifestyle. A giant interactive ear and eye and many engaging displays will highlight the importance of taking care of our bodies. This module includes activities from all three strands of the Ontario HPE Curriculum. All activities are framed to develop Living Skills, with a focus on personal skills.

This module is linked to the Healthy Living, Active Living and Movement Competence Strands, Grades 1-3 of the Ontario Curriculum – HPE and the Health and Physical Activity expectation of The Kindergarten Program.

