

Interactions

Early ON

Child and Family Centre

ON y va

Centre pour l'enfant et la famille

WALKER FAMILY YMCA
CENTRE
25 YMCA Drive
905-934-9622 ex 265

Monday and Wednesday
9am - noon
1 - 4pm
Tuesday and Thursday
9am - 8pm
Friday
9am - noon
Saturday
9am - 1pm

BUNTING ROAD CENTRE
234 Bunting Road
905-980-6000 ex 6211

Monday to Friday
9am - noon
Monday to Thursday
1 - 4pm

GRANTHAM CENTRE
469 Grantham Avenue
905-937-7007

Monday to Thursday
9am - 1pm
Friday
9am - noon

THOROLD CENTRE
15 Pine Street South
905-227-9783

Monday to Thursday
9am - 1pm
Friday
9am - noon

For further information
or for Administration
please call: 905-938-9392

FEBRUARY CLOSURES

All centres will be closed Monday, February 19, 2018 for Family Day

February registration will begin Thursday, February 1 at 9am.

Registration will begin on the first business day of each month and will be taken **Monday to Friday from 9am - 4pm.**

If you do not talk to someone when you call please leave a message and someone will get back to you by the end of the day or the following morning. Please remember to leave your name, number, what workshop you are registering for and if it is an adult workshop that is offering child care your child's name and age. Messages will be returned in the order they are received.

**To sign-up for all programs
please call 905-938-9392
Monday to Friday (excluding Holidays)
Between 9am – 4pm only**

Messages regarding registration left outside the above hours will **NOT** be accepted.

Reminder calls are made to families participating in scheduled workshops.

If you are unable to attend a workshop please call the centre where the workshop is being held.

Our Infant Workshops are quite popular, and in order to serve more participants we ask that you choose one to participate in each month. These do not include any infant focused special events, special guests and field trips. You may register for as many of those and adult workshops as you would like.



Adult Opportunities
(All of the following require registration)

| Adult Workshop | Date & Time | Location | Description |
|--------------------------|--|--|--|
| Family Stickin' Together | Thursday, February 8 1:30-2:30pm | Bunting Road Centre 234 Bunting Road St.Catharines | In honour of Family Day, come create a beautiful handprint keepsake. Please bring a tracing of every family member's hand (all right or all left). Limited child care is available. |
| Screen Time Tips | Tuesday, February 13 9:30-10:30am | Thorold Centre 15 Pine Street South Thorold | This workshop/ discussion will focus on the latest screen time guidelines, including how much is too much, the best ways to use screen time, and options to reduce screen time to ensure a well balanced experience. Limited child care is available. |
| Felt Activity Board | Saturday, February 17 10-11am | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | Create a quick, easy and fun activity board for your child using felt. No child care available. |
| Understanding Attachment | Thursday, February 22 2-3pm | Bunting Road Centre 234 Bunting Road St.Catharines | Secure attachment develops in response to consistent and sensitive love and care of your baby. Come discuss its importance and how it contributes to the healthy social, emotional and cognitive development of your child. Limited child care is available for older siblings. Children 6 months and younger can stay with the adult in the workshop. |
| Junk to Joy | Thursday, February 22 6:30-7:15pm | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | Kids bored of their Christmas gifts already? Find out how to make your own toys and games using inexpensive, dollar store items. No child care available. |
| Kids on the Move | Monday, February 26 10-11am | Grantham Centre 469 Grantham Avenue St.Catharines | Physical activity is important for all children. For toddlers and preschoolers it's all about exploring new challenges and having fun with movement. Join Susie today as we learn and move with our children. For children aged a year and a half to three years. |
| The Importance of Touch | Wednesday, February 28 9:30-10:30am | Thorold Centre 15 Pine Street South Thorold | Touch helps to build relationships and this is especially true in the case of our infants. This morning we will examine touch, and how it can impact infant development. For expecting and parents with infants from birth to 6 months of age. Babies are welcome. |

Car Seat Clinic

Thursday, February 22, 2018

9:30-11:30am

Grantham Centre - 469 Grantham Avenue

Free car seat classes are available to teach parents and caregivers how to safely install and use their own child car seats. Sessions are offered by community partners, and cover all types of seats (rear-facing, forward-facing and booster) for children of all age. **Please call 905-937-7007 to register.**

Wet Weather

With the wet winter weather upon us, we ask that you bring extra pair of dry shoes or slippers (with grips on the bottom) for you and your child to wear in the centre.

Footwear is required in all centres.

Infants and Parent/Caregiver Interactions
Children aged 0 - 12 months
(All of the following workshops require registration. Please choose one)

| Infant Workshop | Date & Time | Location | Description |
|------------------------------------|---|---|--|
| Infant Mother Goose | Tuesday, February 6, 13 and 20 9:30-10:30am | Bunting Road Centre 234 Bunting Road St.Catharines | Nursery rhymes with music significantly aid a child's mental development through fostering emotional connections and cultivating language. |
| Infant Massage | Wednesday, February 7, 14, 21 and 28 10-11am | Grantham Centre 469 Grantham Avenue St.Catharines | You will enjoy a relaxing time together, benefit by improving baby's circulation, growth and development and much more. Register you and your infant (birth to pre-crawling) for this 4 week program. |
| Books & Babies | Monday, February 12 1:30-2:30pm | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | Join Emergent Literacy Consultant, April Shaw as she discusses the importance of early literacy with you and your baby (birth – 12 months). A FREE book will be yours to take home at the end of the session. |
| Make & Take Infant Sensory Bottles | Thursday, March 1 9:30-11:30am | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | Did you know that sensory play is not only fun, but it can also be a learning tool for your little one, too? Drop-in to create this fun learning tool for your baby. As materials are available. Registration is not required. |

Well Baby Clinic and Parenting Drop-in

Every Wednesday 9am – noon at the Walker Family YMCA Site

The Well Baby Clinic and Parenting Drop in is a FREE service available to parents and families of children from birth to 12 months. These clinics will run once per week and a Public Health Nurse will be available to help families weigh their infant and answer questions about healthy growth and development, nutrition or breastfeeding concerns, and other issues parents face following the birth of their child.

Resource Consultants

Resource consultants will visit our sites monthly to support our EarlyON Child and Family Centres program staff with developmental screenings, support families with the referral process for further developmental and/or diagnostic follow-up and suggest play-based goals for any child in attendance. The first 5 years are the most important years of a child's life as it lays the foundation upon which future learning is built.

Visit our centres on the following dates to meet with our consultants and ask questions.

Grantham Centre: Thursday, February 15, 10am
Bunting Road Centre: Tuesday, February 20, 10am
Thorold Centre: Thursday, February 22, 9:30am



**Nurturing Children's Creativity
Children and Parent/Caregiver Interactions
Children of all ages
(The following workshops do not require registration)**

Beginning November 1, 2017, you no longer needed to call to register for the creative experiences, provocations and experiences known as our Children's Workshops. These activities are now available at the centres on a **drop in basis, as supplies are available**.

It is important to us to continue to offer you a welcoming environment which provides activities and materials allowing you and your child to engage in meaningful exploration and inquiry.

"Education is a natural process carried out by the child and is not acquired by listening to words but by experiences in the environment" -Maria Montessori

| Child Workshop | Date & Time | Location | Description |
|---------------------------------|--------------------------------------|---|--|
| Sparkling Winter Painting | Monday, February 5 9:30-11am | Grantham Centre 469 Grantham Avenue St.Catharines | These mixed medium winter paintings are perfect for young toddlers as well as older preschoolers. Gorgeous winter process art for kids! |
| Do You Want to Build a Snowman? | Tuesday, February 6 9am - 3pm | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | Design your own paper snowman using tissue paper, buttons, feathers, googly eyes, and your own imagination! |
| Milk Bubble Painting | Wednesday, February 7 All day | Bunting Road Centre 234 Bunting Road St.Catharines | Children will blow bubbles in coloured milk which will be transferred onto paper. |
| "I Love You" Handprint Painting | Tuesday, February 13 9:30-11:30am | Grantham Centre 469 Grantham Avenue St.Catharines | Make a beautiful Valentine's Day card today. You will be using your hands and red paint to make a heart shape. And don't forget to add glitter! |
| Valentine Crayon Melt | Wednesday, February 14 All day | Bunting Road Centre 234 Bunting Road St.Catharines | Using a cheese grater & iron (with assistance) the children will create a melted wax heart. |
| Valentine Heart Craft | Wednesday, February 14 All day | Thorold Centre 15 Pine Street South Thorold | Our craft today will be a neat little heart, decorated, and ready for gift giving! |
| Love Bug | Wednesday, February 14 9:30-11am | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | Make a Valentine's Love Bug for that special someone in your life. |
| Science-Palooza | Thursday, February 15 All day | Thorold Centre 15 Pine Street South Thorold | Let's have fun with science this morning, with surprising experiments. You won't believe your eyes! |
| Ivory Soap Explosion! | Saturday, February 24 10am | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | What happens when you put a bar of Ivory soap in the microwave? Let's find out! Soap goes in at 10am, but stop by anytime afterwards to see the after-effects. |



Special Event
(Please read to see if registration is required)

| Special Event | Date & Time | Location | Description |
|------------------------------------|-------------------------------------|---|--|
| April Shaw: Shake Your Shivers Out | Tuesday, February 6 10-11am | Thorold Centre 15 Pine Street South Thorold | April will entertain and educate us this morning in a special circle presentation!! Don't miss it! |
| Red Week | February 12-16 All Week | Thorold Centre 15 Pine Street South Thorold | Wear red/ pink this week. Take part in red crafts every day this week! |
| Red Day | Wednesday, February 14 All day | Grantham Centre 469 Grantham Avenue St.Catharines | Join us today as we celebrate love and friendship. Wear red and get ready to sing Valentine's Day songs and enjoy a snack with your friends. |
| Valentine Exchange | Wednesday, February 14 10-11:3am | Bunting Road Centre 234 Bunting Road St.Catharines | Have your little one scribble on their cards at home then bring them along to pass out to friends. |
| Cotton Ball Olympics | Thursdy, February 22 All day | Thorold Centre 15 Pine Street South Thorold | Come and take part in our 3 special cotton ball activities. Are you up to the challenge? |
| Literacy Event - Snowman at Night | Friday, February 23 All Morning | Walker Family YMCA Centre 25 YMCA Drive St.Catharines | What do snowmen do at night? Find out during a morning of snowmen inspired crafts, Circle Time, and a special snack. We'll head down to the gym, as usual, at 11:15am. |

**Gym Time at the
Walker Family YMCA Centre**

Friday, February 2, 9, 16 and 23
11:15 - 11:45am

Gym time encourages you to get active with your children. Children will enhance their co-ordination, balance and gross motor skills.

Please wear clean indoor athletic shoes.
Please enjoy food and beverages in the café.

**Tumbling Tots at the
Walker Family YMCA Centre**

Tuesday, February 13 & 27
2-2:30pm

Tumbling Tots is a physical activity program where your toddler (walking to age 3) will explore the basics of agility, balance, coordination and climbing.

**Recreational Swimming at the
Walker Family YMCA Centre**

Tuesday, February 6, 1:15-2:15pm
Monday, February 12, 10-11am
Tuesday, February 20, 1:15-2:15pm
Monday, February 26, 10:15-11:15am

YMCA Canada encourages that all children are a minimum of six months of age to participate. One adult per child is required for water activities. If your child is not fully toilet trained they must wear swim diapers or plastic pants.

Registration is not required. Please sign in at the centre and pick up a swim pass



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|
| | | | 1 ICI: Infant Massage 1:30pm WFYC | 2 Gym Time 11:15am WFYC | 3 |
| 5 CC: Sparkling Winter Painting 9:30am GC | 6 CC: Do You Want to Build a Snowman? 9am WFYC ICI: Infant Mother Goose 9:30am BRC SE: April Shaw: Shake Your Shivers Out 10am TC Recreational Swimming 1:15pm WFYC | 7 CC: Milk Bubble Painting All Day BRC Well Baby Clinic 9am WFYC ICI: Infant Massage 10am GC | 8 AO: Family Stickin' Together 1:30pm BRC | 9 Gym Time 11:15am WFYC | 10 |
| <div style="border: 2px solid black; padding: 5px;"> <p>Centre Legend: BRC - Bunting Road Centre GC - Grantham Centre TC - Thorold Centre WFYC - Walker Family YMCA Centre</p> </div> | | | | | |
| 12 Recreational Swimming 10am WFYC ICI: Books & Babies 1:30pm WFYC | 13 ICI: Infant Mother Goose 9:30am BRC AO: Screen Time Tips 9:30am TC CC: "I Love You" Handprint Painting 9:30am GC Tumbling Tots 2pm WFYC | 14 CC: Valentine Crayon Melt All Day BRC CC: Valentine Heart Craft All Day TC SE: Red Day GC Well Baby Clinic 9am WFYC CC: Love Bug 9:30am WFYC ICI: Infant Massage 10am GC SE: Valentine Exchange 10am BRC | 15 CC: Science-Palooza All Day at TC Resource Consultant 10am GC | 16 Gym Time 11:15am WFYC | 17 AO: Felt Activity Board 10am WFYC |
| <div style="border: 2px solid black; padding: 5px;"> <p>Workshop Legend: AO: Adult Opportunities ICI: Infant and Parent/ Caregiver Interactions CC: Children's Creativity SE: Special Event FT: Field Trip</p> </div> | | | | | |
| 19 All Centres Closed Happy Family Day! | 20 ICI: Infant Mother Goose 9:30am BRC Resource Consultant 10am BRC Recreational Swimming 1:15pm WFYC | 21 Well Baby Clinic 9am WFYC ICI: Infant Massage 10am GC | 22 SE: Cotton Ball Olympics All Day TC Resource Consultant 9:30am TC AO: Understanding Attachment 2pm BRC AO: Junk to Joy 6:30pm WFYC | 23 SE: Literacy Event: Snowman at Night All Morning at WFYC Gym Time 11:15am WFYC | 24 CC: Ivory Soap Explosion! 10am WFYC |
| 26 AO: Kids on the Move 10am GC Recreational Swimming 10:15am WFYC | 27 Tumbling Tots 2pm WFYC | 28 Well Baby Clinic 9am WFYC AO: The Importance of Touch 9:30am TC ICI: Infant Massage 10am GC | 1 ICI: Make & Take Infant Sensory Bottles 9:30am WFYC | 2 Gym Time 11:15am WFYC | 3 |