

UPCOMING EVENTS

Walk with Me

Watch for this upcoming program... We will move outside in the spring and enjoy what our community has to offer.



"Walk with Me" will begin in the spring of 2010. Keep those tiny toes busy and enjoy company from others while having a casual walk. The group will meet at the centre, and walk in our surrounding communities and reunite at the centre for play time and refreshments.

Indoor Play Structure

The YMCA Strong Start Family Centre is pleased to announce that in early February of 2010, we will have our indoor Play Structure set-up and ready to use.

This indoor play structure will include a climbing wall and slide and will provide hours of fun for children aged 0-5!!!



ANNOUNCEMENTS

We are very pleased to have began our infant and pre-school programs.

If there are programs or activities you think your child and other children would enjoy that are not listed in this guide, please feel free to contact me or send me an email.

I look forward to hearing from you!!!!

Corinne Damaskie

Centre Coordinator

Phone: 306-693-0584

Email: ymcastrongstartcentre@sasktel.net



The
YMCA
Moose Jaw

Strong Start Family Centre
679 Hall Street West
Moose Jaw SK S6H 2S1

Phone: 306-693-0584

Fax: 306-693-1422

YMCA STRONG START FAMILY CENTRE

The Family Centre is a "hub" or "network" bringing together a range of services, both new and existing to support parents and children of Moose Jaw communities.

All parents and any community member are welcome to utilize the Family Centre. We provide a one-stop, single-entry point for parenting information, community resources, referrals to professional services, practical advice and family and children programming and events.

The Family Centre offers a parenting and pregnancy resource library, a toy lending library, a creative playground and indoor play space, family literacy events, infant, toddler and pre-school programs and will host numerous community and family events throughout the year.



WINTER PROGRAM GUIDE 2010

WE BUILD STRONG KIDS, STRONG FAMILIES, STRONG COMMUNITIES

CALENDAR OF PROGRAMS

Family Programs


<p>Rhyme Time Tuesdays (11:00 a.m. – 11:45 a.m.) Wednesdays (1:00 p.m. – 1:45 p.m.) Weekly Starting January 12 & 13, 2010 Ongoing \$1.00 per child each visit</p>	<p>A wonderful interactive program for parents/caregivers to enjoy and learn rhymes. All rhymes are chosen for their interactive qualities and imaginative language. Book time with parent/caregiver follows each session. A great introduction to a structured group.</p> <p>Fun for all ages between 0 and 5 years.</p> <p>Drop-In. No Registration Required.</p> <p>Please phone to notify attendance for that day.</p>
<p>Boast About Books Thursdays (2:30 p.m. – 3:30 p.m.) Weekly Starting January 14, 2010 Ongoing \$2.00 to be brought per child to cover craft supplies</p>	<p>Why not have a family book club? Adults you choose the adult literature read and then discuss. Bring the little ones and have them enjoy our lending library too. Kids will borrow theme-based books and enjoy the book club the same as adults do. While the adults are having discussion-kids will do crafts related to the books they borrowed and returned.</p> <p>Fun for all ages between 0 and 5 years.</p> <p>Drop-In. No Registration Required.</p> <p>Please phone to notify attendance for that day.</p>
<p>Teddy Bear Picnic (Drop In & Play 0-9 Year Olds) Weekly Starting January 11, 2010 Ongoing Mondays (2:30 p.m. - 4:30 p.m.) Tuesdays (6:00 p.m. - 8:00 p.m.) Fridays (9:00 a.m. - 11:45 a.m.) NO FEE</p>	<p>Teddy Bear Picnic is open to everybody, recommended for children aged 0-9 years. There are no guided activities.</p> <p>This is scheduled time for anybody and their children to come and use our indoor play area and enjoy playtime together! This is not a childcare service. Parents/guardians must stay with their children. There is no charge for use of the play space during these times.</p> <p>Mom can visit with other parents, enjoy a coffee, read a magazine and enjoy our facility while the kids play.</p> <p>Drop-In. No Registration Required.</p>
<p>Your View Mondays (1:00 p.m. – 2:00 p.m.) Weekly Starting January 11, 2010 Ongoing NO FEE</p>	<p>Similar to "The View" this group will be a guided discussion held in our centre. Enjoy great discussion and a cup of coffee, while the children play. Some sample topics may include: toilet training, healthy snacks, sleeping strategies, establishing routines, speech and language milestones, finding quality childcare, are we ready for a family pet, TV – how much is too much?, New to Moose Jaw – what's out there? All discussions will have documentation to support success-based theories.</p> <p>Drop-In.</p> <p>Please phone to notify attendance for that day.</p>
<p>Fantastically Frosty Thursdays (6:30 p.m. – 7:30 p.m.) January 14, 2010 - March 4, 2010 \$30.00 (Limited to 15 participants)</p>	<p>Hey Kids – Let's make winter days go by quicker!!! Join us as we do crafts, snow activities and have lots of winter fun . This eight (8) week club is for ages 4 years to 9 years. Similar to Christmas Creations, however this program's activities will have a winter theme!</p> <p>Week 1: Bake warm winter treats Week 2: Crafts Week 3: "Snow Cones"/Fun with Ice Week 4: Hot Chocolate & Movie Week 5: "Winter" Games Week 6: Play in the snow (Weather Permitting) Week 7: Bring a Friend Week 8: Family Skating Night (Bring Mom and Dad)</p>

To register for any of the listed programs, please visit the **YMCA Strong Start Family Centre (cash payments only)** or visit the **YMCA of Moose Jaw (220 Fairford Street East)** where all other payments will be accepted (cash, debit, credit cards)

Please call 306-693-0584 for further information

CALENDAR OF PROGRAMS

Infant Programs

<p>Fit for Two Mom & Baby/Toddler (up to 18 months) Mondays, Tuesdays & Thursdays 9:45 a.m. - 10:30 a.m. January 4 – February 11, 2010 February 22 – April 1, 2010 April 12 – May 21, 2010</p> <p>Maternity Members/YMCA Members: \$20 (1 time fee for Core Level 1 Booklet, if beginning with Core Level 1) Non-member: \$100 for the session</p> <p>* Remember, the \$20 fee is 1 time only, each subsequent Session is FREE with a Maternity or YMCA Membership *</p>	<p>No more excuses!! This post-partum group fitness class is structured for you and your baby/toddler (up to 18 months) to exercise together. Your child will help you with your workout as you tone and tighten your body.</p> <p>Monday's – Core Class join us as we teach mom's how to reactivate those abdominal muscles that have been stretched and damaged during pregnancy.</p> <p>If you are a first time participant to this class you will want to take the Level 1 Core Class to help resume pre-pregnancy abdominal strength and coordination.</p> <p>If you are a veteran Fit For Two Participant join up with The Core Level 2 to continue strengthening, toning and flattening the abdominals.</p> <p>* Both Classes occur on Monday's at 9:45 am *</p> <p>Tuesday's and Thursday's – Cardio and Strength Circuit, tone and tighten your entire body while using your baby for resistance.</p> <p>Mom's can join the Tuesday/Thursday circuit at anytime, however Monday's Core Class must begin on the first day of each session</p> <p>Special Notes: Must be able to lift child repetitively</p> <p>Pre – Registration is required.</p> 
<p>Fit For Two will take place at the YMCA, located at 220 Fairford Street East To register for this program stop by the YMCA or phone 692-0688 for more details</p>	
<p>Bouncin' Babies 0-6 Months Tuesday 2:30 p.m. – 3:15 p.m. January 12, 2010 - March 2, 2010 \$25.00</p>	<p>This is an interactive playgroup for guardians/parents of infants 0-6 months. Research shows that the majority of brain development happens in the first year of life. The program focuses on activities that can maximise your infant's development.</p> <p>Pre – Registration is required.</p>
<p>Giggles & Wiggles 7-18 Months Wednesday (2:30 p.m. – 3:15 p.m.) January 13, 2010 - March 3, 2010 \$25.00</p>	<p>This is an extension to the Bouncin' Babies program. More activities for the seven to 18 month old baby that is by now a charmingly social creature, one who can call out, smiles for attention and loves to entertain. In most cases baby is starting to crawl, sit up roll over and becoming very mobile. This program too, focuses on babies development.</p> <p>Pre – Registration is required.</p>
<h2>Toddler Programs</h2>	
<p>Move "N" Groove (18 months - 3years) Thursdays (1:00 p.m. – 1:45 p.m.) January 14, 2010 - March 4, 2010 \$25.00</p>	<p>A creative movement program for toddlers! Creative movement and exercise for the whole body, including the mind – not just those growing muscles. It can create a love of movement that should develop into a lifetime of desire for physical well-being. Move "N" Groove will provides numerous opportunities for learning, participating and enjoying!</p> <p>Pre – Registration is required.</p>
<p>Kitchen Kreations (1-3 year olds) Fridays (1:00 p.m. – 1:45 p.m.) January 15, 2010 - March 5, 2010 \$30.00</p>	<p>Measuring, stirring, and creating. This program requires parent participation. Your child is introduced to sensory and creativity. Build with play dough, finger paint with pudding, play in goop or bubbles. Simple kitchen products will be sculpted into beautiful art.</p> <p>Pre – Registration is required.</p>
<p>Making Magic (4 & 5 year olds) Tuesday (1:00 p.m. – 1:45 p.m.) January 12, 2010 - March 2, 2010 \$30.00</p>	<p>Measuring, stirring, creating and best of all....tasting!!! This program requires parent participation. Spend time in the kitchen with mom, dad or guardian. Laugh, create and enjoy each other as we create all sorts of fun treats to eat!</p> <p>Pre – Registration is required.</p>
<p>Laugh "N" Leap (4 & 5 year olds) Thursday (11:00 a.m. – 11:45 a.m.) OR Friday (2:45 p.m. - 3:30 p.m.) January 14, 2010 - March 4, 2010 January 15, 2010 - March 5, 2010 \$25.00</p>	<p>A creative movement program for Pre-Schoolers! Creative movement and exercise for the whole body, including the mind – not just those growing muscles. It can create a love for movement that should develop into a lifetime of desire for physical well-being. Laugh "N" Leap will provides numerous opportunities for learning, participating and enjoying!</p> <p>Pre – Registration is required.</p>