

PRESCHOOL • CHILDREN YOUTH PROGRAMS

A **Wellness Pass** is required to access these programs. All programs are held at the Welland Community Wellness Complex. Registration Information and form on pages 9-12.

Mommie & Me Yoga

(Mom & Infant)

Mom and Baby Yoga Build up your strength and get balance back while bonding with baby. Mom and Baby Yoga is a great way to get active again after childbirth. This class will focus on yoga practices that increase stamina, stabilize the core and relieve common discomforts of caring for a newborn. No yoga experience necessary. Please wait 4-6 weeks after having your baby to begin class-please be sure to have the OK from your caregiver to participate in physical activity, suitable for babies until crawling. Please bring a yoga mat and blanket.

Oct 07 - Dec 9 (10 classes)
Friday 10:30 AM - 11:30 AM
Fee: \$41.00 \$46.00 Non-resident

Jan 13 - Mar 2 (8 classes)
Friday 10:30 AM - 11:30 AM
Fee: \$33.00 \$39.00 Non-resident

Active Start Special Olympics Program

(Ages 2-6 years)

Active start by special olympics Canada is the only formally developed, national, play based skill development program for two to six year old kids with an intellectual disability. It is a guided activity based play program that allows the children and their parents/caregivers opportunities to engage in developmentally appropriate, skill based sessions to promote motor skill proficiency, engagement in physical activity, and social interaction with peers in an active play setting. Free T shirts are included.

Active Start...cont.

Oct 08 - Dec 10 (10 classes)
Saturday 10:00 AM - 11:00 AM
Fee: \$36.00 \$42.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 10:00 AM - 11:00 AM
Fee: \$29.00 \$35.00 Non-resident

Preschool Dancers ☆

(Ages 3-5 years)

Funky jazz steps, coordinate simple routines and learn basic skills and coordination through dance. This rhythm and dance will get any preschooler swinging their hips! Child must be toilet trained.

Oct 07 - Dec 9 (10 classes)
Friday 5:00 PM - 5:45 PM
Fee: \$24.00 \$29.00 Non-resident

Jan 13 - Mar 2 (8 classes)
Friday 5:00 PM - 5:45 PM
Fee: \$19.00 \$25.00 Non-resident

Mini Cheer

(Ages 4-7 years)

Wanted....high energy girls and boys who want to have fun! Come out and learn exciting cheerleading skills as well as popular cheers! Perform for your parents or your friends, get everyone in the spirit.

Oct 06 - Dec 8 (10 classes)
Thursday 6:00 PM - 6:45 PM
Fee: \$32.00 \$38.00 Non-resident

Jan 10 - Feb 28 (8 classes)
Tuesday 6:00 PM - 6:45 PM
Fee: \$30.00 \$35.00 Non-resident



Yoga for Little Ones

(Ages 4-7 years)

Yoga for Little Ones. This playful class will stretch our bodies and engage our minds with Yoga and Story time. Stories are told by 50 plus members each week.

Oct 03 - Dec 5 (10 classes)
Monday 5:00 PM - 5:45 PM
No Class: Oct 10
Fee: \$34.00 \$39.00 Non-resident

Jan 09 - Mar 5 (8 classes)
Monday 5:00 PM - 5:45 PM
No Class: Feb 20
Fee: \$27.00 \$33.00 Non-resident

Zumbatomic Little Stars

(Ages 4-7 years)

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

Oct 03 - Dec 12 (10 classes)
Monday 5:30 PM - 6:00 PM
No Class: Oct 10
Fee: \$31.00 \$36.00 Non-resident

Jan 09 - Mar 5 (8 classes)
Monday 5:30 PM - 6:00 PM
No Class: Feb 20
Fee: \$23.00 \$29.00 Non-resident

Jazz It Up! ☆

(Ages 6-10 years)

Funky jazz steps, coordinate simple routines; learn basic skills and coordination through dance. This rhythm and dance will get any child swinging their hips! These courses are taught by highly qualified instructors in partnership with Joli's Dance Studio.

Jazz It Up!, cont.

Oct 07 - Dec 9 (10 classes)
Friday 6:00 PM - 7:00 PM
Fee: \$31.00 \$37.00 Non-resident

Jan 13 - Mar 2 (8 classes)
Friday 6:00 PM - 7:00 PM
Fee: \$25.00 \$31.00 Non-resident

Silly Science Club

(Ages 6-10 years)

The Silly Science Club is a program that allows children to actively participate in fun experiments. Children can use each of their senses to form and test different hypotheses. The silly scientists will see a variety of chemical reactions. Children will have the opportunity to make goop, flubber and dough, and they will reveal secret messages written in invisible ink! The silly scientists will learn about the properties of different chemicals. They will make their own lava lamps and they will create designs using milk and liquid soap!

Oct 08 - Dec 10 (10 classes)
Saturday 1:00 PM - 2:00 PM
Fee: \$24.00 \$29.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 1:00 PM - 2:00 PM
Fee: \$19.00 \$25.00 Non-resident

Kids Krafty Kritters

(Ages 6-12 years)

Children will participate in a new craft each week, learning artistic skills like painting, sketching, scrapbooking, and creating three-dimensional objects they are sure to enjoy. Children will strengthen their artistic abilities, meet new friends and create one of a kind works of art. Children six to twelve years of age are invited to experience cultural crafts and learn through creative art. This is a fun class that both boys and girls will definitely enjoy.

Oct 08 - Dec 10 (10 classes)
Saturday 9:30 AM - 11:30 AM
Fee: \$27.00 \$33.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 9:30 AM - 11:30 AM
Fee: \$23.00 \$28.00 Non-resident

Quilling for Children

(Ages 7-10 years)

Learn to Quill the Cuttlebug way. Cut your own strips using the ProvoCraft Cuttlebug and assemble using age old Quilling techniques to create a floral brooch for yourself or as a gift for someone special. All materials included.

Oct 29 (Workshop)
Saturday 12:00 PM - 2:00 PM
Fee: \$6.00 \$11.00 Non-resident

Active Start Fundamentals

(Ages 7-12 years)

Active start by special olympics Canada is the only formally developed, national, play based skill development program for seven to twelve year old kids with an intellectual disability. It is a guided activity based play program that allows the children and their parents/caregivers opportunities to engage in developmentally appropriate, skill based sessions to promote motor skill proficiency, engagement in physical activity, and social interaction with peers in an active play setting. Free T shirts are included.

Oct 08 - Dec 10 (10 classes)
Saturday 11:00 AM - 12:00 PM
Fee: \$36.00 \$42.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 11:00 AM - 12:00 PM
Fee: \$29.00 \$35.00 Non-resident

GLEE Club

(Ages 7-14 years)

It's a place to come for 2 hours a week and just LET GO! If you can walk you can dance. If you can talk you can sing. It is important for children and youth that they experience music and learn how to use music as a tool for expressing themselves and learning to work together. Youth team up with local artists to provide a musical learning experience for youth of all ages, the goal being to get the kids singing and dancing. In fact, singing and dancing are so closely intertwined that in some languages, the word for both of these things is the same. (The word we use is FUN!) Activities include drum circles and sing-alongs with a 'back-to-the-basics' feel for a fully interactive way of playing and learning.

GLEE Club, cont.

Oct 08 - Dec 10 (10 classes)
Saturday 9:30 AM - 11:30 AM
Fee: \$50.00 \$55.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 9:30 AM - 11:30 AM
Fee: \$42.00 \$47.00 Non-Resident

Twisters Cheerleading

(Ages 8-12 years)

Wanted....high energy girls and boys who want to have fun! Come out and learn exciting cheerleading skills as well as popular cheers! Perform for your parents or your friends, get everyone in the spirit.

Oct 06 - Dec 8 (10 classes)
Thursday 7:00 PM - 8:00 PM
Fee: \$32.00 \$38.00 Non-resident

Jan 10 - Feb 28 (8 classes)
Tuesday 7:00 PM - 8:00 PM
Fee: \$26.00 \$32.00 Non-resident

Zumba Atomic Big Stars

(Ages 8-12 years)

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

Oct 03 - Dec 12 (10 classes)
Monday 6:00 PM - 7:00 PM
No Class: Oct 10
Fee: \$37.00 \$43.00 Non-resident

Jan 09 - Mar 5 (8 classes)
Monday 6:00 PM - 7:00 PM
No Class: Feb 20
Fee: \$27.00 \$33.00 Non-resident

Oh What a Show

(Ages 9-11 years)

Participants will explore various techniques of acting, such as mime, improvisation, adding rhythm and music, ending with an on stage production showcasing their talents.

Jan 09 - Mar 5 (8 classes)
Monday 4:30 PM - 5:30 PM
No Class: Feb 20
Fee: \$36.00 \$42.00 Non-resident

Quilling for Youth

(Ages 10-13 years)

Also known as the art of Paper Filigree, learn this age-old technique to create beautiful wearable art. This Romantic Roses necklace will be one of your favourites. Make today and wear tonight or make as a gift for someone special. All materials included.

Oct 29 (Workshop)
Saturday 2:30 PM - 4:00 PM
Fee: \$13.00 \$18.00 Non-resident

Mad Science

(Ages 10-14 years)

Get ready for lots of icky sticky mad science. We will deliver unique hands on experiences for the children that are just as entertaining as they are educational. All of our experiments are designed to provide fun interactive entertainment for this age group. Our goal is to get every kid actively participating by allowing them to conduct their own experiments as well as assist in larger projects. At the end of each session the child will be able to bring home an experiment like slippery slime, lava, and homemade fossils.

Oct 09 - Dec 11 (10 classes)
Sunday 10:30 AM - 11:30 AM
Fee: \$28.00 \$33.00 Non-resident

Jan 15 - Mar 4 (8 classes)
Sunday 10:30 AM - 11:30 AM
Fee: \$23.00 \$29.00 Non-resident

Badminton for Youth

(Ages 10-16 years)

We will focus on the fun and fundamentals of this lively game, including serve and return strokes, rules and game strategy. All equipment supplied. Come out and learn the game, make new friends and have lots of fun.

Oct 05 - Dec 14 (10 classes)
Wednesday 5:30 PM - 6:30 PM
Fee: \$43.00 \$49.00 Non-resident

Jan 11 - Feb 29 (8 classes)
Wednesday 5:30 PM - 6:30 PM
Fee: \$36.00 \$42.00 Non-resident

Page To Stage Youth Theatre

(Ages 12-14 years)

Participants will learn the art of writing a play, directing, producing and stage managing ending with an on stage production of their play.

Oct 03 - Dec 12 (10 classes)
Monday 6:30 PM - 7:30 PM
No Class: Oct 10
Fee: \$31.00 \$36.00 Non-resident

Youth Kickboxing

(Ages 12-16 years)

Learn the basics of this unique form of cardiovascular training. Youth Kickboxing helps to increase self esteem and self defense moves as well as coordination? We always have fun in class!

Oct 04 - Dec 13 (11 classes)
Tuesday 4:00 PM - 5:00 PM
Fee: \$37.00 \$43.00 Non-resident

Oct 06 - Dec 15 (11 classes)
Thursday 6:30 PM - 7:30 PM
Fee: \$37.00 \$43.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 4:00 PM - 5:00 PM
Fee: \$30.00 \$36.00 Non-resident

Jan 12 - Mar 8 (9 classes)
Thursday 6:30 PM - 7:30 PM
Fee: \$30.00 \$36.00 Non resident

Babysitting Canadian Safety Council

(Ages 12+ years)

The Babysitters' Training Course is aimed at young people turning 12 years of age within the calendar year or older who want to demonstrate their capabilities by completing the course under responsible direction. The Babysitters' Training Course is loaded with special features such as: •Rights and Responsibilities •Child Development and Behavioral Problems •Caring for the Child •Nutrition •Safety and Basic First Aid •Handling Emergencies •The Sick Child •Games and Play Activities •Children with Special Needs •Advice for Parents

Oct 06 - Nov 24 (8 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$51.00 \$57.00 Non-resident

Jan 12 - Mar 1 (8 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$51.00 \$57.00 Non-resident

Billiards for Youth

(Ages 12-16 years)

Youth will learn *Tools of the game *Rules *Shot making *Positioning *Breaking *Angling and much more. A student should be of a height to properly play on a billiard table, mature, and be coordinated in order to properly hold and stroke a cue. This course aims to give the beginner proper fundamentals in billiards.

Oct 04 - Dec 11 (10 classes)
Tuesday 5:30 PM - 7:00 PM
Fee: \$40.00 \$45.00 Non-resident

Jan 10 - Feb 28 (8 classes)
Tuesday 5:30 PM - 7:00 PM
Fee: \$37.00 \$42.00 Non-resident

High Five - Principles of Healthy Child Development

See page 39 for details



Yoga - Youth

(Ages 12-16 years)

Develop physical endurance and flexibility in this yoga class designed for the teenage participant. Cultivate self - discipline, self - esteem and your mental and spiritual well being. No previous yoga experience required. Bring your own Yoga mat.

Oct 04 - Dec 13 (11 classes)
Tuesday 5:00 PM - 5:45 PM
Fee: \$28.00 \$34.00 Non-resident

Jan 10 - Mar 6 (9 classes)
Tuesday 5:00 PM - 5:45 PM
Fee: \$21.00 \$26.00 Non-resident

Hip Hop Dance ☆

(Ages 13-18 years)

This fun dance class is offered for 8 weeks for youth 13 to 18 years. Participants will learn how to dance to their favourite music videos. Learn some modern jazz and hip hop dance. This course is taught by highly qualified instructors in partnership with Joli's Dance Studio.

Oct 07 - Dec 9 (10 classes)
Friday 7:15 PM - 8:15 PM
Fee: \$31.00 \$37.00 Non-Resident

Jan 13 - Mar 2 (8 classes)
Friday 7:15 PM - 8:15 PM
Fee: \$25.00 \$31.00 Non-Resident

Youth Fitness Hour

(Ages 14-18 years)

This program is designed for teens to introduce the benefits of weight training. It teaches the younger population to use lighter weight to avoid injury and still get the results they are looking for. This program is designed to target the individuals full body.

Oct 08 - Dec 10 (10 classes)
Saturday 1:30 PM - 2:30 PM
Fee: \$47.00 \$52.00 Non-resident

Jan 14 - Mar 3 (8 classes)
Saturday 1:30 PM - 2:30 PM
Fee: \$29.00 \$35.00 Non-resident