

Interactions



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

This month we are continuing to try new ways to make our programs fun, engaging and hassle free.

Continuing this month at our Walker Centre is the choice for Email Reminders!

If you register for any of our Adult Opportunities or Infant and Parent/Caregiver Interactions at our Walker Family YMCA Centre, instead of our reminder phone call, you can request a reminder email instead!

Drop-In Discussion Continues!

On **Wednesday, February 27th** at our **Grantham Centre**, you can drop in from **10am - 11am** for an open discussion and informal information sharing session.

How much exercise should your child get? Are they getting enough outdoor time even in the winter? Join Susie this morning, and get some answers during this drop-in style discussion!

No registration required.

Circle Time En Francais!!

Join Mariesa for songs and stories in French during Circle Time this morning! Tous sont les bienvenus!

Check out our Special Events section for more details!

February Closures

All Centres will be closed Monday, February 18th, 2019 for Family Day!



REGISTRATION INFORMATION

February registration will begin Friday, February 1st 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 by the following morning. Please remember to leave your name, number and what workshop you would like to register for. If it is an adult workshop that is offering child care, please leave 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 or emails (Walker Family YMCA Centre) 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 only one Infant Workshop per month. Thank you!

Recreational Swimming Walker Family YMCA Centre

Tuesday, February 5 - 1-2pm
Monday, February 11 - 10:15-11:15am
Tuesday, February 19 - 1-2pm
Monday, February 25 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.

Gym Time at the Walker Family YMCA Centre

Friday, February 1, 8, 15, 22
Monday, February 4, 11, 25
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.**

Adult Opportunities
(All of the following require registration)

Adult Workshop	Date & Time	Location	Description
Family Stickin' Together Activity	Thursday, February 7 1:30pm	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 (either all right or all left). Limited childcare is available.
"Pool Noodle" Math	Monday, February 11 1:30pm-2:30pm	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Adults, come create this fun make and take activity! Help your child develop early math skills, such as number recognition. Limited childcare is available.
Preparing Your Child for School	Tuesday, February 12 10-11am	Grantham Centre 469 Grantham Avenue St. Catharines	One of the biggest steps in a child's life is starting school. Are you ready for the big day? Join us this morning for an information workshop on the many things parents can do to help prepare their child for their first experiences at school. Limited child care is available.
Sensory Play for Everyday	Tuesday, February 19 10-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	You asked and we listened! Adults often wonder how we make our playdough and get ideas for sensory play. Come and learn why sensory play is important for children's development and leave with ideas and recipes to take home. No childcare is available.
Building a Positive Outlook	Thursday, February 21 10-11am	Thorold Centre 15 Pine Street South Thorold	Looking for positive things and being grateful go hand-in-hand. Join the conversation this morning as we delve into how to develop a realistic and positive outlook. Limited childcare is available.
Understanding Attachment	Thursday, February 21 1:30pm	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 childcare is available.
Screen Time	Monday, February 25 1:30-2:30pm	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Join Early Literacy Consultant, April Shaw, as she discusses appropriate screen times. A FREE book will be yours to take home! No childcare is available.

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
Healthy Baby, Healthy Brain	Tuesday, February 12 10-11am	Thorold Centre 15 Pine Street South Thorold	Even before your baby is born, his/her brain is developing and during the first year, the rate of learning is incredible. This morning we will talk about how you can foster that important brain growth.
Infant Massage	Thursday, February 14, 21 and 28 10-11am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Participants in this 3 week program will learn the correct techniques to provide a soothing massage for their baby, aged birth to pre-crawling .
On Top of Spaghetti!	Tuesday, February 19 1:30pm	Bunting Road Centre 234 Bunting Road St. Catharines	Come ready for a fun mess that's both safe and stimulating to all five senses! (Change of clothes may be required).
Mess Free Painting	Monday, February 25 9:30-10:30am	Grantham Centre 469 Grantham Avenue St. Catharines	Your little one can fully explore different textures and colours, while making this mess free art. It's a sensory delight! No registration is required for this workshop.



Special Events (Please read to see if registration is required)			
Special Event	Date & Time	Location	Description
Temps de la Chanson	Saturday, February 16 10-10:30am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Join Mariesa for songs and stories in French at Circle Time this morning! Tous sont les bienvenus!
Jump Your Jiggles Out In The Gym!	Monday, February 25 9:30-11am	Thorold Centre 15 Pine Street South Thorold	Come and kick a ball, ride a trike and jump and shout! We will have free gym time to help shed our cabin fever!



Valentine's Day Celebrations!

Each of our Centres has found a unique and creative way to spend this special day!
Come Join us!

Red and Pink Day	Thursday, February 14 9-12pm	Grantham Centre 469 Grantham Avenue St. Catharines	Come dressed in pink and red and join us today as we celebrate love and friendship. Registration is required.
Heart Stamping and Red, White and Pink Day	Thursday, February 14 Heart Stamping 9-3pm	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Children will LOVE stamping with heart shaped cookie cutters on paper. Jazz it up with some glitter and present it to your Valentine! Wear red, white or pink to the Centre today!
Valentine Cards for Valentine's Day	Thursday, February 14 9-11:30am	Bunting Road Centre 234 Bunting Road St. Catharines	Drop in to the Centre, bring some valentine cards to share, have a heart-healthy snack and don't forget to wear something red! Painted red hands make the heart and your child's imagination adds the rest!
M is for Music	Thursday, February 14 9am	Thorold Centre 15 Pine Street South Thorold	This morning we will focus on music and the alphabet and how rhythm makes it mesh together. We will celebrate Valentine's Day with special crafts, and we will welcome percussionist, Chris Lessso, to our circle time!



Well Baby Clinic and Parenting Drop-in

Every Wednesday 9 - 11:30am at the Walker Family YMCA Centre

The Well Baby clinic is a FREE service that 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.



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

These activities are now available at the centres on a **drop in basis, as supplies are available**. It is important for us to continue to offer you a welcoming environment, which provides activities and materials, which will allow 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
Kid Made Birdfeeder	Wednesday, February 6 9-11:30am	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Turn your backyard into a nature preserve! Birds will flock to this homemade bird feeder.
Yo-Yo painting	Thursday, February 7 9-11am	Thorold Centre 15 Pine Street South Thorold	Beat the February blues with this fun painting activity!
Science Experiment Using a Valentine Heart Candy!	Friday, February 8 9:30-10:30am	Grantham Centre 469 Grantham Avenue St. Catharines	Today we will be doing a crazy science experiment to see what happens to candy hearts when we put them in vinegar!
Pinecone Owls	Tuesday, February 19 9-11am	Thorold Centre 15 Pine Street South Thorold	Come and make a pinecone owl to take home!
Clay Sculptures	Saturday, February 23 9-noon	Walker Family YMCA Centre 25 YMCA Drive St. Catharines	Children, let your creativity soar as you use molding clay to create 3 dimensional sculptures.
Art in a Jar	Wednesday, February 27 9-11:30am	Bunting Road Centre 234 Bunting Road St. Catharines	Your child will be surprised after they fill a jar by spooning layers of coloured epsom salts.

Car Seat Information Session
Thursday, February 21, Grantham Centre
9:30-11:30am

Free car seat classes are available throughout the year 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 ages.

Space is limited! Call to register!

905-937-7007



*Bringing the fun of summer
to your March Break!*

Register for YMCA March Break Camp

Ages 5 - 12, March 11th - 15th, 2019
Register at ymcadaycamp.ca

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.

Thorold Centre: Thursday, February 7, 10am
Bunting Road Centre: Tuesday, February 19, 10am
Walker Family YMCA Centre: Tuesday, February 12, 10am
Grantham Centre: Wednesday, February 20, 10am

Visit any one of these sites to find our newsletter



YMCA Twitter: @YMCANiagara



Facebook: YMCA of Niagara

YMCA of Niagara website:

<http://www.ymcaofniagara.org/programs/community-initiatives/earlyon-centres/>

EarlyON Interactions February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Gym Time 11:15am WFYC	Centre Legend: BRC - Bunting Road Centre GC - Grantham Centre TC - Thorold Centre WFYC - Walker Family YMCA Centre
4 Gym Time: 11:15am WFYC	5 Recreational Swimming 1-2pm WFYC	6 Well Baby Clinic 9am WFYC CC: Kid Made Birdfeeder 9am WFYC	7 CC: Yo-Yo painting 9am TC Resource Consultant 10am TC AO: Family Stickin' Together Activity 1:30pm BRC	8 CC: Science Experiment with a Candy Heart 9:30am GC Gym Time 11:15am WFYC	
11 Recreational Swimming 10:15 WFYC Gym Time: 11:15-11:45am WFYC AO: Pool Noodle Math 1:30pm WFYC	12 Resource Consultant 10am WFYC AO: Preparing Your Child For School 10am GC IAI: Healthy Baby, Healthy Brain 10am TC	13 Well Baby Clinic 9am WFYC	14 Valentine's Day! IAI: Infant Massage 10am WFYC SE: Red, White and Pink Day and Heart Stamping 9am WFYC SE:Valentine Cards 9:30am BRC SE:Red and Pink Day 9am GC SE: M is for Music 9:30am TC	15 Gym Time 11:15am WFYC	16 SE: Temps de la Chanson 10am WFYC
18 Family Day! All Centres Closed	19 CC: Pinecone Owls 9am TC AO: Sensory Play For Everyday 10am WFYC Resource Consultant 10am BRC IAI: On Top of Spaghetti 1:30pm BRC Recreational Swimming 1pm WFYC	20 Well Baby Clinic 9am WFYC Resource Consultant 10am GC	21 Carseat Information Session 9:30am GC AO: Building a Positive Outlook 10am TC IAI: Infant Massage 10am WFYC AO: Understanding Attachment 1:30pm BR	22 Gym Time 11:15am WFYC	23 CC:Clay Sculptures 9am WFYC
25 IAI: Mess Free Painting 9:30am GC SE: Jump Jiggles Out 9:30am TC Recreational Swimming 10:15am WFYC Gym Time 11:15am WFYC AO: Screen Time 1:30pm WFYC	26	27 Well Baby Clinic 9am WFYC AO: Physical Activity Discussion: How much exercise is enough for your children? 10am GC CC: Art in a Jar 9:30am BRC	28 IAI: Infant Massage 10am WFYC		Workshop Legend: AO: Adult Opportunities IAI: Infant and Adult Interactions CC: Children's Creativity SE: Special Event FT: Field Trip