



# EarlyON

Child and Family Centre

Free, high-quality drop-in programs, educational workshops and resources for children 0-6 years and their caregivers.

July 2025

## EarlyON YMCA of Niagara Centre *Hours of Operation*

### Fairview Mall Centre

285 Geneva Street, St. Catharines

Monday, Wednesday 9am-4pm

Tuesday, Thursday 9am-7pm (start July 22)

Friday 9am-noon

Saturday 9am-1pm

Sunday 10am-1pm (start July 27)

### Grantham Centre

469 Grantham Avenue, St. Catharines

Monday through Thursday 9am-1pm

Friday 9am-noon

### Thorold Centre

25 Whyte Avenue N, Thorold

Monday through Thursday 9am-12:30pm

Friday 9am-noon

Friday 930-11am Thorold Public Library

### St. Anthony Centre

81 Rykert Street, St. Catharines

(Closed for the summer)

## EarlyON Child and Family Centres

Our EarlyON programs and services are in alignment with provincial guidelines and local directives to promote positive, meaningful, fun and safe indoor and outdoor experiences for our families and our team.

- **Fun, free interactive programs** for parents/guardians and their children (ages 0-6 years)
- **Pre-registration is not required for our drop in programs:** registration is required for our adult workshops to ensure we have the appropriate amount of materials and resources available.
- **Self screening** in advance of attending the program is required of all staff and participants. Anyone who is unwell should remain home.

Tuesday July 1st - All centres closed for Canada Day

July 14 –18 Grantham closed

CLOSED

If registration is required, please email [earlyon.admin@niagara.ymca.ca](mailto:earlyon.admin@niagara.ymca.ca)



Beginning Tuesday July 22

Our Fairview EarlyON Centre will be open extended hours.

Tuesday and Thursday evenings until 7pm and

Sundays 10am-1pm

## EARLYON CHILD AND FAMILY CENTRES:

- Are places where parents, caregivers and children build strong relationships with each other and connect with other families and EarlyON professionals
- Offer a variety of programs and services that meet the unique needs of children and families in an inclusive environment
- Provide resources and workshops with up-to-date information for all stages of your family life, from preconception and prenatal care, to nutrition, toilet training, toddler curiosity, and early school experiences
- Are funded by the Ontario Ministry of Education through Niagara Region Children Services

**Please remember to enjoy our centre another day if you are not feeling yourself. Help keep our friends and staff healthy.**

**If your older children are home from school feeling sick. Please be kind and do not attend that day.**



### Children and Parent Interactive Programs

**(Registration not required unless noted)**

**(Activities available all morning as supplies last unless otherwise noted)**

Activity	Date and Time	Location	Description
Ice Cream in a Bag	Thursday July 3 9:30am	Grantham EarlyON	Did you know kids can make ice cream in a bag? Yes, with only 4 ingredients and a plastic bag, you can easily make this delicious, kid-friendly treat! Join us today to learn how and enjoy a yummy morning snack!  <b>For children 2 and over. Registration is required.</b>
Spin Art Snail	Saturday July 5	Fairview EarlyON	Using a salad spinner and paint, children will create a fun and visually striking form of abstract art.
Macaroni Necklaces	Monday, July 7	Fairview EarlyON	Join us for a creative and hands-on activity that's perfect for young children and their families—making macaroni necklaces! This simple and fun craft encourages fine motor skills, creativity, and quality bonding time between children and caregivers.

## Children and Parent Interactive Programs Continued

(Registration not required unless otherwise noted)

(Activities available all morning as supplies last unless otherwise noted)

Activity	Date and Time	Location	Description
Little Chef Teddy Bear Snacks	Thursday July 10 10-1045am	Thorold EarlyON	Today is Teddy Bear Picnic Day. Let's celebrate by making some delicious snacks to share.
Sink or Float	Saturday July 12 11am	Fairview EarlyON	Sink or float is a simple and educational science activity used to explore density and buoyancy. Join us while we experiment with different objects.
Potato Masher Ice Cream Cones	Wednesday, July 16	Fairview EarlyON	Using potato mashers and paint, children will stamp and decorate their own colourful ice cream cones while exploring textures, shapes, and creativity.
Rainbow Fish Craft	Saturday July 19	Fairview EarlyON	Inspired by the beloved children's book. The Rainbow Fish is the most beautiful fish in the ocean, with shiny, iridescent scales that sparkle like rainbows. Children will create their very own Rainbow Fish.
Fly Swatter Painting	Tuesday, July 22	Fairview EarlyON	Get ready to splat, stamp, and create! Children will use clean fly swatters and paint to make bold, colourful designs while exploring movement, textures, and creativity. It's a little messy and a whole lot of fun!
DIY Ice Cream	Saturday July 26 11am	Fairview EarlyON	Making ice cream is a super fun, hands-on science and sensory activity. Teaches about freezing point while ending with a tasty treat. Join us for this "cool" activity.
Windsock Craft	Monday July 28	Grantham EarlyON	The kids will love to see their windsock craft flying in the wind as they play outside.

### RESOURCE CONSULTANTS

Resource Consultants from the Niagara Children's Centre are in our EarlyON Centres to answer any questions you might have about your child's development.

Ask the educators in the centre for more information.



## Infant Interactive Programs

(one infant program per family please)

Registration required by emailing [earlyon.admin@niagara.ymca.ca](mailto:earlyon.admin@niagara.ymca.ca)

Activity	Date and Time	Location	Description
Stroller Walk and Talk	Thursday July 24  930am	Grantham EarlyON	Looking for a way to connect with new moms, exercise and enjoy the outdoors? Join us today for a walk around the neighbourhood and discuss different ways in which we are all learning to navigate the good (and sometimes not so good) times of motherhood  <b>Registration required</b>
Infant – Watermelon Footprints <b>Registration required, but once registered, drop-in anytime during the time listed.</b>	Wednesday, July 30 9am – 11am	Fairview EarlyON	. Calling all infants (birth – 12 months) and their families! Join us for a sweet and simple keepsake activity— <i>watermelon footprint art!</i> Using safe, washable paint, we'll help you create adorable watermelon-themed prints using your baby's feet. Don't forget your wipes!



The Dental Team from Niagara Region Public Health will be visiting our **Thorold EarlyON centre** on **Monday July 28 starting at 9 a.m.** They will be offering FREE dental screenings and fluoride varnish for children.

Dental screenings are a quick look in the child's mouth using a sterilized dental mirror to identify any urgent dental issues. Fluoride varnish is a safe protective coating that is painted onto the teeth with a tiny brush.

A public health dental professional can help link eligible children to a free dental program through Healthy Smiles Ontario.

Walk-ins are welcome! Parent/guardian consent is required for dental screening.

For more information, please contact the Dental Team.

## Outdoor programs and Field Trips

(no registration required)

Activity	Date and Time	Location	Description
Outdoor games and activities	Every Wednesday and Thursday. 915-1015am	Thorold EarlyON	Join us on our playground for gross motor fun.  Unstructured physical activity and being outdoors are both so good for physical and mental well being.  Combine both and join us outside every week.
EarlyON—Thorold Library partnership	Friday July 11,18,and 25 930-11am	Thorold Library	Join an EarlyON educator first for outdoor program then we will go inside for activities/story time by the librarian.  There will be no library program on July 4
Art in the Park	Wednesday July 9 10am	Grantham EarlyON- Meet us at the park beside the centre	Art outside with kids is magical. No matter what time of year, there is always a way to get outside and let your creativity run wild. Come dressed for some messy fun!
Sullivan Park Splash Pad	Wednesday July 23 11am-noon	Meet us at Sullivan Park	Join us at Sullivan Park in Thorold splash pad for a morning of fun games and activities. Don't forget a towel, hat and sunscreen.  rain date Tuesday July 29th

Babysitting is a big responsibility—make sure you're ready! This one-day course is delivered by **St. John Ambulance** and hosted at the **YMCA Community Hub**. Youth aged 11–15 will build the skills and confidence needed to care for children safely and responsibly. Learn basic first aid, infant & child CPR, and strategies for handling emergencies and behaviour.

- Choose from: Saturday, June 22 or Saturday, July 20
- 9:00 AM – 4:00 PM YMCA Community Hub at Fairview Mall (285 Geneva St., St. Catharines)
- \$75 per participant

Participants receive:

- Babysitting Basics Reference Guide. Babysitting Certificate, Small First Aid Kit



**St. John Ambulance**  
**SAVING LIVES**  
at work, home and play



## Adult Programs

(registration NOT required unless noted)

Activity	Date and Time	Location	Description
Adult Information– Sun Safety	Wednesday, July 2	Fairview EarlyON	Sun exposure feels great, but too much can lead to serious health risks. Stop by today for sun safety tips and resources to keep you and your family safe in the sun.
Adult Information- The Importance of Structure and Routine	Friday July 4	Grantham EarlyON	Just like adults, children need consistency and structure to thrive. Drop into the centre and get some tips to maintain a routine and lower the stress in your home during the summer months and beyond!
Adult Information – Benefits of Gardening with children	Tuesday July 15	Thorold EarlyON	Learn about the wide range of benefits that gardening can have on your child's physical, emotional and cognitive development.
Adult Information— How does falling help children	Monday July 21	Thorold EarlyON	It's an essential part of their physical, emotional, and cognitive development. They need to fall in order to learn how to get back up (and try) again.



**Sandal season is here!**

Please remember to bring indoor footwear or socks (with grips) when visiting the EarlyON Centres.

## Virtual Programs

For those families interested in virtual programs, Port Cares EarlyON Centres will continue to offer these programs to serve families in the Niagara Region.

[www.facebook.com/earlyonvirtual](https://www.facebook.com/earlyonvirtual)  
[www.instagram.com/earlyonvirtual](https://www.instagram.com/earlyonvirtual)

[www.facebook.com/earlyonsbyportcares](https://www.facebook.com/earlyonsbyportcares)  
[www.instagram.com/earlyonsbyportcares](https://www.instagram.com/earlyonsbyportcares)

**Do you have questions about your child's health or growth and development?**



Now you can:

Call @ 905-684-7555 or 1-888-505-6074 ext.7555

· [Email](#)

[Live Chat](#) (auto-translated in 90 different languages)

· [Facebook messenger](#)

With a public health nurse at [Niagara Parents](#).

Nurses are happy to provide reliable advice about; pregnancy, newborn care, feeding your baby, behavioural issues, child or parental mental health concerns, and community supports. A public health nurse is available to answer your questions Monday – Friday 8:30 a.m. – 4:00 p.m. You are also able to register for many of our clinics and classes at [niagararegion.ca/parents](https://niagararegion.ca/parents). We're with your every step of the way

Do you have questions? Are you looking for resources or strategies to support your child's development?

Reach us by telephone or by email

**EarlyON Fairview Mall:** 905-646-4988 [earlyon.fairview@niagara.ymca.ca](mailto:earlyon.fairview@niagara.ymca.ca)

**EarlyON Grantham:** 905-937-7007 [earlyon.grantham@niagara.ymca.ca](mailto:earlyon.grantham@niagara.ymca.ca)

**EarlyON St. Anthony:** 905-650-7019 [earlyon.stanthony@niagara.ymca.ca](mailto:earlyon.stanthony@niagara.ymca.ca)

**EarlyON Thorold:** 905-658-6907 [earlyon.thorold@niagara.ymca.ca](mailto:earlyon.thorold@niagara.ymca.ca)

**Visit any one of these sites to find more about EarlyON virtual services, resources and contact information.**



Facebook: YMCA of [Niagara](#) EarlyON










[www.youtube.com](https://www.youtube.com)



[earlyonatymcaniagara](#)

# July 2025

at a glance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 All Centres CLOSED CANADA DAY! 	2 Adult Info - Sun Safety	3 Ice Cream in a Bag 9:30am (Registration required)	4 Adult Info - Why Routines Matter Thorold Library CANCELLED	5 Spin Art Snail
6	7 Macaroni Necklaces	8	9  Art in the Park 10am	10 Teddy Bear Picnic Teddy Chef Teddy Snacks 10 - 10:45am	11 Thorold Library 930-11am	12 Sink or Float Science Experiment 11am
13 Grantham CLOSED All Week 	14	15 Adult Info - Benefits of Gardening with Children Grantham - CLOSED	16 Potato Masher Ice Cream Cones Grantham - CLOSED	17	18 Grantham - CLOSED Thorold Library 930-11am	19  Rainbow Fish
20	21 Adult Info - Children Need to Fall	22 Fly Swatter Painting Fairview OPEN 9am - 7pm	23 Outdoor - Sullivan Park Splash Pad 11am - Noon (Rain date - July 29)	24 Stroller Walk & Talk 9:30am (Registration required) Fairview OPEN 9am - 7pm	25 Thorold Library 930-11am	26 DIY Ice Cream 11am
27 Fairview OPEN 10am - 1pm	28 Dental Visit Beginning at 9am  Windsocks	29 Fairview OPEN 9am - 7pm	30  Infant - Watermelon Footprint Art 9am - 11am (Registration required)	31 Fairview OPEN 9am - 7pm	For more details about activities listed, including if registration is required, please read through our monthly newsletter.	

## Grantham

Mon. - Thurs. - 9am-1p

Friday - 9am - noon

## Fairview

Mon. - Thurs. - 9am - 4

Friday - 9am - noon

Saturday - 9am - 1pm  
(Extended hours begin  
Tues., July 22)

## St. Anthony-

CLOSED FOR THE  
SUMMER

## Thorold

Mon. -Thurs. - 9am-12:

Friday - 9am - noon

Grantham - Blue

Fairview - Purple

St. Anthony - Red

Thorold - Green