



Preschool Programs



* Preschool Programs

Arts & Culture

Ballet: Pre-school

Path: Performing Arts | Level: Beginner

Your child will love this class as it teaches the fundamentals of ballet in a fun-filled encouraging and play-focused environment. Your child will learn warm-ups, choreography and proper cool down techniques. Ballet shoes required.

Age: 3 to 5 Years

Location: Ray Twinney Recreation Complex and Armitage Public School

Crafting Hour

Path: Visual Art and Design

Level: Beginner

Kids want to learn how to make do it yourself (DIY) crafts? Each week learn step-by-step projects with a design mind, ingenuity and your own creative capacity.

Age: 4 to 7 Years

Location: Magna Centre

Culinary Adventures

Path: Culinary Arts | Level: Beginner

A new approach to culinary skills acquisition, this program provides an opportunity for play, learning and experimentation in a fun-filled, play-based learning environment. Your child will be encouraged to fully engage their senses, learning about everything from pouring and mixing, to tasting, touching, food experimentation and food handling. Parent participation is required.

Age: 3 to 5 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Munchkins in the Kitchen

Path: Culinary Arts | Level: Beginner

A great way to introduce your child to the kitchen! Learn to prepare healthy foods; develop culinary vocabulary and skills. Explore culturally rich foods. Parent participation is required for this program.

Age: 3 to 5 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Munchkins in the Kitchen:

Baking Frenzy

Path: Culinary Arts | Level: Beginner

We will make a variety of delicious goodies using basic kitchen ingredients you may already have in your home! Parent participation required.

Age: 3 to 5 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park

Munchkins in the Kitchen:

Let's Get Baking

Path: Culinary Arts | Level: Beginner

A great way to introduce your child to the kitchen. In this hands on session they will get messy while learning new skills, and creating delicious treats to bring home. This program requires parent participation.

Age: 3 to 5 Years

Location: Recreation Youth Centre and telMAX Indoor Skate Park



Click here to view full program information and register online

Program Index

 Parent Participation Required

Munchkins in the Kitchen for the Love of Baking

Path: Culinary Arts | Level: Beginner

Baking with little ones is one of the easiest ways to get them started on their culinary adventure and excited about cooking. From measuring ingredients and cracking eggs, to greasing bread pans and decorating cupcakes, we will get up to some fun-filled recipes with children in mind. Please plan on attending with your child.

Age: 3 to 5 Years

Location: Recreation Youth Centre and TelMAX Indoor Skatepark

Music Together® Mixed Ages

Path: Performing Arts

Level: Beginner

For over 35 years, the Music Together® program has been bringing children and parents together through music worldwide. Classes incorporate songs, rhymes, movement, and instrument play. Children will experience a wide range of musical experiences while building social and activity skills, and scaffolding school-readiness with other families and children. Music Learning Supports All Learning™. Accompanying program song resource book provided to 'Family Music book and digital access included.

Age: 4+

Location: St Paul's Church

Musical Adventures Around the World

Path: Performing Arts

Level: Beginner

This program aims to foster creativity and creative expression, cultural awareness, and a love for music in children. Exploring music from various countries and cultures, this program will help your child to learn the language of world music, musical storytelling and will especially stimulate foundational musical connections in your child's brain in conjunction with voice, rhythm, musical crafts, sound creation and dance. This program will end with a mini performance for family.

Age: 4 to 6 Years

Location: Old Town Hall

 Parent Participation Required

NEW Nature Play

Path: Play and Exploration | Level: All

A parent and tot program immersing your child in the natural world; a feeling-at-oneness, their eyes sparkling with joy and discovery. Parents, grandparents or caregivers and their children will meet in their "classroom" without a room, at the trail's edge, dressed to learn; to get dirty, explore, touch, engage the senses, ask questions, find answers, assess risk and even make mistakes along the way. Please dress for the weather. This program is less structured and is play-based. Parent child participation is required. Please register child only.

Age: 2.5 to 5 Years

Location: Ken Sturgeon Park

Parent and Tot Art Creations

Path: Visual Arts | Level: All

Bring your baby and enjoy creative crafts and social time. Designed for the new parent and infant.

Age: 18 months to 42 months

Location: Ray Twinney Recreation Complex

Parent and Tot - Music and Dance

Path: Performing Arts | Level: Beginner

Introduce your child into the social atmosphere in our welcoming class where we can create music with our instruments, dance and explore.

Age: 2 to 4 Years

Location: Ray Twinney Recreation Complex



**Click here to view full
program information
and register online**

Program Index



Click here to view full program information and register online



Young Engineers: Big Builders – Move

Path: Engineering | Level: Beginner

This unique enrichment program introduces pre-school aged children to scientific concepts through hands-on experiential learning. We hope that establishing this connection between knowledge and fun at such a young age will set our participants up for a lifetime of learning and creating. Big Builders will construct and experiment with 3D models using flexible, easy to assemble parts.

Age: 4 to 6 Years

Location: Ray Twinney Recreation Complex

Active

Toddler and Me Yoga

For toddlers, yoga is where it's at! Toddlers are natural yogis and they LOVE moving their bodies in ways that feel good. In our classes we use visual aids, sing yoga songs and support your child in their natural movement. These classes are done with both toddler and caregiver in mind, so as the present adult (especially for the littlest toddlers), be ready to participate in the class so the child sees you playing and gets the hang of what to do. Monkey see, monkey do! This class is intended for toddlers who are confident walkers until 3 years old.

Age: 16 + Years

(Registration for Adult - Child is Free)

Location: Ray Twinney Recreation Complex

Program Index

 Parent Participation Required

Family Yoga

These classes are for your entire family - no prior yoga experience required! We move, breathe, take journeys, and rest together to fun themed classes. We'll often sing a song or two, and find lots of reasons to giggle and play together! Registration is per family. Kids are free with at least one registered adult. Though classes are open to all ages and abilities, we suggest your youngest family member be 2+ years old.

Age: 16+ Years (Registration is per family. Kids are free with at least one registered adult)

Location: Magna Centre

General

Kindergarten Kick Off

This exciting class is designed to assist with preparing preschoolers for school. This class will focus on teaching colours, numbers, letters, shapes and more through the use of crafts, games and circle time. Participation is without parents. Children must be toilet trained to participate. Please bring a reusable water bottle each session.

Age: 3.5 to 4 Years

Location: Ray Twinney Recreation Complex

Parent and Tot Preschool Drop In

This drop in program is for parents/guardians with children under the age of 4 to drop in and play with preschool equipment, and socialize in a fun, relaxed atmosphere.

Age: 4 Years and under

Location: Magna Centre and Ray Twinney Recreation Complex



Sports

Karate - Kids

Fitness, discipline and fun await at Kids Karate in partnership with Jitsu-Do Karate. This class will prepare young children for future karate classes and includes games, props and drills to help them with coordination and athleticism while learning valuable self-defence skills.

Comfortable clothing and running shoes are required.

Age: 4 to 6 Years

Location: Jitsu-Do Karate

Karate - Parent and Tot

This program, in partnership with Jitsu-Do Karate, gives parents and their little ones a chance to enjoy an activity together full of positivity, activity and fun. Body awareness, self-regulation and teamwork are stressed in our activities and children are given the chance to work with their parents or caregivers on skills that set them up for success in the years to come. No uniform is required for this class. Parent participation is required.

Age: 2 to 4 Years

Location: Jitsu-Do Karate

Program Index

 Parent Participation Required

Karate – Tots

In partnership with Jitsu-Do Karate, Tot Karate is a program for early learners that focuses on fitness, coordination and fun. It builds the foundation for group participation and builds confidence to try new things. This program fosters the development of gross motor skills through games and drills as well as builds attention span and independence. Comfortable clothing and bare feet are required.

Age: 3 to 4 Years

Location: Jitsu-Do Karate

Playball - Two Can Do!

In partnership with Playball, this program is a great introduction to gross motor and sport skills while providing a wide range of suitable activities which stimulate and improve locomotion, balance, body awareness, muscular development and fine motor skills. Parent participation is required.

Age: 2 Years

Location: Ray Twinney Recreation Complex, Crossland Public School



Click here to view full program information and register online



Playball - Ball Hockey

In partnership with Playball, this program is a great skill-building program where children of all abilities will develop the knowledge and skills needed to play hockey in a fun, safe and energetic indoor environment.

Age: 4 to 6 Years

Location: Maple Leaf Public School

Playball - Sport Coaching for Kids

In partnership with Playball, this program emphasizes the foundations and skills of popular sports including: baseball, basketball, hockey, soccer, tennis and volleyball. Playball is structured to teach competent and happy participation in a non-competitive, fun-filled environment.

Age: 3 to 4 and 5 to 6 Years

**Location: Crossland Public School,
Maple Leaf Public School**

Ray Twinney Recreation Complex



**Click here to view full
program information
and register online**

 Parent Participation Required

Skate - Learn to Skate

This fun, learn to ice skate program provides instruction in the early years of skating. The program teaches skating skills through simple instruction, music, games and toys. CSA approved hockey helmet must be worn, as well as gloves or mitts. Parents/Guardians are required to stay on site during the class.

Age: 3 to 5 Years

Location: Magna Centre

Skate - Semi-Private Learn to Skate

Semi-private lessons will allow your child to develop their ice skating ability in a smaller group environment with a professional certified skating coach during a 30-minute lesson. Group size will be 3:1 skater to coach ratio max. CSA approved hockey helmet must be worn, as well as warm clothes, gloves or mitts. Participants must provide their own skates. Parents are required to stay on site during the lesson and spectate from the stands.

Age: 3 to 5 Years

Location: Magna Centre

Program Index

Soccer Skills

This program offers young children an opportunity to get a head start on the soccer season. Instructors will teach the new soccer enthusiasts the basic skills and rules of the game, while promoting sportsmanship and fair play. Indoor running shoes and comfortable clothing required.

Age: 4 to 6 Years

Location: Crossland Public School and Maple Leaf Public School

Sportball Multi-Sport Indoor

In partnership with Sportball, this program introduces children to the concepts and skills involved in the 8 core sports (soccer, baseball, basketball, hockey, tennis, football, volleyball and golf) of the Sportball methodology. This program reinforces the benefits of teamwork and skill development rather than the importance of winning.

Age: 3 to 5 Years

Location: Crossland Public School

Sportball

Parent & Child/Multi-Sport Indoor

In partnership with Sportball, this Parent and Child programs teaches children introductory physical skills that builds confidence associated with our eight core sports (soccer, baseball, basketball, hockey, tennis, football, volleyball and golf). The program also helps adults understand proven teaching techniques that can be applied outside of the class.

Age: 2 to 3 Years

Location: Crossland Public School



Click here to view full program information and register online



Program Index

 Parent Participation Required