



# Preschool Programs



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## Arts and Culture

### Art and Music for Kids

**Path: Creative Arts**

**Level: Beginner**

Art and music can boost a child's creativity, confidence, concentration and coordination. Join us for fingerpainting, abstract art, collage, colouring, stickers, stamping and clay modeling, music, movement, and storytelling. Price includes all materials and supplies. Caregiver participation is required.

**Age: 3 to 5 Years**

**Location: Ray Twinney Recreation Complex**

### 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**

### Kid's Can Dance – Parent and Tot

**Path: Performing Arts**

**Level: Beginner**

Explore music and dance in a fun in this upbeat program for children and their parents. Learn fundamental techniques in communication through the language of dance and movement.

**Age: 1.5 to 3.5 Years**

**Location: Ray Twinney Recreation Complex**

### 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 & Skate park**

### KGM - Kindy Cartoons

**Path: Computer Animation**

**Level: Beginner**

This course is geared towards JK and SK children introducing them to the fun and creative world of cartoon animation. Kids will learn to create simple and fun animations, helping them develop logical and fine motor skills, stimulating creativity and self-expression.

**Age: 4 to 6 Years**

**Location: Magna Centre**

### 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 & Skate park**



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 Parent Participation Required

## Fitness & Wellness

### 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**

### 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: Ray Twinney Recreation Complex**

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## General

### Craft and Playtime

This program will have your preschooler playing active and quiet games, creating crafts and singing songs all morning long! No parent participation is required. Children must be toilet trained to participate in the program.

**Age: 2.5 to 4 Years**

**Location: Magna Centre and Ray Twinney Recreation Complex**

### 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**

## 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**

### 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 5 Years**

**Location: Recreation Youth Centre & Skate park**



### 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 Years**

**Location: Ray Twinney Recreation Complex**

### 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.

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### 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: Recreation Youth Centre & Skate park**

### 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: Recreation Youth Centre & Skate park**

### 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: Recreation Youth Centre & Skate park**

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