

Music Together is Fun

Ages: 0-5 years

What will you and your child find in a Music Together class? 45 minutes of pure fun! Rainbow coloured falling leaves, cows sitting in the old oak tree, shining stars, rockets to the moon and trains to the beach. Come dance and sing to happy village folk songs, Korean lullabies, Cuban rain forest songs and much more. You'll also find bells of all sorts, triangles, train whistles, shakers, rhythm sticks, kitchen instruments, scarves, giant sheets to hide under and instruments galore! All this with a developmentally appropriate, research based curriculum taught by a registered Music Together instructor. Tuition includes 2 CD's, a songbook and a Parent Education guide. Siblings 6 mos. and under can attend free. Siblings over 6 months pay a reduced siblings fee of \$90 and need to be registered over the phone or in person. Parent/Caregiver participation is required.

Visit: www.westsidemusictogether.ca for more information. No class Fri Nov 11.

I1055.401FC \$140/10 sessions
W Sep 21-Nov 23 9:30 am-10:15 am

I1055.402FC \$140/10 sessions
W Sep 21-Nov 23 10:30 am-11:15 am

I1055.403FC \$140/10 sessions
F Sep 16-Nov 25 9:30 am-10:15 am

I1055.404FC \$140/10 sessions
F Sep 16-Nov 25 10:30 am-11:15 am

I1055.405FC \$140/10 sessions
F Sep 16-Nov 25 11:30 am-12:15 pm

Instructor: Joan De Verteuil

Baby Sign Language

Ages: 0-2 years

Did you know that babies understand and can communicate long before they are able to speak? Using songs and games, learn basic American Sign Language (ASL), hand gestures to facilitate communication with your hearing child. Increase understanding of your child's needs and wants, alleviating much unneeded frustration. Research shows that babies who learn Sign Language learn quicker and talk earlier. Bring your baby to class. Sleeping babies welcome. For babies 0- 24 months.

I5000.401FC \$64/5 sessions

Tu Oct 25-Nov 22 11:15 am-12:00 pm

Instructor: Sheri Kauhausen



About Butterfly Yoga

Butterfly Yoga provides Yoga and Pilates for children, preteens, teens and their families. Butterfly Yoga is a mobile Yoga company offering yoga at community centres, private studios, and at school. Visit the Butterfly Yoga website for more information: www.butterflyyoga.ca.

Family Yoga

This active Yoga class is inspired by Hatha Yoga, which relates to the practice of special animal and insect named poses. Learn how some poses are calming and grounding while others are energizing and uplifting. Learn how breathing techniques can alter moods and how peaceful postures soothe away tension. A wonderful class to promote family connection and unity. Fees are based on parent and child(ren); \$50 family of 2, \$51 family of 3 and \$52 family of 4. No on-line registration. Visit www.butterflyyoga.ca for more information. No class Oct 9.

Ages: 2-6 years

I4303.401FC \$50/5 sessions
Su Sep 18-Oct 23 9:15 am-10:00 am

I4303.402FC \$50/5 sessions
Su Oct 30-Nov 27 9:15 am-10:00 am

Ages: 3.5-8 years

I4303.403FC \$50/5 sessions
Su Sep 18-Oct 23 10:00 am-10:45 am

I4303.404FC \$50/5 sessions
Su Oct 30-Nov 27 10:00 am-10:45 am

Instructor: Butterfly Yoga

Parent and Infant Group

The drop-in group is a great opportunity for you and your child to meet other babies and new parents, hear guest speakers and talk with the health nurses about your baby's development. This program is open to babies who are not yet crawling and is operated by the Three Bridges Community Health Centre nurses. For more information please contact Madeline Rigg at 604-736-9844. This is a free program, however, parents must purchase a False Creek Community Association membership at the front office for \$10/year.

I5410.401FC

Th Sep 22-Dec 15 1:30 pm-3:00 pm

FREE with membership

Instructor: Three Bridges

Community Health Centre

PARENTING WORKSHOPS

See page 20



COMMUNITY OPEN GYM

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Parent and Tot Gym Time

Ages: 0-5 years

This open play program provides tots with physical play and supports social interaction for you and your child. Children jump in the bouncy castle, roll and climb on the mats, drive the toy cars, cook at the toy kitchen and jump start their day. A cozy corner is set up for you and your 'wee ones' with our 'wee tot' toys, books and blocks. No session Mon Oct 10 & Fri Nov 11.

\$2.50-1 child, \$4-2 siblings,
\$5-3 siblings.

Book of 10 tickets available for \$20.00
13800.400FC

Su M W F Sep 21-Dec 18 9:30 am-12:00 pm

Paint & Play

Supervised fun and learning for the young in a social setting. Children will progress at their own speed while learning new skills including peeling stickers, colouring, stamping and finger painting. At the end of the session, each child will have a keepsake scrapbook. All art materials are provided. Children must attend with an adult and should bring a smock. No class Nov 11.

Ages: 1.5-2.5 years

12001.401FC \$89/12 sessions
F Sep 16-Dec 09 9:45 am-10:30 am

Ages: 2.5-3.5 years

12001.402FC \$89/12 sessions
F Sep 16-Dec 09 10:45 am-11:30 am
Instructor: Sylvia Richman

Sportball Parent and Tot

Ages: 2-3 years

Children are introduced to a wide range of fundamental skills while developing familiarity with several popular sports. Sportball instruction helps children develop social as well as physical skills through a curriculum that reinforces confidence and is free of the pressure of competition. This is a high-energy, fun-filled program. To learn more visit www.sportball.ca.

13170.401FC \$187/12 sessions
Tu Sep 20-Dec 06 3:00 pm-3:45 pm
Instructor: Sportball

Sportball Me and Dad

Ages: 2-3 years

Dads, you and your child will experience a wide range of fundamental sport skills while developing familiarity with several popular sports. Sportball instruction helps children develop social as well as physical skills through a curriculum that reinforces confidence and is free of the pressure of competition. This is a high-energy, fun-filled program. To learn more visit www.sportball.ca. Parent participation required. No Class Oct 8, Oct 29 & Nov 12.

13171.401FC \$125/8 sessions
Sa Sep 24-Dec 03 9:30 am-10:15 am
Instructor: Sportball

Parent and Tot Tennis

Ages: 4-5 years

This program introduces your child to the joy of running, chasing and hitting a ball. All enjoyed with Mom and Dad. Combine the physical skills with the program's emphasis on positive social development and interaction and you have the beginning of a family relationship to the sport that can be shared for a lifetime. We provide the racquets if required and balls. Fee is for one child and one parent. Parent participation required. Classes are held indoors. No class Oct 8 & Nov 12.

13201.401FC \$72/8 sessions
Sa Sep 24-Nov 26 12:30 pm-1:15 pm
Instructor: Provided by Gord Hauka's Tennis



**MORE
FAMILY PROGRAMS**

See page 10

Birthday Parties

Ages: 2-8 years

Bounce your way into your Birthday with a Party at False Creek Community Centre on Granville Island. Your party includes our bouncy castle, a decorated room, use of the kitchen refrigerator, pizza for the children and a party leader to set out play equipment or organize sports/games to keep the party hoppin'. Children arrive, have one hour in the gym, then go back to the party room for pizza and cake. We provide the pizza and you provide the cake and drinks. Cost is \$130 for a maximum of 12 children and includes general decorations for the birthday party room, pizza, plates, napkins and cutlery. There is an additional cost of \$5.00/child if you plan to have more than 12 children. Please request a 2nd leader at the time of booking if you will have more than 12 children. Otherwise, you can request an extra leader when the party leader phones you one week before the party to discuss the party details. Please phone the main office at 604-257-8195 or check our on-line registration for available dates.



Sat/ Sun Sep 24-Dec 18 12:00 pm-2:00 pm \$130/1 session