

Music Together

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 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 \$95 and need to be registered over the phone or in person. Parent/Caregiver participation is required. Visit www.westsidemusictogether.ca

I1055.101FC \$145/10 sessions
W Jan 4-Mar 7 9:30 am-10:15 am

I1055.102FC \$145/10 sessions
W Jan 4-Mar 7 10:30 am-11:15 am

I1055.103FC \$145/10 sessions
F Jan 6-Mar 9 9:30 am-10:15 am

I1055.104FC \$145/10 sessions
F Jan 6-Mar 9 10:30 am-11:15 am

I1055.105FC \$145/10 sessions
F Jan 6-Mar 9 11:30 am-12:15 pm

I1056.101FC \$145/10 sessions
W Apr 11-Jun 13 9:30 am-10:15 am

I1056.102FC \$145/10 sessions
W Apr 11-Jun 13 10:30 am-11:15 am

I1056.103FC \$145/10 sessions
F Apr 13-Jun 15 9:30 am-10:15 am

I1056.104FC \$145/10 sessions
F Apr 13-Jun 15 10:30 am-11:15 am

I1056.105FC \$145/10 sessions
F Apr 13-Jun 15 11:30 am-12:15 pm

Instructor: Joan De Verteuil

Paint & Play

Supervised fun and learning for the young in a social setting. Children will progress at their own speed while introduced to new skills daily including peeling stickers, colouring, stamping and finger painting. At the end of the session each child will have a keepsake scrapbook filled with their art. All art materials are provided. Children must attend with an adult and should bring a smock. No class Mar 16, 23 & Apr 6.

Ages: 1.5-2.5 yrs

I2001.101FC \$62/8 session
F Jan 20-Mar 9 9:45 am-10:30 am

Ages: 2.5-3.5 yrs

I2001.102FC \$62/8 session
F Jan 20-Mar 9 10:45 am-11:30 am

Instructor: Sylvia Richman

Doodleblobz



Your little one will get creative with a variety of simple painting techniques and pattern making with unusual objects like tennis balls, sponges, play dough, leaves and more. This class gets extra messy so be sure to prepare your child for lots of fun as they explore finger painting, spray painting, string painting, rock painting and roller painting. Parent participation required.

Ages: 1-3 years

I2005.101FC \$78/9 sessions
Tu Jan 10-Mar 6 9:30 am-10:30 am

Ages: 3-4 years

I2005.102FC \$78/9 sessions
Tu Jan 10-Mar 6 10:45 am-11:45 am

Instructor: Elise Beneteau

Parent & Tot Pottery



Ages: 3-4 years

A perfect program for parents and their future potter to learn together. This age appropriate exploration with clay is a great way for your child to experience tactile creativity. Tarrynea has a passion for teaching pottery to all ages. Program fee is for one parent and one child and includes clay. No class Mar 14 & 21.

I2200.101FC \$134/13 sessions
W Jan 11-Apr 18 1:30 pm-2:30 pm

Instructor: Tarrynea Biallecky

Soccer Skills

The focus is on fun while learning the basic skills of soccer including ball handling, passing, trapping and shooting. Parent participation is required for the 2.5-3.5 year old class. No class Mar 15 & 22.

Ages: 2.5-3.5 years

I3150.101FC \$104/13 sessions
Th Jan 12-Apr 19 1:15 pm-2:00 pm

Ages: 3.5-5 years

I3150.102FC \$104/13 sessions
Th Jan 12-Apr 19 2:00 pm-2:45 pm

Instructor: Mohsen Hatamian

Sportball

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.

Parent and Tot

Ages: 2-3 years

I3170.101FC \$140/9 sessions
Tu Jan 10-Mar 6 3:00 pm-3:45 pm

I3170.102FC \$78/5 sessions
Tu Mar 27-Apr 24 3:00 pm-3:45 pm

Instructor: Sportball

Multi-Sport

Ages: 3-4 years

I3172.101FC \$140/9 sessions
Tu Jan 10-Mar 6 2:00 pm-3:00 pm

I3172.102FC \$78/5 sessions
Tu Mar 27-Apr 24 2:00 pm-3:00 pm

Ages: 5-6 years

I3172.103FC \$140/9 sessions
W Jan 11-Mar 7 3:45 pm-4:45 pm

I3172.104FC \$78/5 sessions
W Mar 28-Apr 25 3:45 pm-4:45 pm

Instructor: Sportball

PARENT & TOT

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 Mar 12, 14, 16, 19, 21 & 23. Program Days: Sun/Mon/Wed/Fri. \$2.50-1 child, \$4- 2 siblings, \$5-3 siblings, Books of 10 tickets available for \$20

13800.101FC

Su M W F Jan 4-Apr 30 9:30 am-12:00 pm

Instructor: Alyssa Yip (Mon/Wed) & Leanne Laguardia (Fri/Sun)



Little Green Frog



Ages: Newborn-30 Months

When it comes to nursery rhymes it seems that everybody, regardless of age, remembers at least one rhyme from childhood. Parents and caregivers sing those nursery rhymes without realizing that these help teach children about different concepts of everyday life, language, vocabulary and math while also providing great activities to help keep them active. In this program you'll learn how to extend rhymes and incorporate them in everyday life while socializing with young families. This program includes story time, clapping games, marches, dances, some sign language and finger play. Snacks will be provided during the break. Caregiver participation required. No class Mar 15 & 22.

15405.101FC

\$104/13 sessions

Th Jan 12-Apr 19 11:30 am-12:30 pm

Instructor: Silva Abkarian

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.

15410.101FC

Free/17 sessions

Th Jan 19-Apr 26 1:30 pm-3:00 pm

Instructor: Three Bridges Community Health Centre

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.

15000.101FC

\$64/5 sessions

Tu Feb 21-Mar 20 11:15 am-12:00 pm

Instructor: Sheri Kauhausen

FAMILY PROGRAMS

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. Fee is for family of 2 or 3. Extra family members are \$10 each. No on-line registration.

Ages: 2+ years

14303.101FC

\$70/7 sessions

Su Jan 15-Feb 26 9:30 am-10:15 am

Ages: 5+ years

14303.102FC

\$70/7 sessions

Su Jan 15-Feb 26 10:30 am-11:15 am

Instructor: Yoga Butterfly

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.



See page 3 for details

Community Open Gym

Community Open Gym is a place where you, your family and your friends can come and play casual sports in our mini gym. This FREE gym time is open for all ages and abilities. Please note: this is not an exclusive open gym time and participants must respect the activities of others. This is the perfect Sunday afternoon activity for the family! No registration necessary. For sessions over the long weekends please check community centre hours to ensure program is running.

63001.100FC

Free/16 sessions

Su Jan 15-Apr 29 2:00 pm-4:00 pm

