

# Preschool Programs

Our preschool programs are designed to instill the importance of fitness at a very young age in order to maintain a healthy life style throughout. Preschoolers enjoy moving from one activity to the next quickly, and we find that a balance of structured and play activities best supports this group. To compliment the fitness activities we also include sing songs, stories and games to keep the interest of the children and offer a well rounded program.

## Parent & Child

### Gym and Swim 18 months to 3 years

Tuesdays 9:30-11:30am

Enjoy the first part of this program in the gym taking part with your child in a variety of different sports and activities. The second part of this program is splashing around in the pool for a Bubbblers class. Children and parents will learn how to feel comfortable together in the pool while having lots of fun!

Land Only

Members \$22.00

Non-Members \$39.00

Land and Swim Portion

Members \$39.00

Non-Members \$91.00



### Parent and Totnastics 18 months to 3 years

Tuesdays 10:30-11:15am, Wednesdays 10:30-11:15am,

Thursdays 9:00-9:45am

This popular introduction to gymnastics will have you and your child hopping, skipping, jumping, tumbling, running and climbing. Explore a variety of different gymnastics equipment each week, fun warm ups, circle time and stories.

Members \$22.00

Non-Members \$39.00

### Soccer 2 to 3 years

Thursdays 11:00-11:45am

Join your child running and kicking to learn the basics of soccer. This program emphasizes the fun of soccer through games and activities. We also include a story time and sing song to keep the attention of our children and have a fun filled class.

Members \$22.00

Non-Members \$39.00

### Music and Dance 2 to 3 years

Mondays 3:00-3:45pm, Fridays 4:00-4:45pm

Children have the opportunity to move creatively through songs and music. Marching bands, ribbon movement, parachute dancing are all part of this fun program. Parents can watch or participate with their children.

Members \$22.00

Non-Members \$39.00

Thank you to everyone who participated and helped with our first ever Dance Recital!

**Next Dance Recital is  
Sunday March 8th, 2010**

### NEW Sportsmania 2 to 3 years

Mondays 10:30-11:15am, Tuesdays 11:15am-12:00pm,

Tuesdays 5:00-5:45pm, Saturdays 11:15am-12:00pm

Join your child and try out a variety of different sports and games each week. Soccer, basketball, gymnastics, obstacle courses, hockey and much, much, more!!

Member \$22.00

Non-Members \$39.00

### Tickle Trunk 2 to 3 years

Mondays 10:45-11:30am, Fridays 10:30-11:15am

This program is a similar theme to Mr. Dress Up. Children will arrive every week to a different surprise that staff pull out of the Tickle Trunk. It may be costume dress up, puppetry, crafts or games. This program is lots of fun!

Members \$22.00

Non Members \$39.00

## Preschool Programs

4 to 5 year olds (4 to 5 year old programs children must be potty trained and out of pull ups)

### Gymnastics and Swim 1 4 to 5 years

Mondays 2:00-3:30pm

This program is a great opportunity for your child to learn the basics of gymnastics and then take part in a fun swim lesson. Tumbling, climbing, somersaults, jumping are all part of the gym portion. Splashing around working on your swim skills are the second part of this program.

Members \$39.00

Non-Members \$91.00

### Hockey 1 4 to 5 years

Mondays 3:00-3:45pm, Tuesdays 3:00-3:45pm,

Saturdays 1:30-2:15pm

Have fun learning how to play hockey. Shooting on the net, passing the puck, drills and skills are all part of the fun. Great way to meet new friends!

Members \$22.00

Non-Members \$39.00

### Mad Science 1 4 to 5 years

Mondays 1:15 -2:00pm

Join our nutty professor and experiment with science and crafts. Explore how things work and be prepared to get messy.

Members \$22.00

Non-Members \$39.00

### Soccer 1 4 to 5 years

Mondays 11:15-12:00 noon, Tuesdays 6:00-6:45pm

This is an exciting way to learn the basics of soccer and skill development. Kicking, running and taking shots on the net are all part of this wonderful program.

Members \$22.00

Non-Members \$39.00

### Totnastics 1 4 to 5 years

Thursdays 10:00-10:45am, 4:00-4:45pm

This class will give your little gymnast a safe environment to learn the basics of gymnastics by exploring a variety of different equipment. Bouncing, balancing, and rolling are just a few areas that will be explored in this program.

Members \$22.00

Non-Members \$39.00

# Preschool Programs

## Program Sessions

Winter A - Saturday January 9 to Friday March 5

Winter B - Saturday March 6 to Friday April 30

Spring C - Saturday May 1 to Friday June 25

### Twinkle Toes 1

4 to 5 years

Mondays 4:00-4:45pm, Tuesdays 5:15-6:00pm, Saturdays 11:30-12:15pm

Children will learn the basics of dance through music and rhythm. Creative movement, simple steps and a sense of the beat accomplished using a variety of age appropriate music.

Members \$22.00 Non-Members \$39.00

### Sportsmania 1

4 to 5 years

Wednesdays 11:15am-12:00pm, Sundays 11:00-11:45am

Try out a different sport every week, Basketball, Soccer, Baseball, Gymnastics, Floor Hockey just to name a few! This program is lots of fun and a great way to meet new friends!

Members \$22.00 Non Members \$39.00

### T-Ball 1

4 to 5 years

Tuesdays 4:00-4:45pm

Learn what t-ball is all about running, batting and great sportsmanship. This program is lots of fun and great friendships to be made.

Members \$22.00 Non-Members \$39.00

## Preschool Drop In Programs

3 to 5 years

Parents are able to drop off their children in a safe, fun active program while they concentrate on their own personal physical fitness and well-being. Children will have the opportunity on gym days to run, skip jump and explore a variety of age appropriate gym equipment. Children will also have the opportunity to switch gears and explore their creative side in Arts and Crafts.

Children must be 3 years old to stay on their own or the parent/caregiver must stay with them in the program. Parents/Guardians are welcome to participate or must stay in the facility while children are in the program

#### Monday

- Multipurpose Room (activities and crafts) 9:30-10:30am
- Gym Time 10:30-11:30am

#### Tuesday

- Gym Time 9:30-11:30am

#### Wednesday

- Arts and Crafts in Multipurpose Room 9:30-11:30am

#### Thursday

- Arts and Crafts in Multipurpose Room 9:30-11:30am

#### Friday

- Multipurpose Room (activities and crafts) 9:30-10:30am
- Gym Time 10:30-11:30am

#### Saturday

- Studio Time (activities and games) 9:30-11:30am

## Birthday Party

Enjoy your child's birthday party here at the YMCA! Come and enjoy an exciting afternoon of activities planned by our qualified staff. All birthday packages include set-up, decorations, pizza, cake, drinks a party host and best of all we do the clean up!

For more information on our parties visit [www.peterboroughymca.org](http://www.peterboroughymca.org) or call Erin Richardson at 748-9642 ext 221.

