

# Family / Preschool Programs

## Play to Learn

The YMCA believes that allowing a child to play will help to ensure a child's continued enthusiasm and capacity for life-long learning. Recognizing this need for play the YMCA incorporates this in all family and preschool programs to help this development at an early age.



### Baby Steps and Swim

6 months to 18 months  
Tuesdays 9:00–10:30am, Fridays 2:00–3:30pm  
or Sundays 9:30–11:00am

The land portion of this program will provide a chance for you and your baby to spend quality time together learning new songs & rhymes, as well as a great opportunity for new parents to connect with each other in a welcoming and relaxed environment. The swim portion is a time for you and your baby to participate in a "Splashers" swim program where the child is orientated to the water in an easy, supportive way through songs and activities by a qualified swim instructor.

Land or Swim portion  
Members \$13.00 Non-Members \$46.00

Land and Swim Portion  
Members \$24.00 Non-Members \$90.00



### Tumbling Tots and Swim

18 months to 3 years  
Tuesdays 9:45–11:00am or Sundays 12:30–2:00pm

This two part parent and child class will incorporate songs, games, and gym type activities that prove to be fun for all! The second part of this class is the "Bubblers" swim program where parent and child learn together the skills that help their child become oriented to the water.

Land or Swim Portion only  
Members \$13.00 Non-Members \$46.00

Land and Swim Portion  
Members \$24.00 Non-Members \$90.00



### Parent and Totnastics

18 months to 3 years – Parent and child based program  
Thursdays 9:00–9:45am

This is a wonderful program for you and your toddler to spend quality time together exploring different ways of moving your body. Your toddler will learn tumbling, balancing and bouncing in a fun and stimulating environment. Parents and children are encouraged to discover new ways to move and groove with the assistance of a YMCA staff person.

Members \$15.00 Non-Members \$33.00



**NEW**

### You and Your Baby

Wednesdays 1:00–2:30pm



An eight week course, for parents to attend with their babies. Come and learn more about life with baby including topics such as infant massage, feeding baby, dealing with stress/myths of motherhood, baby songs/rhymes, choosing safe quality childcare, parenting styles, your baby's temperament, reading your baby's cues/dealing with crying and returning to work. Meet other parents and share experiences and concerns! A light snack will be provided.

Facilitated by staff of the Peterborough Family Resource Centre.

Members \$15.00 Non-Members \$33.00

## Gym and Swim

3 to 5 years

Mondays 2:00–3:30pm, Wednesdays 9:00–10:30am,  
Thursdays 1:00–2:30pm or Fridays 10:15–11:30am

A great combination of fun and physical activity in the gym and in the pool! The first 45 minutes will be spent participating in games and activities. The children and the instructor will then head to the pool for a half hour of swim time by a qualified swim instructor.

Members \$24.00 Non-Members \$70.00

## Totnastics I

3 to 5 years

Thursdays 9:45–10:30am or 4:00–4:45pm

This is a great introduction to the basics of gymnastics in a safe environment, with a variety of equipment to be utilized by the little gymnasts!

Members \$15.00 Non-Members \$33.00

## Sports Mania I

3 to 5 years

Mondays 11:15–12:00pm, Tuesdays 1:00–1:45pm,  
Thursdays 3:00–3:45pm, Fridays 11:15–12:00pm,  
Sundays 10:30–11:15am

Children can develop athletic ability and improve confidence through sports and games. This program introduces the basics each week for different sports such as basketball, soccer and gymnastics. Have your child running, jumping and playing!

Members \$15.00 Non-Members \$33.00

## Soccer I

3 to 5 years

Mondays 4:45–5:30pm, Wednesdays 6:00–6:45pm,  
Thursdays 10:45–11:30, Saturdays 11:30–12:15pm,  
Sundays 11:30am–12:15pm

Take that next step with your kicking kids! This is an exciting program with an emphasis on skill development, participation and technique. What a great way to meet new friends and learn some new skills!

Members \$15.00 Non-Members \$33.00

## Hockey I

3 to 5 years

Tuesdays 11:15–12:00pm, Wednesdays 10:45–11:30am  
or Saturdays 12:30–1:15pm

Our instructor will lead your child through the basics of indoor hockey. Children will learn passing, shooting, stick handling, team work and much more.

Members \$15.00 Non-Members \$33.00