

PRESCHOOL • CHILDREN YOUTH PROGRAMS

A **Wellness Pass** is required to access these programs. All programs are held at the Welland Community Wellness Complex. Registration Information and form on pages 9-12.

Mommie & Me Yoga

(Mom & Infant)

Mom and baby Yoga Build up your strength and get balance back while bonding with baby. Mom and baby Yoga is a great way to get active again after childbirth. This class will focus on yoga practices that increase stamina, stabilize the core and relieve common discomforts of caring for a newborn. No yoga experience necessary. Please wait 4-6 weeks after having your baby to begin class - please be sure to have the OK from your caregiver to participate in physical activity. Suitable for babies until crawling. Please bring a yoga mat and blanket.

Mar 23 - Jun 8 (11 classes)
Friday 9:30 AM - 10:30 AM
No Class: Apr 6
Fee: \$39.00 \$44.00 Non-resident

Music Makers

(Ages 12m to 3 years)

Opportunities for singing, playing various percussion instruments and movement are provided. Musical games and songs will help develop listening and social skills.

Mar 22 - May 10 (8 classes)
Thursday 9:30 AM - 10:30 AM
Fee: \$25.00 \$30.00 Non-resident

Jun 28 - Aug 16 (8 classes)
Thursday 9:30 AM - 10:30 AM
Fee: \$25.00 \$30.00 Non-resident

PeeWee Party

(Ages 12m - 4 years)

Come and be active with your toddler, but on your own terms! Our theatre will have young and fun music played for your tots to dance and squirm. Having the room to run around and enjoy the time together by being active is all part of being young!

Mar 25 - Jun 3 (10 classes)
Sunday 4:30 PM - 5:30 PM
No Class: Apr 8
Fee: FREE with Wellness Pass
(pre-registration required)

Jul 8 - Aug 26 (8 classes)
Sunday 4:30 PM - 5:30 PM
Fee: FREE with Wellness Pass
(pre-registration required)

Active Start Special Olympics Program

(Ages 2-6 years)

Active start by Special Olympics Canada is the only formally developed, national, play based skill development program for two to six year old kids with an intellectual disability. It is a guided activity based play program that allows the children and their parents/caregivers opportunities to engage in developmentally appropriate, skill based sessions to promote motor skill proficiency, engagement in physical activity, and social interaction with peers in an active play setting. Free t-shirts are included.

Mar 24 - Jun 9 (12 classes)
Saturday 10:00 AM - 11:00 AM
Fee: \$38.00 \$43.00 Non-resident

Jun 30 - Sep 1 (10 classes)
Saturday 10:00 AM - 11:00 AM
Fee: \$32.00 \$37.00 Non-resident

Preschool Dancers ☆

(Ages 3-5 years)

Funky jazz steps, coordinate simple routines and learn basic skills and coordination through dance. This rhythm and dance will get any preschooler swinging their hips! Child must be toilet trained.

Mar 23 - Jun 8 (11 classes)
Friday 5:00 PM - 5:45 PM
No Class: Apr 6
Fee: \$24.00 \$29.00 Non-resident

Jun 29 - Aug 31 (10 classes)
Friday 5:00 PM - 5:45 PM
Fee: \$21.00 \$26.00 Non-resident

Mini Cheer

(Ages 4-7 years)

Wanted....high energy girls and boys who want to have fun! Come out and learn exciting cheerleading skills as well as popular cheers! Perform for your parents or your friends, get everyone in the spirit.

Mar 20 - May 8 (8 classes)
Tuesday 5:30 PM - 6:15 PM
Fee: \$19.00 \$24.00 Non-resident

Jun 26 - Aug 14 (8 classes)
Tuesday 5:30 PM - 6:15 PM
Fee: \$19.00 \$24.00 Non-resident

Yoga for Little Ones

(Ages 4-7 years)

This playful class will stretch our bodies and engage our minds with Yoga and Storytime. Stories are told by 50 plus members each week.

Mar 19 - Jun 11 (11 classes)
Monday 5:00 PM - 5:45 PM
No Class: Apr 9 & May 21
Fee: \$26.00 \$31.00 Non-resident

Jun 25 - Aug 27 (8 classes)
Monday 5:00 PM - 5:45 PM
No Classes: Jul 2 & Aug 6
Fee: \$19.00 \$24.00 Non-resident

Zumbatomic Little Stars

(Ages 4-7 years)

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

Mar 19 - Jun 11 (11 classes)
Monday 5:30 PM - 6:00 PM
No Classes: Apr 9 & May 21
Fee: \$23.00 \$28.00 Non-resident

Jun 25 - Aug 27 (8 classes)
Monday 5:30 PM - 6:00 PM
No Classes: Jul 2 & Aug 6
Fee: \$17.00 \$22.00 Non-resident

Superstars

(Ages 4-7 years)

We believe that young talent flourishes best when nurtured by a sense of accomplishment, confidence, self-esteem and joy. This class will be a high energy activity where both the performance oriented dancer and the recreational dancer will feel encouraged to express their creative talents and gifts. Participants will work toward a dance performance at the end of the session.

Mar 20 - May 22 (10 classes)
Tuesday 3:00 PM - 4:00 PM
Fee: \$21.00 \$26.00 Non-resident

June 26 - Aug 14 (8 classes)
Tuesday 3:00 PM - 4:00 PM
Fee: \$17.00 \$22.00 Non- Resident

☆ **PARTNERSHIP** ☆
Joli's Dance Studio

Jazz It Up! ☆

(Ages 6-10 years)

Funky jazz steps, coordinate simple routines; learn basic skills and coordination through dance. This rhythm and dance will get any child swinging their hips! These courses are taught by highly qualified instructors in partnership with Joli's Dance Studio.

Mar 23 - Jun 8 (11 classes)

Friday 6:00 PM - 7:00 PM

No Class: Apr 6

Fee: \$30.00 \$35.00 Non-resident

Jun 29 - Aug 31 (10 classes)

Friday 6:00 PM - 7:00 PM

Fee: \$28.00 \$33.00 Non-resident

Silly Science Club

(Ages 6-10 years)

The Silly Science Club is a program that allows children to actively participate in fun experiments. Children can use each of their senses to form and test different hypotheses. The silly scientists will see a variety of chemical reactions. Children will have the opportunity to make goop, flubber and dough, and they will reveal secret messages written in invisible ink! The silly scientists will learn about the properties of different chemicals. They will make their own lava lamps and they will create designs using milk and liquid soap!

Mar 24 - May 12 (8 classes)

Saturday 1:00 PM - 2:00 PM

Fee: \$32.00 \$37.00 Non-resident

Jun 30 - Aug 18 (8 classes)

Saturday 1:00 PM - 2:00 PM

Fee: \$32.00 \$37.00 Non-resident

You need a "Wellness Pass" to access these programs

Kids Krafty Kritters

(Ages 6-12 years)

Children will participate in a new craft each week, learning artistic skills like painting, sketching, scrapbooking, and creating three-dimensional objects they are sure to enjoy. Children will strengthen their artistic abilities, meet new friends and create one of a kind works of art. Children six to twelve years of age are invited to experience cultural crafts and learn through creative art. This is a fun class that both boys and girls will definitely enjoy.

Mar 24 - May 12 (8 classes)

Saturday 9:30 AM - 11:30 AM

Fee: \$41.00 \$46.00 Non-resident

Jun 30 - Aug 18 (8 classes)

Saturday 9:30 AM - 11:30 AM

Fee: \$41.00 \$46.00 Non-resident

Active Start Fundamentals

(Ages 7-12 years)

Active start by Special Olympics Canada is the only formally developed, national, play based skill development program for seven to twelve year old kids with an intellectual disability. It is a guided activity based play program that allows the children and their parents/caregivers opportunities to engage in developmentally appropriate, skill based sessions to promote motor skill proficiency, engagement in physical activity, and social interaction with peers in an active play setting. Free t-shirts are included.

Mar 24 - Jun 9 (12 classes)

Saturday 11:00 AM - 12:00 PM

Fee: \$38.00 \$43.00 Non-resident

Jun 30 - Sep 1 (10 classes)

Saturday 11:00 AM - 12:00 PM

Fee: \$32.00 \$37.00 Non-resident

GLEE Club

(Ages 7-14 years)

It's a place to come for 2 hours a week and just LET GO! If you can walk you can dance. If you can talk you can sing. It is important for children and youth that they experience music and learn how to use music as a tool for expressing themselves and learning to work together. Youth team up with local artists

GLEE Club, cont.

to provide a musical learning experience for youth of all ages, the goal being to get the kids singing and dancing. In fact, singing and dancing are so closely intertwined that in some languages, the word for both of these things is the same. (The word we use is FUN!) Activities include drum circles and sing-alongs with a 'back-to-the-basics' feel for a fully interactive way of playing and learning.

Mar 24 - May 26 (10 classes)
Saturday 9:30 AM - 11:30 AM
Fee: \$53.00 \$59.00 Non-resident

Jun 30 - Aug 18 (8 classes)
Saturday 9:30 AM - 11:30 AM
Fee: \$44.00 \$50.00 Non-Resident

Twisters Cheerleading

(Ages 8-12 years)

Wanted....high energy girls and boys who want to have fun! Come out and learn exciting cheerleading skills as well as popular cheers! Perform for your parents or your friends, get everyone in the spirit.

Mar 20 - May 8 (8 classes)
Tuesday 6:30 PM - 7:30 PM
Fee: \$23.00 \$28.00 Non-resident

Jun 26 - Aug 14 (8 classes)
Tuesday 6:30 PM - 7:30 PM
Fee: \$23.00 \$28.00 Non-resident

Zumba Atomic Big Stars

(Ages 8-12 years)

Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

Zumba Atomic Big Stars, cont.

Mar 19 - Jun 11 (11 classes)
Monday 6:00 PM - 6:45 PM
No Class: Apr 9 & May 21
Fee: \$35.00 \$40.00 Non-resident

Jun 25 - Aug 27 (8 classes)
Monday 6:00 PM - 6:45 PM
No Classes: Jul 2 & Aug 6
Fee: \$26.00 \$31.00 Non-resident

Oh What a Show

(Ages 9-12 years)

Participants will explore various techniques of acting, such as improvisation, adding rhythm and music, ending with an on stage production showcasing their talents.

Mar 19 - Jun 4 (10 classes)
Monday 6:30 PM - 7:30 PM
No Classes: Apr 9 & May 21
Fee: \$21.00 \$26.00 Non-resident

Jun 25 - Aug 20 (7 classes)
Monday 6:30 PM - 7:30 PM
No Classes: Jul 2, Aug 6 & 20
Fee: \$15.00 \$20.00 Non-Resident

Chess Club

(Ages 9-13 years)

Do you know how to play chess? Come play with fellow chess mates and enjoy a few friendly games - you just might learn some new techniques! Please bring your own chess board. This free drop-in chess club runs during the Circuit Training program, keeping children occupied and learning while parents get fit.

Mar 21 - Jun 6 (Drop-In)
Wednesday 7:00 PM - 8:30 PM
Fee: FREE with Wellness Pass
Pre-registration is required

Jun 27 - Aug 29 (Drop-In)
Wednesday 7:00 PM - 8:30 PM
Fee: FREE with Wellness Pass
Pre-registration is required

Mad Science

(Ages 10-14 years)

Get ready for lots of icky sticky mad science. We will deliver unique hands on experiences for the children that are just as entertaining as they are educational. All of our experiments are designed to provide fun interactive entertainment for this age group. Our goal is to get every kid actively participating by allowing them to conduct their own experiments as well as assist in larger projects. At the end of each session the child will be able to bring home an experiment like slippery slime, lava, and homemade fossils.

Mar 25 - May 20 (8 classes)
Sunday 11:30 AM - 12:30 PM
No Class: Apr 8
Fee: \$32.00 \$37.00 Non-resident

Jul 8 - Aug 26 (8 classes)
Sunday 11:30 AM - 12:30 PM
Fee: \$32.00 \$37.00 Non-resident

Gracie Jiu Jitsu

(Ages 10-14 years)

An introduction to the Gracie Jiu Jitsu Bully Proof Program. Build your Child's self confidence in a fun and healthy learning environment.

Mar 23 - Jun 8 (11 classes)
Friday 3:45 PM - 4:45 PM
No Class: Apr 6
Fee: \$30.00 \$35.00 Non-resident

Jun 29 - Aug 31 (10 classes)
Friday 3:45 PM - 4:45 PM
Fee: \$27.00 \$33.00 Non-resident

All That Jazz

(Ages 11-14 years)

All that Jazz will be a high energy class offered to youth in a caring and nurturing environment. Students learn best through positive reinforcement. Emphasis will be on coordination and rhythm through creative movement and basic jazz steps. This opportunity will give youth the chance to develop into strong, confident dancers. Participants work toward a dance performance at the end of the session.

All That Jazz , cont.

Mar 25 - May 20 (8 classes)
Sunday 12:30 PM - 1:30 PM
No class: Apr 8
Fee: \$22.00 \$27.00 Non-Resident

Jul 8 - Aug 26 (8 classes)
Sunday 12:30 PM - 1:30 PM
Fee: \$22.00 \$27.00 Non-Resident

Badminton

(Ages 10-14 years)

We will focus on the fun and fundamentals of this lively game, including serve and return strokes, rules and game strategy. All equipment supplied. Come out and learn the game, make new friends and have lots of fun.

Mar 21 - Jun 6 (12 classes)
Wednesday 5:30 PM - 6:30 PM
Fee: \$40.00 \$45.00 Non-resident

Jun 27 - Aug 29 (10 classes)
Wednesday 5:30 PM - 6:30 PM
Fee: \$36.00 \$41.00 Non-resident

Piano Lessons - Youth

(Ages 10 - 16 years)

Do you think your child or youth has the makings to be a concert pianist? Learn the basics of piano playing including reading notes, proper hand techniques and keeping time! A performance will be held at the end of the session.

Mar 21 - May 9 (8 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$64.00 \$70.00 Non-resident

Jun 27 - Aug 15 (8 classes)
Wednesday 5:00 PM - 6:00 PM
Fee: \$64.00 \$70.00 Non-resident

Babysitting Canadian Safety Council

(Ages 12+ years)

The Babysitters' Training Course is aimed at young people turning 12 years of age within the calendar year or older who want to demonstrate their capabilities by completing the course under responsible direction. The Babysitters' Training Course is loaded with special features such as: •Rights and Responsibilities •Child

Babysitting, cont.

Development and Behavioral Problems •Caring for the Child •Nutrition •Safety and Basic First Aid •Handling Emergencies •The Sick Child •Games and Play Activities •Children with Special Needs •Advice for Parents

Mar 22 - May 10 (8 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$46.00 \$51.00 Non-resident

Jun 28 - Aug 16 (8 classes)
Thursday 6:30 PM - 8:30 PM
Fee: \$46.00 \$51.00 Non-resident

Pool Sharks

(Ages 12-16 years)

Youth will learn *Tools of the game *Rules *Shot making *Positioning *Breaking *Angling and much more. A student should be of a height to properly play on a billiard table, mature, and be coordinated in order to properly hold and stroke a cue. This course aims to give the beginner proper fundamentals in billiards.

Mar 20 - May 8 (8 classes)
Tuesday 5:30 PM - 7:00 PM
Fee: \$25.00 \$30.00 Non-resident

Jun 26 - Aug 14 (8 classes)
Tuesday 5:30 PM - 7:00 PM
Fee: \$25.00 \$30.00 Non-resident

Yoga

(Ages 11-15 years)

Develop physical endurance and flexibility in this yoga class designed for the teenage participant. Cultivate self - discipline, self - esteem and your mental and spiritual well being. No previous yoga experience required. Bring your own Yoga mat.

Mar 20 - Jun 5 (12 classes)
Tuesday 5:00 PM - 5:45 PM
Fee: \$29.00 \$34.00 Non-resident

Jun 26 - Aug 28 (10 classes)
Tuesday 5:00 PM - 5:45 PM
Fee: \$23.00 \$28.00 Non-resident

Public Speaking? No Problem!

(Ages 12 - 16 years)

This workshop to public speaking will teach youth how to put thoughts together quickly and effectively, learn the basics of public speaking in front of an audience and become more confident in giving presentations. This can also help with a future acting or drama career! A presentation with a family and friend audience will be performed at the end of the session.

Mar 24 - May 12 (8 weeks)
Saturday 11:30 AM - 1:00 PM
Fee: \$28.00 \$30.00 non-resident

Jun 30 - Aug 18 (8 weeks)
Saturday 11:30 AM - 1:00 PM
Fee: \$28.00 \$30.00 non-resident

Guitar Lessons - Youth

(Ages 11 - 17 years)

Adults will have fun learning basic notes, strumming and reading chord charts using their own guitar! Please note spectators are not permitted in this program. Music books can be covered in the cost of the program fee. Your own guitar is needed.

Mar 19 - May 14 (8 classes)
Monday 5:00 PM - 6:00 PM
No Class: Apr 9
Fee: \$53.00 \$59.00 Non-resident

Jun 25 - Aug 27 (8 classes)
Monday 5:00 PM - 6:00 PM
No Classes: Jul 2 & Aug 6
Fee: \$53.00 \$59.00 Non-resident

Dance, Dance, Revolution

(Ages 12 - 18 years)

Love to dance but don't have the space at home to let loose? Drop in and dance to the beats that are playing in the theatre, show your moves to others, and share how to create new dances and cool grooves. The instructor will help with a range of different classes from tap, ballet, jazz, modern, and more. A show will be presented to friends and family at the end of the session.

Mar 24 - May 26 (10 classes)
Saturday 1:00 PM - 3:00 PM
Fee: \$37.00 \$43.00 Non-resident

Dance, Dance, Revolution, cont.

Jun 30 - Aug 18 (8 classes)
Saturday 1:00 PM - 3:00 PM
Fee: \$30.00 \$36.00 Non-resident

F.A.M.E.

(Ages 12 - 16 years)
In this introductory class for youth participants will take part in fitness, jazz, hip hop, modern dance, acting and modeling sequences. Emphasis will be on building self-confidence, developing a positive attitude, and enhancing creativity while interacting with others. A performance can be done at the end of the session.

Mar 25 - Jun 3 (10 classes)
Sunday 11:30 AM - 12:30 PM
No Class: Apr 8
Fee: \$28.00 \$33.00 Non-resident

Jul 8 - Aug 26 (8 classes)
Sunday 11:30 AM - 12:30 PM
Fee: \$22.00 \$27.00 Non-resident

Teen Jammers

(Ages 12 - 17 years)
This teen drop in program lets artists make friends and rock out together. Using the theatre, teens can create or inspire by playing their favourite tunes and having fun at the same time.

Mar 24 - May 26 (10 classes)
Saturday 3:30 PM - 5:00 PM
Fee: FREE with Wellness Pass
(pre-registration required)

Jun 30 - Aug 25 (9 classes)
Saturday 3:30 PM - 5:00 PM
Fee: FREE with Wellness Pass
(pre-registration required)

Facing the Spotlight

(Ages 14 - 18 years)
This program is designed for individuals who plan on auditioning for arts-based high schools and community theatre groups. Participants will acquire proper audition etiquette, learn scene selection guidelines, and will work a piece of theatre. A production for family and friends will be held at the end of the session.

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Facing the Spotlight, cont.

Mar 25 - May 20 (8 classes)
Sunday 1:30 PM - 2:30 PM
No Class: Apr 8
Fee: \$30.00 \$36.00 Non-resident

Jul 8 - Aug 26 (8 classes)
Sunday 1:30 PM - 2:30 PM
Fee: \$30.00 \$36.00 Non-resident

Hip Hop Dance ★

(Ages 15-18 years)
This fun dance class is offered to youth who want to learn the art Hip Hop. Participants will learn how to dance to their favourite music videos and learn a few modern jazz steps. This course is taught by highly qualified instructors in partnership with Joli's Dance Studio.

Mar 23 - Jun 8 (11 classes)
Friday 7:15 PM - 8:15 PM
No Class: Apr 6
Fee: \$30.00 \$35.00 Non-Resident

Jun 29 - Aug 31 (10 classes)
Friday 7:15 PM - 8:15 PM
Fee: \$28.00 \$33.00 Non-Resident

Train-N-Teens

(Ages 15-18 years)
This program is designed for teens to introduce the benefits of weight training. It teaches the younger population to use lighter weight to avoid injury and still get the results they are looking for. This program is designed to target the individuals full body.

Mar 24 - May 12 (8 classes)
Saturday 11:00 AM - 12:00 PM
Fee: \$38.00 \$44.00 Non-resident

Jun 30 - Aug 18 (8 classes)
Saturday 11:00 AM - 12:00 PM
Fee: \$38.00 \$44.00 Non-resident

**High Five - Principles of
Healthy Child Development**

See page ?? for details

