

# PARENT & TOT PROGRAMS

Walking to 3 years with parent or caregiver

**Parent and Tot programs help children develop physical and social skills - and they are lots of fun. Plus they are a great opportunity to connect with other families in our community.**

## Busy Bodies (2 – 3yrs with parent)

Arts & crafts, games, stories, active games and songs will help your toddler develop a sense of body awareness and gross motor skills.

**Monday** 9:15am – 10:15am  
January 16 – February 27 (6 classes)  
(no class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)  
**Thursday** 10:15 – 1:15am  
January 19 – March 1 (6 classes)  
(no class Feb 16)  
March 8 – April 26 (7 classes)  
(no class March 29)  
M: \$52 (6 classes) \$60 (7 classes)  
NM: \$64 (6 classes) \$74 (7 classes)

## NEW Kids in Motion (2 – 3 yrs with parent)

An introduction to sports: floor hockey, soccer, basketball and others to enhance movement, coordination, social interaction and develop gross motor skills through free play.

**Monday** 9 – 9:45am  
January 16 – February 27 (6 classes)  
(no class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)  
**Thursday** 9 – 9:45am  
January 19 – March 1 (6 classes)  
(no class Feb 16)  
March 8 – April 26 (7 classes)  
(no class March 29)  
M: \$48 (6 classes) \$56 (7 classes)  
NM: \$60 (6 classes) \$70 (7 classes)

## New Mini Movers (Walking – 24 months)

Come on out and get “moving” with your toddler. This active class is designed to encourage fun-filled parent and tot play through movement, games, songs, stories and musical instruments.  
Tuesdays 9:30 – 10:15am  
January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)  
M: \$56 NM: \$70

## Messy Masterpieces (2 – 3 yrs with parent)

Let's get messy! Play with finger paints, watercolor, glue, play dough and glitter. Please wear old clothes, as we are sure to make a mess.

**Wednesday** 9:15 – 10am  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)  
M: \$56 NM: \$70

## Junior Sportball (16 – 24 months with parent)

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Although these programs focus more on exploration, children will be introduced to a different sport each week.

**Wednesday** 10:15 – 11am  
January 11 – February 15 (6 classes)  
February 22 – March 21 (5 classes)  
**Thursday** 4:30 – 5:15pm  
January 12 – February 16 (6 classes)  
February 23 – March 22 (5 classes)  
**Saturday** 11 – 11:45am  
January 14 – February 11 (5 classes)  
February 25 – March 24 (5 classes)  
Fee: \$100 (5 classes) \$120 (6 classes)  
**No Member discounts** [www.sportball.ca](http://www.sportball.ca)

## Parent & Tot Sportball (2 – 3 yrs with parent)

Parents can have a direct hand in a preschoolers development through 8 different ball sports. Parent and tot classes teach children important introductory physical skills and help them develop confidence in their abilities. The programs also help parents understand techniques that can be applied outside of Sportball classes.

**Wednesday** 11 – 12am  
January 11 - February 15 (6 classes)  
February 22 – March 21 (5 classes)  
**Thursday** 5:15 – 6:15pm  
January 12 – February 16 (6 classes)  
February 23 – March 22 (5 classes)  
**Saturday** 12 – 1pm  
January 14 – February 11 (5 classes)  
February 25 – March 24 (5 classes)  
Fee: \$100 (5 classes) \$120 (6 classes)  
**No member discounts** [www.sportball.ca](http://www.sportball.ca)  
These classes are taught in our facility by Sportball Canada. No member discounts.

## PARENT & TOT FITNESS Squats and Tots

This class covers it all, from strength to cardio to core and much more. Come meet other Moms looking to get some exercise and bring your tots (up to 4 yrs) with you!

**Monday** 1 – 2pm  
January 16 – February 27 (6 classes)  
(no class Feb 20)  
March 5 – April 23 (7 classes)  
(no class March 26)  
**Wednesday** 1 – 2pm  
January 18 – February 29 (7 classes)  
March 7 – April 25 (7 classes)  
(no class March 28)  
M: \$67.20 (6 classes) \$84 (6 classes)  
NM: \$78.40 (7 classes) NM: \$98 (7 classes)

## Salsa Tots (18 months – 5 yrs)

This parent and tot program is designed for older babies and tots who have outgrown a carrier and are ready to dance on their own two feet! Salsa Tots combines movement and play with lively Latin rhythms. Dance to Flamenco Flamingo, sing to Seista Fiesta, play to the Mexican Hat Dance and learn basic Spanish vocabulary.

**Tuesday** 4:45 – 5:30pm  
January 17 – February 28 (7 classes)  
March 6 – April 24 (7 classes)  
(no class March 27)  
Fee: \$126 **No member discounts.**

## Salsa Babies – Latin Beat for Tiny Feet

Dance back into shape with the best little partner of all – your baby! With the little ones snuggled into baby carriers, new Moms learn basic steps to popular Latin dances, while babies shake maracas and bounce along to the Salsa beat. Minimum age for babies is 6-8 weeks.

**Tuesday** 1 – 1:45pm  
January 17 – February 28 (7 classes)  
March 6 – April 24 (8 classes)  
(no class March 27)  
Fee: \$126 (7 classes) \$144 (8 classes)  
**No member discounts.**

These two classes offered in our facility by “Salsa Babies” with instructor Michelle Paradis. No member discounts.

