

AECA Children's Programs Fall 2019/Winter 2020

Fit & Fun Families (open to all ages, families)
Open gym time to run and play as a family, (no hockey sticks)
Mondays & Wednesdays 6:00-7:00 p.m.
St. Gabriel/Jack Mackenzie Gym
Sept 23-Nov 27 (occasional cancellations)
Jan 20-Mar 26 (occasional cancellations)
One session: \$10 per family
Two sessions: \$20 per family

PRESCHOOL

Dance/Acro/Baton Pre-school Combo (4-6 yrs)
This class will introduce children to rhythm and music through dance, baton and tumbling.
Mondays 6:00-6:45 p.m., AECC Multipurpose Room
Sept 23-Dec 9 (10 classes) (no classes Oct 14, Nov 11)
Jan 20- Mar 30 (10 classes) (no class Feb 17)
Per session: \$70

CHILDREN

Dance/Acro/Baton Combo (7-12 yrs)
This class is designed to introduce rhythm, coordination and dance to young children. It is an exciting class that samples dance fundamentals, acrobatics, and baton twirling.
Mondays 6:45-7:30 p.m., AECC Multipurpose Room
Sept 23-Dec 9 (10 classes) (no classes Oct 14, Nov 11)
Jan 20-Mar 30 (10 classes) (no class Feb 17)
Per session: \$70

Parent/ Child Zumba (3-9 yrs)

Parents and kids will enjoy these rockin', high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love. These programs inspire both kids and adults to express themselves through movement and play while effectively improving their overall health and well-being.
Tuesdays 6:00-6:45 p.m., Jack Mackenzie
Sept 24-Nov 26 (10 classes)
Jan 21-Mar 31 (10 classes) (no class Feb 18)
Per session: \$70 parent & 1 child, \$20/additional child
Thursdays 6:00-6:45 p.m., St Gabriel School Gym
Sept 26-Nov 28 (10 classes)
Jan 23-Apr 2 (10 classes) (no class Feb 20)
Per session: \$70 parent & 1 child, \$20/additional child

Babysitting Basics (St.John Ambulance) (11-14 yrs)

Course is aimed at 11-14 year olds interested in taking responsibility for younger children. Content in the 6.5 hour class includes safety practices, child care basics, introductory first aid and activities to try. Hands on participation and skill development are the focus. Taught by a St. John Ambulance instructor.
Friday October 4, 9:00-3:30 p.m. (bring own lunch-no nuts!)
AECC Multipurpose Room
Cost \$50
Friday May 15, 9:00-3:30 p.m. (bring own lunch-no nuts!)
AECC Multipurpose Room
Cost \$50

Home Alone Course (St. John Ambulance) (10-14 yrs)

A 2.5 hour class designed to provide children aged 10-14 years with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.

Friday Oct 18, 9:00-11:30am

AECC Multipurpose Room Cost \$35

Friday Mar 20, 9:00-11:30am

AECC Multipurpose Room Cost \$35