

AECA Children's Programs 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 6-7 p.m.

St. Gabriel/Jack Mackenzie Gym

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 6-6:45 p.m., AECC Multipurpose Room Jan. 20- Mar. 30 (10 classes) (no class Feb. 17)

Mondays 6:45-7:30 p.m., AECC Multipurpose Room 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.

Thursdays 6-6:45 p.m., St Gabriel School Gym

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, May 15, 9 a.m.-3:30 p.m. (bring own lunch-no nuts!)

AECC Multipurpose Room

Cost \$50

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

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, Mar. 20 9-11:30 a.m.

AECC Multipurpose Room

Cost \$35