



SPRING 2018

ONLINE REGISTRATION ONLY AT:
www.armourheightscommunitycentre.com

FOR FURTHER INFORMATION, CONTACT:
ahcc@rogers.com

PLAY AND LEARN

CREATIVE MINDS & BODIES
CREATIVE MINDS & BODIES JR
FANTASY FITNESS

Instructor: Donna Perlus

Creative Minds and Bodies combines learning themes of pre-school and physical activity. Enrich your child's world in a creative and stimulating environment. Each week the children will be involved in fun and educational concepts for math, writing and reading through games, crafts, stories and physical activity.

Fantasy Fitness uses your child's imagination in this fun filled, action packed class. Join Donna as she creates a fantasy world through active games and fitness with music.

CODE	PROGRAM	AGES	DAY	DATES	TIMES	COST
T171	Creative Minds & Bodies JR	18 Mths. - 3-1/2 Yrs.	Tues.	Mar. 20 - June 12	9:30 - 11:00 am	\$260/13 wks
T172	Fantasy Fitness	2-1/2- 4 Yrs.	Tues.	Mar. 20 - June 12	1:00 – 2:00pm	\$130/13 wks
T173	Creative Minds & Bodies JR	18 Mths. - 3-1/2 Yrs.	Wed.	Mar. 21 - June 13	9:30 - 11:00 am	\$260/13 wks
T174	Creative Minds & Bodies	2-1/2- 4 Yrs.	Wed.	Mar. 21 - June 13	1:00 – 2:30 pm	\$260/13 wks
T175	Creative Minds & Bodies JR	18 Mths. - 3-1/2 Yrs.	Thur.	Mar. 22 - June 14	9:30 - 11:00 am	\$260/13 wks

NOTE:

- Children must be the stated age by the start of the first class.
- Participants may register for one or more than one (any combination) of CM&B JR classes.
- Children in T171, T173 & T175 must be accompanied by a parent or caregiver.
- DROP OFF WITH DUTY DAYS required for children in T172 & T174.

FITNESS AND MOVEMENT

KINDERGYM

LITTLE SPORT

Creative Movement

Instructor: Marie Diamond

Kindergym: Come inside our specially-designed kinder gym set-up! The gym is constantly changing, giving your child a stimulating and challenging experience in a safe and fun environment. Your child will be introduced to socializing with other children and engaging in group activities while developing listening and active skills like jumping, rolling and balancing. They will learn the basics of gymnastics and motor skills under attentive and caring supervision. The class is a brilliant stepping stone to our kinder transition classes for various age groups. Each child must be accompanied by a parent or caregiver.

Little Sport is a structured program for children to take part in active games and sports in a non-competitive setting. Children will learn the basic skills used in such sports as floor hockey, baseball, and soccer and a variety of cooperative games.

Creative Movement: Caregiver and tot introduction to the basic creative movement class which includes a variety of fun-filled activities such as games, rhythm, parachute, play, movement, etc. The goal is to creatively have fun and enthusiasm through movement and dance.

CODE	PROGRAM	BIRTHDATES	DAY	DATES	TIME	COST
T201	Kindergym	18 Mths. - 2-1/2 Yrs.	Mon.	Mar. 19 - June 11	9:30 – 10:15 am	\$110/11 wks
T202	Creative Movement*	2+ Years	Mon.	Mar. 19 - June 11	10:15 - 11:00 am	\$110/11 wks
T203	Drop-In Play Date	All Ages With Caregiver	Mon.	Mar. 19 - June 11	11:00 - 12:00 Noon	\$110/11 wks
T204	Kindergym	12 - 18 Mths.	Tues.	Mar. 20 - June 12	9:30 - 10:15 am	\$130/13 wks
T205	Kindergym	18 Mths. - 2-1/2 Yrs.	Tues.	Mar. 20 - June 12	10:30 - 11:15 am	\$130/13 wks
T206	Kindergym	8 Mths. - 14 Mths.	Tues.	Mar. 20 - June 12	11:15 - 12:00 Noon	\$130/13 wks
T207	Kindergym	18 Mths. - 2-1/2 Yrs.	Thurs.	Mar. 22 - June 14	9:30 - 10:15 am	\$130/13 wks
T208	Kindergym	8 Mths. - 14 Mths.	Thurs	Mar. 22 - June 14	10:30 - 11:15 am	\$130/13 wks
T209	Kindergym	8 Mths. - 14 Mths.	Thurs.	Mar. 22 - June 14	11:15 - 12:00 Noon	\$130/13 wks
T210	Little Sport	2 - 3 Yrs.	Thurs.	Mar. 22 - June 14	1:30 - 2:30 pm	\$130/13 wks

NOTE:

- All children under 2-1/2 yrs. and *T202 must be accompanied by a parent or caregiver.
- DROP OFF WITH DUTY DAYS required for children aged 2-1/2+ yrs.
- NO CLASSES: April 2 and May 21

Register Online At
www.armorheightscommunitycentre.com
 2140 Avenue Road, Toronto, ON M5M 4N7

MS. LIBBY'S MUSIC AND MORE

Instructor: Libby Cavanaugh

Music and More is a program that promotes physical and intellectual development through melody, rhythm, rhyme and movement. Research has shown that musical training strengthens language acquisition, memory and numeracy skills. This program will give children a head start toward those skills. In our classes, the instructor will be using songs, instruments like drums, shakers, and tambourines, as well as puppets, scarves, scrunchy balls, hula hoops and the parachute, to introduce children to the joys and enriching effects of music. Classes are specifically adapted to each age group, taking into account physical abilities and developmental needs.

"I am so impressed with the individualized instruction, the caring nature of Ms. Libby is remarkable. The variety of music and instruments is motivational and instructive for all the children involved." - Sheryl (parent)

"Engaging! Musical! Libby makes the class so fun and personal! My daughter loves it!" - Elyse (parent)

"Wonderful! Libby is wonderful with children. So interactive!!" - Sophie (parent)

CODE	PROGRAM	BIRTHDATES	DAY	DATES	TIME	COST
T301	Music 1	8 - 18 Months	Mon.	Mar. 19 - June 11	9:30 - 10:15 am	\$110/11 Weeks
T302	Music 2	18 Mths - 3 Years	Mon.	Mar. 19 - June 11	10:30 - 11:15 am	\$110/11 Weeks
T303	Music 3	2 - 4 Years	Mon.	Mar. 19 - June 11	1:00 - 1:45 pm	\$110/11 Weeks
T304	Music 4	3 - 12 Months	Wed.	Mar. 21 - June 13	10:30 - 11:15 am	\$130/13 Weeks

NOTE:

- All children must be accompanied by a parent or caregiver.
- NO CLASSES: April 2 & May 21

MOM & BABY YOGA

Instructor: Sarah Brager

Sarah Brager is a Certified Yoga Instructor who specializes in teaching Pre + Post Natal Yoga classes. She has practiced Yoga for close to 15 years and has been a Yoga Instructor in the Toronto community since 2010. Sarah has two daughters and knows first-hand how important maintaining a Yoga practice is during pregnancy + beyond. Mom + Baby Yoga is a special hour, a treat for both mom and babe. Each class is designed to help alleviate many physical issues that affect new moms: fatigue due to baby's sleep schedule, neck strain/shoulder + upper back discomforts from holding/feeding/changing your baby, and core exercises to improve posture + low back pain. Come stretch and strengthen in a safe environment where nursing, bottle feeding, diaper changes and bonding with your babe and other moms is guaranteed fun!

CODE	PROGRAM	BIRTHDATES	DAY	DATES	TIME	COST
T401	Mom & Baby Yoga	Pre-Crawlers	Mon.	Mar. 19 - April 30	1:30 - 2:30 pm	\$90/6 Weeks

NOTE:

- All children must be accompanied by a parent or caregiver.
- NO CLASS: April 2

Register Online At
www.armorheightscommunitycentre.com
2140 Avenue Road, Toronto, ON M5M 4N7

MESSY ART FOR LITTLE HANDS

Instructor: Sladana Zivkovic

This class will introduce young children to the wonderful world of art, using materials and techniques that are fun, stimulating and age-appropriate. They will discover shapes, colours and textures while doing such activities as finger painting, making slime, modeling with play dough, making tissue paper sun catchers, painting water colour and oil pastel masterpieces, wheel and roller painting and much more! There will be a glorious mess, but it will be at our place, not yours!

CODE	PROGRAM	BIRTHDATES	DAY	DATES	TIME	COST
T501	Messy Hands Art	2 - 3-1/2 Yrs.	Wed.	Mar. 21 - June 13	1:30 - 2:30 pm	\$130/13 Weeks

NOTE:

- All children must be accompanied by a parent or caregiver.

STORY BOOK ADVENTURES

Instructor: Darcy Welch

"If you want your children to be intelligent, read them Fairytales." Albert Einstein

The focus of this class is on engaging young children's imaginations through the rich medium of story books and fairytales. Each week our instructor, who is a former member of Solar Stage, will read a new story out loud. This will be followed by music, dance, costumes and crafts inspired by the book's magical themes.

CODE	PROGRAM	BIRTHDATES	DAY	DATES	TIME	COST
T601	Story Book Adventures	2 - 4 Years	Mon.	Mar. 19 - June 11	9:30 - 10:15	\$110/11 Weeks

NOTE:

- All children must be accompanied by a parent or caregiver.
- No Classes April 2 & May 21

DROP-IN PLAY DATE

Supervisor: Libby Cavanagh

This drop in is a supervised but mainly unstructured play date with toys, music, arts, crafts, play centres, and some gross motor equipment. The formal component is a sing-along and story time. It's an opportunity for moms/dads and/or caregivers to meet, connect and enjoy company while engaging with their little ones. Come and go when you please. Our instructor, a kindergarten teacher for many years, will take care of the details.

CODE	PROGRAM	BIRTHDATES	DAY	DATES	TIME	COST
T701	Drop-In Play Date	6 Mths. - 4 Years	Fri.	Mar. 23 - June 15	9:30 - 11:30	\$132/11 Weeks

NOTE:

- All children must be accompanied by a parent or caregiver.
- No Classes March 30 & May 18

Register Online At
www.armorheightscommunitycentre.com
2140 Avenue Road, Toronto, ON M5M 4N7