

# Enrichment Programs

Spring 1 2010 SESSION  
Feb 22-April 18



*Time for new discoveries!* Our enrichment programs are designed to help your child develop tactile, listening and social skills in a safe, fun, hands-on learning environment. **Parents are required to remain in the building** while children are in class. **For members with Family and Adult Memberships, our Childwatch room provides transport to and from classes, so you can enjoy a workout, swim, or group exercise class.** *\*\*Unless otherwise specified, parents do not accompany child to class.*

## ENRICHMENT PROGRAMS AGES 1.5 - 12 YEARS OLD

### Toddlin' Tots A: Growing Together

**Ages 2 – 3.5 years**

This class will introduce your toddler to a preschool environment. The goal of this class is to achieve a smoother parent-child separation transition and help children develop and improve their social skills with their peers. **\$60 members/ \$113 non members**

Wednesday..... 9:30 ..... 10:45 am ..... 05226-31.  
Thursday..... 9:30 ..... 10:45 am ..... 05226-41.

### Toddlin' Tots B: Dr. Doolittle's Zoo

**Ages 2.6 – 3.9 years**

This class provides children the opportunity to improve social skills and fine motor skills in a slightly structured setting. Class includes music, story time, free play, arts and crafts, and snack time. This class is designed for children who easily transition from parent to classroom. **\$60 members/ \$113 non members**

Wednesday..... 11:00 am ..... 12:15 pm ..... 05226-32

### Music & Me: Splish Splash with Parent

**Ages 1-3**

Songs with nonsense lyrics along with playful activities will explore music and movement concepts of high and low, move and freeze and binary music format. Basic music theory is introduced through singing, chants, finger plays, musical games, creative movement and instrument play. Combined age classes offer an opportunity for siblings to participate together. **\$54 members/ \$108 non members**

Wednesday..... 9:30 ..... 10:15 am ..... 05229-31.  
Thursday..... 9:30 ..... 10:15 am ..... 05229-47  
Saturday..... 10:30 ..... 11:15 am ..... 05229-61.

### Musica & Me-Spanish, with parent, Ages 1-4

Introduce little ones to the most popular Spanish Rhythms. While they learn some basic Spanish music, words and dance. Basic music theory is introduced through singing, chants, finger plays, musical games, creative movement and instrumental play. Combining age classes offer an opportunity for siblings to participate together.

**\$60 members/ \$113 non members**

Mondays..... 10:30 ..... 11:00 am ..... 05229-11.

### I Love Travel! Ages 3 – 4 years

Get your passports together, we are about to embark on an adventure that will take us around the world. Each week we will travel to a new continent, locate famous landmarks, celebrate different customs and cultures and create indigenous crafts. **\$60 members/ \$113 non members**

Friday..... 9:30 ..... 10:45 am ..... 05226-51.

### Hickory, Dickory, Dock. Ages 2.6-3.9

This class provides children the opportunity to improve social and fine motor skills in a slightly structured setting. Each week we will explore a different classic nursery rhyme. Activities will include, story time, crafts, games, music, free play and a snack. The goals of this class are to achieve a smoother parent-child separation transition and to improve social skills with other children. **\$60 members/ \$113 non members**

Tuesdays..... 9:30 ..... 10:45 pm ..... 05226-21.

### My Independent Life Ages 4-6

Come explore your independence from telling time to counting money. We will do crafts and activities based on daily activities you do yourself. **\$60 members/ \$113 non members**

Tuesdays..... 3:30 ..... 4:45 pm ..... 05226-23...

### Alphabetivities Ages 2.9 – 4 years

Explore a different letter of the alphabet each week. Your child will practice writing each letter, learning the sound of each letter, and make a theme related craft. This class includes music, story time, free play, arts and crafts, and snack time. This class is designed for children who easily transition from parent to classroom. **\$60 members/ \$113 non members**

Wednesday..... 12:30 ..... 1:45 pm ..... 05226-38  
Thursday..... 11:00 ..... 12:15 pm ..... 05226-42

### Cooking Through the Alphabet, Ages 3.9 – 5 years

From applesauce to zucchini moons, join us as we cook our way through the alphabet. We will mix, measure, chop, blend, bake, boil, simmer, and saute all kinds of recipes. Basic kitchen safety and table manners will be introduced. This class is designed for children who easily transition from parent to classroom. **\$60 members/ \$113 non members**

Monday..... 11:00 ..... 12:15 pm ..... 05226-12  
Saturday..... 11:30 am ..... 12:45 pm ..... 05226-62

### 1,2,3 Count With Me Ages 2.9– 4 years

This class will explore preschool math concepts such as counting, and recognition of numbers, shapes and patterns. This class includes music, story time, free play, arts and crafts and snack time. **\$54 members/ \$108 non members**

Tuesday..... 11:00am ..... 12:15 pm ..... 05226-22

### Little Linguists : Spanish , Ages 4-6

Recent studies indicate that the best time for a child to learn another language is during the first 3 – 7 years of life. Join this fun interactive program as we expose your child to early second language learning. Your child will learn Spanish through songs, games, and hands-on play activities. **\$60 members/ \$113 non members**

Thursday..... 5:30 ..... 6:45 pm ..... 05226-46  
Saturday..... 9:30 ..... 10:45 am ..... 05226-61.

### Fun with Numbers! Ages 4 - 7

**NEW** Have your child become comfortable with numbers through games, songs, stories and creative activities that build skills such as counting, adding, subtracting, and measuring. Math will be used in stories, crafts, and games. **\$60 members/ \$113 non members**  
 Thursday.....3:45.....5:00 pm.....05226-45

**Song and Dance Jam, Ages 3-4yrs**  
**NEW** This class is a playful introduction to creative movement and music. Children will use their creativity to move their bodies as they express themselves to music. Instruments, props, and musical games are used to teach rhythm, beat, pitch, and focused listening in a slightly structured setting. **\$54 members/ \$108 non members**  
 Wednesday.....10:30.....11:15 am.....05229-16  
 Saturday.....9:30.....10:15 am.....05229-62

**Science & Messy Marvels**  
 This hands on interactive class is for the curious child. Each week, children will discover a new scientific concept through experiments, crafts and messy play. Bring your curiosity and come dressed for a mess. **\$60 members/ \$113 non members**  
 Tuesday.....12:30.....1:45 pm.....05226-24  
 Friday.....11:00 am.....12:15 pm.....05226-52

**Early Release Days School Age Studio Art**  
**NEW** **Ages 5-8**  
 In this studio class, your child will experience working with various materials, including pencil, pastel, charcoal, paint, and clay. They will learn different techniques and be encouraged to try different styles while using their imaginations. Early Release dates (4-weeks) 3/25, 4/1, 4/8, 4/15) **\$30 members/ \$57 non members**  
 Thursdays.....2:00.....3:15 pm.....05226-44

**Let's Draw Together Ages 3-5**  
**NEW** Introduce basic drawing techniques in a fun way while letting the children express themselves through the art of painting and drawing. Using their minds and imagination to explore and discover new ways of drawing and painting. **\$60 members/ \$113 non members**  
 Thursday.....12:30.....1:45 pm.....05226-43..

**Little Fashion Designers, Ages 5-8**  
**NEW** Our little girls will be introduced to the magical world of designing where they will materialize their ideas through 3 basic steps. Creat-Draw-Sew which are the base of any creations. By the end of each class they will have their favorite doll with their very own creation! **\$60 members/ \$113 non members**  
 Wednesday.....3:30.....4:45 pm.....05226-36..

**BRAIN GAMES, CHESS & MORE!**  
 taught by "Q" for youth ages 6-13  
 Explore your mind with Chess and other fun games.  
**\$60 members/ \$113 non members**  
 Monday.....6:00.....7:15 pm.....05224-11.

**NEW Pre-School Open Play**  
**with parent**  
**Times valid for Spring Session 1**  
**February 22-April 18**  
 (Free for Members / non-members \$5 child/\$10 per family per visit)  
 Open to youth Ages 1-6

**OPEN GYM / OPEN SPORTS**  
 Climbing equipment, balance beams, mats and other equipment will be set-up for enjoyment in our gym. No preregistration is required.  
**Mondays Members Only 9:15 - 10:30 am**  
**Tuesday 9:00 -9:40 am**  
**Wednesday 11:00 -11:40 am**  
**Thursday 9:00 -9:40 am**  
**Friday 11:00-11:40 am**

**PARENTS MUST ACCOMPANY CHILD DURING ALL OPEN PLAY TIME PROGRAMS**

**HOMEWORK CLUB**  
 with Kisha  
**Grades K-5**  
 Does your child need support in math, reading or writing? Bring your books, homework, pencils, and questions. Class size is limited and will be taught by a certified teacher. **\$54 members/ \$108 non members**  
 Mondays.....5:30- 6:15 pm.....05226-17  
 Wednesday.....5:30 - 6:15 pm.....05226-37

**TUMBLE & CREATE AGES 3.5-5**  
 Combined fun, gymnastics and art. In this class you will start in the gym learning gymnastics skills and tumbling and be transported to our enrichment room where you will have a snack and create exciting art projects. **\$60 members/ \$113 non members**  
 Monday.....9:30 - 10:45 am.....05229-15

**FAMILY VALENTINES PARTY**  
 Mark your calendar!  
**Friday, February 12, 2010 6:00-8:00pm**  
 Celebrate Valentines Day with your Family at the Framingham Branch. Join us for music and dancing, games, crafts, swimming, and more!  
**Free for members / \$10 non member family**

**BIRTHDAY PARTIES AT THE METROWEST YMCA!**  
 For information on our Birthday parties, please pick up the information packet at the Member Service desk or email Cija at [caffannato@metrowestymca.org](mailto:caffannato@metrowestymca.org)