

Offered in partnership with Kiwanis Hilton Children's Centre

Play and Learn Library at Kiwanis Hilton Children's Centre

Drop in and check out our wide selection of quality play resources and early learning backpacks FREE for families to borrow for 2 weeks at a time. Talk to our Play & Learn Library Facilitator for great ideas and ways to enrich and extend your child's learning through play. Hours: Tuesdays, 12-2 pm & Thursdays, 2-4 pm. For info phone 778-421-2244 or email us at playandlearn@outreachtherapy.org

Evening Wiggles and Giggles

Parents & children 2 - 5 years

A wonderful opportunity for preschoolers and their parents to burn off some energy with 45 minutes of active play (wiggles!) in our great preschool gym and then take part in 30 minutes of fun storytime activities (giggles!) in our preschool room. 8 sess: Tue Jan 24 - Mar 13; 6:15-7:30 pm; \$20/per child; Joell Turgeon E.C.E.

Join Registered Music Therapist, Dorianne Miller, for these quality music programs for young children. Research shows that developing a child's musical ability also improves ability in many other areas, including language, math and science.

Music Makers

1 - 3 years & a parent or caregiver
Enrich your child's life with music! Join Dorianne for these popular music programs and enjoy 45 minutes of singing, rhythm activities, movement, musical games and instruments. A warm and happy musical exploration! Winter Set: Mondays or Thursdays; 10 sess: Mon Jan 23 - Apr 2 (no class Mar 19); 10-10:45 am; \$45; or 10 sess: Thur Jan 26 - Apr 5 (no class Mar 22); 10:05-10:50 am; \$45; Spring Set: 8 sess: Thur Apr 12 - May 31; 10:05-10:50 am; \$36; Dorianne Miller (R.M.T.)

Musical Kids

Children 3 - 5 years

(Parents/caregivers are welcome)

In this program, young children are introduced to rhythm and note reading, melody, dynamics and more as they sing and move, play rhythm instruments, explore the piano, participate in listening activities and have loads of fun!

Winter Set: 10 sess: Thur Jan 26 - Apr 5 (no class Mar 22); 9:10-10 am; \$50; Spring Set: 8 sess: Thur Apr 12 - May 31; 9:10-10 am; \$45; Dorianne Miller (R.M.T.)

Mom and Baby Fitness

There will be lots of laughter and fun in this twice a week fitness class designed just for new moms WITH their babies. Share in quality time with your baby as you tighten and tone, strengthen those much needed core muscles, burn calories and improve your cardiovascular endurance - all with your baby included in your fitness routine! (Babies should be pre-crawling and moms at least 6 weeks postpartum and have approval from their doctor). Wednesdays & Fridays; 10:15-11:15 am; Set I: 10 sess: Jan 11 - Feb 10; \$40; Set II: 11 sess: Feb 29 - Apr 4; \$44; Set III: 11 sess: Apr 11 - May 18 (no class May 4); \$44; Sondra Austin

Hilton Boot Camp Playtime

Ages 1 - 5 years at Kiwanis Hilton Children's Centre
Provide your child with an hour of quality

playtime in the Discovery Room at Kiwanis Hilton Children's Centre while you enjoy a great Noon Boot Camp Workout in the Hilton gym. Wednesdays & Fridays; 12:15-1:15 pm; Set I: 12 sess: Jan 11 - Feb 17; \$25/child; Set II: 10 sess: Feb 22 - Mar 30 (no class Mar 21 & 23 - Spring Break); \$21/child; Set III: 11 sess: Apr 4 - May 11 (no class Apr 6); \$24/child; Mondays 12:15-1:15 pm; Set I: 9 sess: Jan 9 - Mar 5; \$19/child; Set II: 7 sess: Mar 12 - May 7 (no class Mar 19 & Apr 9); \$15/child; Joell Turgeon, Teresa Drew. For a description of the Boot Camp, please see the Adult Fitness section of this guide.

PALS -

Parents as Literary Supporters

NEW! Co-sponsored with Literacy Alberni Society
Children ages 3-6 years with a parent/caregiver
PALS is a FREE community, family literacy program that gives parents/caregivers new strategies to encourage learning for their preschool and kindergarten-aged children. Each session focuses on learning through play and includes time for parents/caregivers to talk with the facilitator and time for adults and children to learn, play and have fun together. Each session also includes a light supper for the families to enjoy. 3 sess: Thu Apr 12 - 26; 5:30-7 pm. Registration is free but space is limited so families must pre-register at Echo Centre or phone 250-723-2181

Discovery Preschool at Hilton Centre

Ages 30 months to 5 years

Come play, learn and grow with us! Discovery Preschool offers a rich and stimulating early learning program in a bright, spacious and safe environment at Kiwanis Hilton Children's Centre. Great preschool gym and outdoor playground. Experienced, dedicated E.C.E. staff. Register for 1 or up to 5 sessions per week. Winter term begins Tue Jan 3 and ends Tue June 26, 2012. Classes are cancelled for Spring Break, Mar. 19 - 23.

AM classes - Mon Tue Wed Thur Fri; 9:00 - 11:30 am

Per Month	Sessions Per Week
\$50 ⁰⁰ /month	1 day per week
\$100 ⁰⁰ /month	2 days per week
\$150 ⁰⁰ /month	3 days per week
\$200 ⁰⁰ /month	4 days per week
\$250 ⁰⁰ /month	5 days per week

Fees are due on the first of each month. (You may pay ahead for as many months as you wish or you may pre-authorize payments with

your Visa/Mastercard or you may give us post-dated cheques.) *Ministry of Children and Family Development Child Care Subsidies are available for qualifying families or use your H.E.A.R.T. coupons or Quality Foods "Rec Bucks" towards your registration costs.



Emergent Curriculum Planning at Discovery Preschool
We believe that a child's interests provide the best foundation for the development of learning opportunities. Emergent Curriculum Planning means we are continually creating and developing curriculum to extend, expand and build upon the interests that children display. It is best described as teachers and children working together as partners in the learning process.

In Celebration of Family Literacy Day
 Parks and Recreation and Kiwanis Hilton Children's Centre in partnership with School District 70,
 Vancouver Island Regional Library, PacificCARE and Alberni Valley Community School present:



Why the Sky is Far Away

Saturday February 4 • 11 am – 1 pm
Sponsored by Carmoor's Cookery

Delight in an interactive musical story telling of the traditional African tale of Why the Sky is Far Away and participate in lots of fun family crafts and activities based on the story. Then share in a delicious lunch of chicken soup and hot biscuits gener-

ously homecooked by Carmoor's Cookery. Families are invited to bring an uncut fruit of their choice to contribute to fruit shish kabobs for dessert. The program is free but space is limited. Families must pre-register at Echo Centre.

Families with children ages 2 – 8 years are invited to come and join us in a FREE COMMUNITY CELEBRATION of Family Literacy Day on Saturday February 4 from 11 am-1 pm at Echo Centre.



Hot Shot Tots

Ages 3 - 5
 Bucket basketball, nerf soccer, floorhockey preschool style and lots of active games are all part of the fun of this high energy program. Help your youngster develop agility and coordination and most importantly a love for activity and sport! Winter Session: Wed Feb 8 - Mar 14; Spring Session: Wed Mar 28 - May 2; 10:15-11 am; Echo Centre; \$24

I Can Dance

Ages 3 - 5
 For children who love to dance! Introduces children to creative dance and basic ballet through fun, music, games and imagination. Fri Jan 27 - Mar 16; 3:15-4 pm; Echo Centre; Mikaela Roberts; \$34

Zumba – Lil Starz ****NEW****

Ages 4 - 8
 Kids love to crank up the music, shake, wiggle and have a blast with their friends. Zumbatomic will introduce Latin and international rhythms in a dance fitness program designed just for kids. This class will support creative learning through dance and fitness, promoting a healthy active lifestyle. Your kids will have a blast! Sess 1: Thur Feb 2 - Mar 8; Sess 2: Thur Mar 22 - Apr 26; 3:30-4 pm; Shandora Page; \$24

Dance Moves

Ages 5 - 7
 A creative fun-filled introduction to basic ballet, jazz and modern dance techniques. Children will learn basic steps, movement

across the floor, short dance combinations and simple production numbers to perform for family and friends on the last day. Mon Jan 23 - Mar 12; 3:45-4:30 pm; \$36; Mikaela Roberts

After School Music **New!**

Kindergarten to Grade 2
 A new after school music program designed for kids to have fun while developing their musical ability. Through singing, playing the piano, musical activities and games, children will learn basic music notation and develop their musical ear as they explore melody, rhythm and pitch. 8 sess: Thur Jan 26 - Mar 15; 3:30-4:30 pm; \$45; Cory Miller

Clay Kids

Ages 6 - 9
 Have tons of fun handbuilding, crafting and creating fabulous clay creations to take home. All supplies and firing are included in the course fee. Set I: 4 sess: Wed Apr 4 - 25; 3:30-5 pm; \$40/4 sess; Lee Stead

Clay Kids Too

Ages 10 - 12
 A fabulous opportunity for older kids to join Lee in the fully equipped pottery room at Echo and create amazing, cool clay projects to take home. Fee includes all supplies and firing. 4 sess: Wed Apr 4 - 25; 5:30-7 pm; \$40; Lee Stead

Rock, Paper, Scissors - Art Attack

Ages 7 - 12
 Children will love this art class! With instruction from Jane Morden, local artist

of "Rock, Paper, Scissors Studio" participants will select a large 6" - 8" rock and create a wonderful painted house or car. Rocks vary in size and shape to help design a unique, colourful art project. This class will also provide an opportunity to make a large-scale paper mache creation. Participants will be thrilled with the outcome of their projects. Winter Session: Thur Feb 2 - Mar 8; Spring Session: Apr 12 - May 17; 3:30-5 pm; \$65

Painted Rock – Easter Bunny's House ****NEW****

Ages 7 - 12
 Children will create and paint a fabulous Easter Bunny House! With instruction from Jane Morden, local artist at "Rock, Paper, Scissors Studio", participants will select a large 6" - 8" rock and create a stunning spring themed house. The finish product produces a unique, colourful Spring or Easter decoration to take home and keep. You'll be amazed by the end results! Wed Mar 28; 3:45-5:15 pm; \$17

Valentine's Chocolates

Ages 6 - 9
 A Valentine funshop with a delicious flavour! You'll have lots of fun creating special Valentine's day crafts as well as a box of homemade molded and dipped chocolates to take home. Sat, Feb 11; 10 am-12 noon; \$16; Lenora Milliken

Lunchbox Kids

Ages 6 - 8
 This free 3 week program, co-sponsored by VIHA is a great way to teach children how

to make their own healthy and nutritious lunch. Each session will include a different delicious recipe for the kids to make and taste. Instruction provided by Community Nutritionist, Helene Dufour. Mon Apr 16, 23 & 30; 3:15-4:15 pm; Free!

Zumba – Big Starz ****NEW****

Ages 9 - 12

Zumba classes are rockin', high energy, dance fitness programs packed with specially choreographed, kid-friendly routines with music kids love to listen to. Kids love Zumba because it's fun and parents love Zumba because it increases their child's focus, self-confidence and metabolism, as well as enhancing their coordination and physical fitness. Sess 1: Thur Feb 2 - Mar 8; Sess 2: Thur Mar 22 - Apr 26; 4:15-5 pm; Shandora Page; \$33

Run Jump Throw

Ages 6 - 9

Co-sponsored with the Alberni Valley Track and Field Club. Run Jump Throw, is developed by Athletics Canada, and teaches children fundamental running, jumping and throwing movement skills that help build a strong foundation for success in all land based sports and physical activities. Skills are taught in a positive, encouraging environment and in age-appropriate progressions through fun games and movement activities. 7 sess: Mon & Thur May 7 - 31 (no class May 21); 5-6 pm; Glenwood Centre and Bob Dailey Stadium; \$25

Home Alone **PRO DAY PROGRAM**

Grades 4 - 7

Does your child spend time alone at home for brief periods? This class will provide them with general house safety, fire safety, how to make emergency calls, how to deal with strangers, personal safety and fun snack ideas. Mon Feb 20; 1-4 pm; Echo Centre; \$21; Instructor: Michelle Butt



Let's Dance!

Ages 8 - 11

If you love dancing, you'll love this class! Participants will develop and improve their skills in ballet, jazz and modern dance. This class offers instruction in dance techniques, movements and a variety of dance combinations. Participants will learn a dance routine that will proudly be performed on the last day. Mon Jan 23 - Mar 12; 4:45-5:30 pm; \$36; Miikaela Roberts



Babysitting Course

Youth 11 - 14

This course prepares youth to become responsible babysitters. The Babysitting course includes safety considerations, child behaviour, caring for children and an introduction to games, songs, rhymes and other activities for children. It teaches accident prevention, home safety and emergency procedures. A Red Cross Babysitter's Certificate is awarded to those successfully completing the course. Participants must be 11 years old by the programs start date. Winter Sess: Wed Feb 8 - 29; Spring Sess: Tues Apr 3 - 24; 5:30-7:30 pm; \$34; Michelle Butt

Roller Derby Brat Camp ****NEW****

Ages 12 - 18 **Girls Only**

Calling all girls!! Join the Alberni Valley Roller Girls and have a blast learning the basics of roller derby. Roller Derby is a fast paced, girl-centered sport. It is widely popular and is now in Port Alberni! This program will introduce you to the fundamentals of the game and help build your skills. Alberni Valley Roller Girls strive to create a team environment that fosters

fun and friendship. Join them and learn what Roller Derby is all about. You'll love it! On the last day of camp, it's time to show off your newly developed skills! Participants will play a mock

scrimmage for parents, families and friends. A maximum of 20 girls can register so sign up quickly and don't miss this opportunity. This program is co-delivered by the Port Alberni Friendship Centre and the Alberni Valley Roller Girls. Fri, Jan 27 -Mar 16 (no class on Feb 17); 8:30-10 pm; FREE

PRO-DAY PROGRAMS

Fun and Games

Ages 7 - 11

Join us for this action packed, awesome day! Meet at Gyro Centre and enjoy many activities and games such as pool, air hockey, shuffleboard, table tennis and more. Then it is off to the Gymnastics Academy for a tumbling good time. Following gymnastics, children will enjoy bowling at Rainbow Lanes. The fun doesn't end there - after lunch, we will enjoy a swim at the pool and we will end the day with games and activities at Glenwood Centre. What a great way to spend the day! Mon Feb 20; 9-4 pm; \$37

Jumping Jiminy's and Wavepool

Ages 7 - 11

Meet at Echo Centre before we head off for a day of fun and laughter! To start the day, we will spend the morning at Nanaimo's Jumping Jiminy's Playland. Participants will enjoy their huge climbing structure and play areas. After lunch, we will ride the waves and slides at the Wavepool. This active, fun day will be enjoyed by all! Fri Mar 30; 9-4 pm; \$40

Springtime Fun

Ages 7 - 11

Meet at Gyro Youth Centre and start the day off with fun and games. Next, participants will head out to Arrowvale Riverside Campground. There, they will enjoy many springtime activities on the farm. Visit the farm animals, walk a nature trail and plant a flower in the greenhouse. After lunch, we will enjoy and swim at the pool and end the day with games, rollerblading and activities at Glenwood Centre. Mon May 14; 9-4 pm; \$37

SPRING BREAK PROGRAMS

FAMILY FUN PASSES

Enjoy a variety of activities including special swim, skate, rollerblading sessions and more! For more information, phone Echo Centre at 723-2181.

Jumping Jiminy's and Wavepool

Ages 7 - 11

Meet at Echo Centre and then head off for a day of fun! Play at Jumping Jiminy's in their giant 3000 square foot play structure. There you can crawl through tunnels, go down slides and climb on their play apparatuses. After lunch we will cool down at the Nanaimo Wavepool and enjoy some waterslides and crazy waves. Mon Mar 19; 9-4 pm; \$40

Donkey Trek

Ages 7 - 11

Meet at Echo Centre and then it's off to play at the Port Alberni Gymnastics Academy where you will jump, climb, twirl, tumble and have a great time. Then we will go to Arrowvale Riverside Campground for a Donkey Trek. Load the donkeys with your lunch and hike down the nature trail.

Participants will enjoy visiting the animals, a farm tour and a treasure hunt! Finally, we will end our busy day with some splash, splash fun at Echo Pool. Tues Mar 20; 9-4 pm; \$37



Tumbling Good Time

Ages 7 - 11

Enjoy a day of tumbles and twirls! Meet at Echo Centre and then head to Port Alberni Gymnastics Academy for a tumbling good

time on the trampoline, foam pit, climbing wall and much more. We will continue our tumbles at the Coastal Martial Arts with instructor Sukwinder Manhas. Participants will have fun learning the basics of karate and self-defense, in Sukwinder's fun, positive approach. Then lastly, it is off to Echo Aquatic Centre to finish the day with a swim in the pool. Wed Mar 21; 9-4 pm; \$37

Fun and Games

Ages 7 - 11

Are you ready for a day of fun and games? Participants will enjoy Port Alberni's Gymnastics Academy for a tumbling good time on the trampoline, foam pit, climbing wall and much more. Then it is off to Rainbow Lanes to bowl and throw a strike. More games will be played at Gyro Centre where children will have fun playing air hockey, pool, foosball, table tennis, shuffleboard and more. This busy day will also end with a swim at Echo Pool. Thur Mar 22; 9-4 pm; \$37

Jumping Jiminy's and Wavepool

Ages 7 - 11

Meet at Echo Centre before we head off for a day of fun and laughter! To start the day, we will spend the morning at Nanaimo's Jumping Jiminy's Playland. Participants will enjoy their huge climbing structure and play areas. After lunch, we will ride the waves and slides at the Wavepool. This active, fun day will be enjoyed by all! Fri Mar 23; 9-4 pm; \$40

Spring Tennis Lessons

All lessons will be held at Gyro/Recreation Tennis Courts except on rainy days. If the weather makes outdoor play impossible, lessons will either be played indoors at Glenwood Centre or re-scheduled.

Kids Tennis Lessons

Ages 7 - 9

Participants will receive a basic introduction to the game through a variety of fun games and activities. "Kid sized" tennis racquets are available for these lessons. Tues May 29 - June 19; 4:45-5:45 pm; \$33

Junior Beginner Tennis Lessons

Ages 10 - 15

Participants will receive a thorough introduction to the game of tennis with an emphasis on learning basic strokes, rules and scoring. Tues May 29 - June 19; 6-7:30 pm; \$39

Nights Alive

**Saturday Nights
8 pm-12 midnight**

Free, drop in recreational activities for youth 12 - 18

Program schedule can be picked up at Echo Centre

For more information, call 250-723-2181

Co-sponsored by the Alberni Valley Drug and Alcohol Prevention Services, Alberni Community School, RCMP and Port Alberni Parks and Recreation Department



www.portalberni.ca