

THURSDAYS

KIDS CAN SWIM



- Modules run 10-12 weeks.
- *The Swim for Life* program gives children a head start on learning to swim; this is done by learning the basics to be safe and become confident little swimmers.
- Children will be placed in skill appropriate levels and will advance accordingly.

Lessons

- Learn how to get in and out of the water safely.
- Learn to move safely in the shallow water with a lifejacket until they are more comfortable with floats and glides.
- Submerge and exhale underwater.
- Use buoyant aids to help with rollovers, glides and flutter kicks.
- Master floats, glides and short swims on their front and back.
- Pick up objects from waist deep water and jump and roll into the deep end wearing a lifejacket.
- Strengthen flutter kicks and work on front crawl techniques.
- Learn to support themselves in deeper water. Solo jumps and side roles.
- Master short swims doing front crawl; roll into deep water with their lifejacket on and to tread water without extra support.

FRIDAYS

KIDS CULTURE



- Modules run 10-12 weeks.
- This day combines art, cooking and music as we explore the world of cultural arts with Cindy-Sue Rabinovitch (BEd, 24 years as a teacher and an artist in her own right), our Cultural Arts Coordinator.



For more information contact:

Rhona Richards
403.444.3168
richards@cjcc.ca



1607 - 90 Avenue SW
Calgary, AB T2V4V7
403.253.8600

www.calgaryjcc.com

BE HERE OR BE SQUARE



HALF DAY
PROGRAMS FOR
JK / KINDERGARTEN
CHILDREN

Kids 'R' Us

Skate

Bike

Yoga

Science

Swimming

Cultural Arts

All of our staff are certified, experienced and educated in the early childhood field.



TRANSPORTATION

We provide pick-up from the following schools:

- Akiva Academy
- Calgary Jewish Academy
- Calgary Preparatory
- Chinook Park
- Nellie McClung

MONDAYS FALL / WINTER

KIDS CAN SKATE



- Modules run 10-12 weeks in the Fall and Winter.
- 10 weeks at the Family Leisure Centre with certified instructors teaching the City of Calgary *Learn to Skate* program. The program is taught through games and activities on the ice.
- Groups are split into Advanced, Intermediate and Novice skaters.

Weeks 1-3

- Learning how to put on equipment.
- Becoming comfortable on the ice.
- Learning the proper way to fall and stand up.

Weeks 4-7

- Scraping the ice.
- Half snowplow stop.
- Forward and backward walking / striding.
- Forward and backward gliding.

Weeks 8-10

- Practicing skills.
- *Learn to Skate* certificate for each participant.

MONDAYS SPRING

KIDS CAN BIKE



- Modules run 10-12 weeks in the Spring.
- We will be working on basic bike riding skills such as steering, braking and a general introduction to safety and rules of the road.
- The focus is on building confidence and having fun.
- We complete our program with a trip to *Safety City*.

TUESDAYS

KIDS MIND BODY AND SOUL



- Modules run 10-12 weeks.
- Throughout this class with Skeji Sharma from *The Yoga Studio*, we focus on the origin of Iyengar Yoga and begin to understand the philosophy of yoga through basic yoga positions and games.

WEDNESDAYS

KIDSMART SCIENCE



- Modules run 10 weeks.
- The Kidsmart Science program introduces science exploration and investigations to young children using a hands-on approach that will help facilitate their understanding of how the world works. The program is based on Alberta Curriculum and taught by Betty Woodhouse, ECE certified with the *National Science Teachers' Association*.
- Children will use a variety of science equipment and conduct a number of new experiments every week.

Diversity of Life

- Animal life cycles.
- Living and non-living things.
- Human anatomy and fossils.

Earth and Ecology

- Rocks and minerals.
- The water cycle.
- Saving our planet.

Weather

- Storm systems.
- Climate change.