

CHILDREN'S PROGRAMMING

FALL DROP IN SCHEDULE

EFFECTIVE DATE: SEPTEMBER 4, 2018

Monday			
9:30am - 10:25am	Group Games	Music Room	2-5 years
10:35am - 11:30am	Play, Grow and Move	RMHC Playspace	2-5 years
6:30pm - 8:30pm	Child Sports and Games: Net Games	Court 2	2-5 years 6-11 years
Tuesday			
9:30am - 10:25am	Art Attack	Music Room	2-5 years
10:35am - 11:30am	Little Superhero	RMHC Playspace	2-5 years
6:30pm - 8:30pm	Child Sports and Games: Movement Games	Court 2	2-5 years 6-11 years
Wednesday			
9:30am - 10:25am	Pretend, Imagine, Discover	Music Room	2-5 years
10:35am - 11:30am	Play, Grow and Move	RMHC Playspace	2-5 years
6:30pm - 8:30pm	Child Sports and Games: Target Games	Court 2	2-5 years 6-11 years
Thursday			
9:30am - 10:25am	Stories, Song and Sign	Music Room	2-5 years
10:35am - 11:30am	Little Superhero	RMHC Playspace	2-5 years
6:30pm - 8:30pm	Child Sports and Games: Team Games	Court 2	2-5 years 6-11 years
6:00pm - 6:45pm	DDC for Kids: Dance. Discover. Create.*	Studio 2	7-11 years
Friday			
9:30am - 10:15am	Parent and Tot: Creative Movement	Music Room	2-4 years
5:00pm - 8:00pm	Family Badminton	Court 3	All Ages
Saturday			
9:00am - 11:00am	Child Sports & Games	Court 2	2-5 years 6-11 years
Sunday			
9:00am - 11:00am	Child Sports & Games: Kid Fitness	Court 2	2-5 years 6-11 years
1:00pm - 3:00pm	Family Badminton	Court 3	All Ages

Contact Adam Fitzpatrick - R/TRO, CSEP CPT
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As an Abilities Centre member, you have access to a range of great classes... for your kids! Drop in and discover all of the fun the Abilities Centre has to offer.

Ages: 2-5 yrs & 6-11 yrs

Parents or Guardians of children under the age of 12 must remain within the Abilities Centre facility while their children participate in any membership inclusion program. When not participating in a supervised program, children under 12 must be directly supervised by parent or guardian 18+ at all times.

Abilities Centre, 905-665-8500, ext 222
55 Gordon Street, Whitby ON L1N 0J2
E-mail: afitzpatrick@abilitiescentre.org





Preschool programming

Art Attack

Open to children of all abilities, Art Attack! encourages important skills such as creative thinking, problem-solving, innovation, and follow-through. Our instructors will help your little one find their love of the arts!

During this program kids will . . .

- Learn colouring, painting and drawing skills that are age appropriate
- Develop a love of the arts
- Learn new creative ways to make their own masterpiece

Group Games

Open to children of all abilities, Group Games teaches the importance of sharing, turn-taking and co-operative play all while having lots of fun!

During this program kids will . . .

- Participate in circle, board and creative games
- Work with others to complete a task
- Follow along during stories and having conversation about them

Little Superheros

Open to children of all abilities, Little Superhero takes young children through a variety of activities focusing on the development of physical literacy skills.

During this program kids will . . .

- Design and play on inclusive obstacle courses in a safe environment
- Learn safety aspects during “risky play”
- Develop confidence and motivation to be like their favourite hero!

Play, Grow and Move

Open to children of all abilities, children develop their physical literacy while they participate in structured games and activities using our Ronald McDonald House Charities Play Space.

During this program kids will . . .

- Participate and play within a group setting
- Become more comfortable playing within a park setting
- Follow rules that are set before program

Pretend. Imagine. Discover

This innovation program will allow kids of all abilities to have fun in an inclusive environment while learning about themselves and those around them!

During this program kids will . . .

- Participate in Imaginative play & Creative play
- Learn about the world them by sharing cultural and traditional aspects with the group
- Discover pieces of living a healthier lifestyle

Parent & Tot: Creative Movement

This registered program will allow parents and their little dancers ages 2 – 4 to explore creative movement together. Connect with your little one while allowing them to learn physical literacy skills through movement, music, and props.

Stories, Song & Sign

Let your creativity shine! This program will bring stories to life using movement, music and American Sign Language.

During this program kids will. . .

- Learn basic Sign Language
- Sing along to your favourite song while exploring creative movement
- Learn cooperation and listening skills through story telling



Child Sports and Games (2-5 & 6-11 years)

Net Games

Net/Wall Games are activities in which participants send an object towards a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object. By playing these games, participants will learn the key skills and tactics in games such as Sitting Volleyball, Tennis, Badminton, Squash, Racquet Ball, Volleyball, Tchoukball and Wheelchair Tennis.

Movement Games

Movement games are activities that help participants become more confident and motivated to move. The goal of these games is to have our kids play more and become active in sport and recreation activities. The activities will help participants learn key skills such as moving (run, jog, wheel), sending, receiving, jumping, dodging and having fun in a fully inclusive environment.

Target Games

Target Games are activities in which participants send an object toward a target while avoiding any obstacles. By playing these games, participants will learn the key skills and strategies for games such as Croquet, Golf, Archery, Boccia, Curling and Bowling.

Team Games

Team Games are activities that in which participants will work as team to accomplish a goal. Some activities that will be played include Capture the flag, relay races and many sports such as basketball and soccer. Some key skills that participants will learn include being part of team, how to be successful on a team and fun team games!

Territory Games

Territory Games are activities that involve controlling an object, keeping it away from opponents and moving it into position to score. Both offensive and defensive participants share the same playing area as they work to prevent the other team from scoring. By playing these games, participants will learn the key skills and tactics for games such as Soccer, Handball, Ultimate Frisbee, Football, Basketball, Hockey, Goalball, Wheelchair Basketball and Lacrosse.

Kids Fitness

Kids Fitness is a great way for kids to get their daily physical activity. We will be working on how to perform exercises safely and properly, how to know when we are working too hard, the importance of healthy choices and of course - making physical activity FUN!

DDC for Kids: Dance. Discover. Create.*

This 8 week registered program will allow kids ages 7-11 to explore creative movement in a variety of ways. This class will give kids the tools through props and music to learn dance moves, create their own movement, and discover new ways to move their body and use their creativity with others.

Thursday nights 6 – 6:45pm , Oct 4 – Nov 22, Studio 2 | Members FREE, Non-Members \$80 plus tax



Family Badminton (All Ages)

Badminton is open to singles, doubles and families. Be as competitive or as casual as you like with your opponent!