

## ARTS AND CRAFTS

### ABC's and 123's (3Y - 5Y)

A fun way for your toddler to learn letters and numbers through arts, crafts, and songs.

F	Jan 15-Mar 5	09:30 AM-10:15 AM	\$68/8	[17018]
F	Mar 12-Apr 30	09:30 AM-10:15 AM	\$60/7	[17019]

### **New!** Snackin' Time (3Y - 5Y)

Join us on an adventure through the wonderful world of food, learn about nutrition and cook simple recipes that you can share with your family.

F	Jan 15-Mar 5	02:00 PM-02:45 PM	\$79/8	[17118]
F	Mar 12-Apr 30	02:00 PM-02:45 PM	\$69/7	[17119]

### Who's Who at the Zoo (3Y - 5Y)

Lions and tigers and bears - oh my! Children explore the world of animals through songs, crafts and games.

F	Jan 15-Mar 5	01:00 PM-01:45 PM	\$68/8	[17042]
F	Mar 12-Apr 30	01:00 PM-01:45 PM	\$60/7	[17043]

### XYZ 456 (3Y - 5Y)

Picks up where the ABC's and 123's left off and offers a fun way to continue learning through arts, crafts and songs.

F	Jan 15-Mar 5	10:30 AM-11:15 AM	\$68/8	[17040]
F	Mar 12-Apr 30	10:30 AM-11:15 AM	\$60/7	[17041]

### Kindermusik - Family Time (6M - 10Y)

Bringing children of all ages together provides a dynamic and integrated learning experience for everyone! Using favorite Kindermusik songs and activities rolled into a fun-filled, family class, Kindermusik - Family Time welcomes and values each child and family 'together time' is celebrated and cherished. An additional program materials cost of \$80.00 plus GST will apply at the first class.

Sa	Jan 9-Mar 27	11:00 AM-11:45 AM	\$270/12	[17061]
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### Alberta Health Services Picky Eating (16Y+)

Meal time struggles? Learn about the developmental stages of feeding, challenges around feeding children, and ways to cope. A registered dietitian from Alberta Health Services talks about meal time struggles with toddler and preschool age children and provides strategies for parents to handle these common picky eating behaviors. Help your child to eat new foods and make one meal that everyone will eat!

W	Feb 10	06:30 PM-08:30 PM	Free	[17107]
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# Grow

## Kindermusik - Our Time (18M - 4Y)

Uncover a musical world and build your child's confidence, self-control and communication skills. Play instruments, sing, move, and explore! Parents' active participation provides the security toddlers need to be creative. Additional program materials cost of \$70.00 plus GST will apply at first class.

Sa	Jan 9-Mar 27	09:00 AM-09:45 AM	\$155/12	[17062]
Sa	Jan 9-Mar 27	10:00 AM-10:45 AM	\$155/12	[17063]

**New!**

## Mind Maze (7Y-10Y)

Twist and turn through engaging games and puzzles that are sure to give your head a good work out.

F	Jan 15-Mar 5	06:00 PM-07:00 PM	\$79/8	[17124]
F	Mar 12-Apr 30	06:00 PM-07:00 PM	\$69/7	[17125]

**New!**

## Rock Guitar (7Y-10Y)

Learn rock guitar styles for electric and acoustic guitar, including chord strumming, riffs, lead solos, fingerpicking and theory. Lessons are taught in a combined one-to-one and group setting and there will be regular jam sessions. All ages and abilities welcome. Call Down the Road Guitar Studios at 403-806-3700 to register or for more information.

## LITTLE KIDS, ACTIVE LEARNERS

Little Kids, Active Learners is an active living preschool that facilitates the natural unfolding of your child's potential through play-based and hands-on active living experiences. This licensed preschool program runs September to June providing children with the opportunity to develop their social, physical, emotional, cognitive and creative needs in a fun and safe environment. Children experience swimming, arts and crafts, gym, story time and more. Prerequisite: Minimum 3 years old and toilet trained. Registration for current students, siblings and alumni will be held Tuesday, March 23, 2010 at 07:00 PM. Registration for new students will be held Tuesday, March 30, 2010 at 07:00 PM and is on going. More information can be found at [www.cardelplace.com/programs.aspx](http://www.cardelplace.com/programs.aspx)

Meet and play with other parents and tots at our Parent & Tot drop-in! Adults are free with admission fee of \$5.00 per child (newborn-6Y). Check out our Play Time in the gymnasium or pop in for Pool Time. Toys and equipment are provided. Parental supervision is required. Visit us online or see our drop-in brochure for more information.