

Aquatics

WATERBABIES I

(6 mos. - 16 mos.)

Parent Participation

This parent participation class offers babies a fun introduction to water through songs, gradual submersion skills and back floats.

Canada Games Pool 604.526.4281

Tues. & Thurs. 9:30 am 92591 5:00 pm 92592

6:30 pm 92593

January 5 - February 4

Thursday 3:00 pm 92629

Friday 4:30 pm 92742 6:30 pm 92743

Saturday 9:00 am 92836 11:00 am 92837

January 7 - March 13

Tues. & Thurs. 9:30 am 92970 5:00 pm 92971

6:30 pm 92972

February 9 - March 11

Registration Fee: \$44.00

WATERBABIES II

(6 mos. - 16 mos.)

Parent Participation

This parent participation class is for the baby that is comfortable with submersion skills. The class will focus on propulsion and underwater skills.

Canada Games Pool 604.526.4281

Tues. & Thurs. 10:30 am 92594 5:00 pm 92595

7:00 pm 92596

January 5 - February 4

Thursday 4:00 pm 92630

Friday 5:00 pm 92744 7:00 pm 92745

Saturday 9:30 am 92838

January 7 - March 13

Tues. & Thurs. 10:30 am 92973 5:00 pm 92974

7:00 pm 92975

February 9 - March 11

Registration Fee: \$44.00

General Programs

SALSA BABIES

(1 - 12 months)

Parent Participation

Dance yourself back into shape with the best little partner of all – your baby! With little ones snuggled into baby carriers, new moms learn popular Latin dances while babies shake maraca rattles and bounce along to the Salsa beat! Salsa Babies offers a great workout, a chance to socialize with other moms and an opportunity to introduce one's child to music and movement. Not to mention, it's perfect for people who have always wanted to learn to dance but could never convince their partner to take lessons!

Queensborough Community Ctr. 604.525.7388

Thursday, 9:30 - 10:15 am

January 14 - March 4

Registration Fee: \$26.00

100949

BABY TALK

(newborn - 9 months)

Parent Participation

Are you a new parent interested in learning more about normal growth and development of your child and meeting other parents? Baby Talk is a free drop-in group for parents with babies from newborn to nine months old. Each session will give you an opportunity to weigh your baby, talk with a Public Health Nurse and listen to a speaker. This program is designed for new parents dealing with their first child. Join in this fun, social and educational experience.

Centennial Community Centre 604.777.5100

Wednesday, 1:00 - 3:00 pm

Ongoing

Drop-in Fee: Free



BABY SIGN LANGUAGE

(Newborn - 2 years) Parent Participation

This amazing new style of parenting using *American Sign Language (ASL)* will stimulate the mind and captivate your child's wonder while reducing frustration for you and your baby. This program will give you the materials and knowledge to get you signing. You will learn 30 - 40 signs, what signs to teach your baby and how to make the signs. Babies and children attend with you.

Centennial Community Centre 604.777.5100

Tuesday, 9:45 - 10:30 am

January 19 - February 16

Registration Fee: \$62.00

101085

TOT AND TALK

(Newborn - 4 years) Parent Participation

Here's an opportunity to connect with other parents in the neighbourhood. An area is set-up for you to enjoy a cup of tea while your little ones interact with other children and play with toys. The *New Westminster Public Library* will also be down once a month to read a story to your child and family.

Queensborough Community Ctr. 604.525.7388

Friday, 10:30 - 11:30 am

January 15 - March 26

Drop-in Fee: Free

BABY SIGN LANGUAGE -

SIGN, SING AND PLAY

(1/2 - 2 years) Parent Participation

This is your opportunity to try a unique approach to baby sign language. Led by our amazing instructor using song, toys and loving playtime between you and your child, you will learn numerous signs using American Sign Language that your child can use to communicate with you. By means of proven research methods, shown to speed language development in hearing children, you will see how sign language can ease frustration and enhance long-term learning abilities for your child.

Queensborough Community Ctr. 604.525.7388

Thursday, 11:15 - 12:00 pm

January 14 - March 4

Registration Fee: \$26.00

100950



EXPLORE A GREEN WORLD

(newborn - 6 years) Parent Participation

Explore a Green World is an environmental, multicultural and educational program that is designed to educate young children and their families or caregivers in the importance of protecting our environment. Activities will engage participants to recycling through reading, learning, playing, having fun, giving, taking, teaching and sharing. Parents, caregivers and children will create educational products made of recyclable materials such as eco-friendly arts and crafts, toys, musical instruments, play animals, clothes/costumes, books and many more! Program sponsors: *New Westminster Early Childhood Development Committee, Family Services of Greater Vancouver and United Way - Success by Six.*

Centennial Community Centre 604.777.5100

Monday, 4:45 - 6:15 pm

January 11, February 1, March 1 & April 5

Registration Fee: Free

101146



We Appreciate our Volunteers!

Fraserside's Community Grants volunteers provide assistance to low-income residents in New Westminster.

Volunteer to learn more about your community and to make a difference in people's lives!

To learn how to become a volunteer call 604-522-3722 x121 or visit fraserside.bc.ca

