

January 2019

We will be closed Monday, January 1 in observance of the New Year holiday and Monday, January 21 in observance of Dr. Martin Luther King, Jr. Day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Infant/ Toddler Room AM: Ages 6 wks. - 5 yrs. PM: Ages 6 wks. - 3 yrs.	8 am - 1 pm 2 pm - 8 pm	8 am - 1 pm 2 pm - 8 pm	8 am - 1 pm 4 pm - 8 pm	8 am - 1 pm 2 pm - 8 pm	8 am - 1 pm	8 am - 1 pm
Children's Center Ages 4 -12 yrs.	2 pm - 8 pm	2 pm - 8 pm	4 pm - 8 pm	2 pm - 8pm	Closed	8 am - 1 pm

Bring children to The Well only during these hours.

You may bring your child one time per day for two hours either in the morning **or** the evening.

Activities/Classes	Time	Ages	Description	
Physical Activities	Child Assessments	Show up anytime during open hours of The Well.	4 - 12 years	An activity where children's weight, height & activity level are measured. This is a part of "Plan to Get Healthy."
	Group Games	Mon. @ 4:15 pm Thurs. @ 5:15 pm & 7 pm	6 - 12 years	Age appropriate structured & unstructured physical activities.
	Mini Circuit	Tues. & Wed. @ 6:30 pm	2 - 5 years	A multi-station workout for our youngest members that focuses on gross motor skill development.
	Zumba	Mon. @ 6:30 pm	6 - 12 years	A high-energy movement class designed to promote heart health.
	Movin' & Groovin' for Children	Tues. @ 5:30 pm Creative Movement Studio	6 - 12 years	A high-energy movement class designed to promote children's heart health & creativity.
	Track Time	Thurs. 5:30 – 6:30 pm YMCA Track (2 nd floor)	6 - 12 years	A walk & talk class where children can "track" their progress toward goals with staff & peers.
	Yoga for Children	Wed. @ 5:30 pm Wed. @ 6 pm	4 - 6 years 7 - 12 years	Exercise designed to increase strength, flexibility, self-esteem & positive body image.
	Dance & Movement Classes	Various	2 yrs. - Adult	Classes are in the Creative Movement Studio. Register: ChurchHealth.org/CreativeMovementStudio
	Personal Best Night	Tuesday, January 8	6 - 12 years	A fun-filled evening that promotes the importance of physical activity. Continues all evening.
Education	Plan to Get Healthy	Mon., Tues. & Thurs.: 2 - 7:30 pm Wed.: 4 - 7:30 pm Sat.: 8 am – 1 pm	4 - 12 years	An educational health coaching session that helps children set goals for their bodies, minds & spirits. We focus on motivating children to eat better & get moving.
	Centers	Mon. @ 6:30 p.m.	4-5 years	Children explore different areas of the classroom, engage in hands on learning, and socialize with peers through physical activity, emotional expression, literacy, cooperation and nutrition.
	KidsTalk	Tues. @ 6:30 pm	6-12 years	KidsTalk is a program designed to promote children's natural tendencies to talk about their experiences.
	ACTive Theatre	Sat. @ 10 am Sat. @ 10:30 am	4 – 5 years 6 – 12 years	A theatre class designed to increase body awareness & communication skills.
	Super Science Saturdays	Saturdays @ 11 am	6 - 12 years	Super Science Saturday is designed to educate young children in exploring scientific discoveries.
	Starter Art	Tues., Jan. 8 @ 5:30 pm Sat., Jan. 12 @ 10 am	1 - 3 years	A hands-on visual art lesson in the Art Studio.
	Preschool Picassos	Sat., Jan. 12 @ 10:30 am	4 - 5 years	A creative art class to enhance fine-motor skills & develop visual awareness in the Art Studio.
	Red Cross Curriculum "Play It Safe"	Thurs., Jan. 17 @ 6:30 pm	4 - 12 years	This class will teach your child to be safe while learning to be independent.

Activities/Classes	Time	Ages	Description
Nutrition Night	Mondays @ 5 pm	4 - 12 years	Activities in the Children Center, Art Studio & Nutrition Hub will focus on Calcium in January.
Snack Attack	Mondays @ 5:30 pm	6 - 12 years	A nutrition lesson about eating better that involves a tasty snack. Must sign up in advance.
Alphabet Appetite <i>Parents are encouraged to attend!</i>	Mondays @ 6 pm	2 - 5 years	A program using the alphabet & art to teach about interesting fruits, vegetables & healthy snacks. Must sign up at check in.
Carpet Picnic <i>Parents are encouraged to attend!</i>	Wednesday, Jan. 23 @ 6 pm	3 - 5 years	A hands-on nutrition class for young learners. Must sign up in advance.

Family Activities	Family Activities Theme for January: "New Year, New Beginnings" Parents must participate with their children. Children will only be admitted with a parent.	Family Circuit Class Saturdays @ 12 pm	Family 4 yrs. to adult	A multi-station workout that alternates between strength & cardio exercise.
		Family Yoga Wednesday, Jan. 2 @ 5:30 pm	Family 4 yrs. to adult	A fun yoga class designed for families. Learn something new to try at home.
		Family Movin' & Groovin Thursday, Jan. 10 @ 5:30 pm	Family 4 yrs. to adult	A high-energy movement class for the family in the Creative Movement Studio.
		Family Snack Attack Monday, Jan. 28 @ 5:30 pm	Family 4 yrs. to adult	A fun nutrition class for the family. Must sign up in advance.
		Family Track Time Tuesday, Jan. 29 @ 5:30 pm	Family 4 yrs. to adult	A fun walk & talk class where families talk about setting goals for the upcoming month.
		Family Art Wednesday, Jan. 30 @ 6:30 pm	Family 4 yrs. to adult	A class in which families explore visual art together in the Art Studio.



Policy for Sick Children

If your child has experienced any of the following in the past 24 hours they may not participate in The Well activities: fever, vomiting, rash, was sent home from school, or stayed home from school.

This is to ensure the health of our staff and the other children in our care. If your child shows any signs of illness, they may be sent home.

What We Need From You

- Respect for our policies to keep children safe
- Honest information about your child
- Enthusiasm for your child's progress
- Use your words, not your hands, if you need to gently discipline your child.

Healthy Snacks

If you would like to send a snack with your child, please send a healthy snack. Examples of healthy snacks: fruit, veggies with low-fat dip, whole grain crackers, graham crackers, non-sugary cereal, granola bars, sandwiches, yogurt, applesauce, and cheese.

Please do not bring peanut butter due to possible allergies, fast food, candy, gum, chips, cookies, sugary drinks, sodas or similar items.

What You Can Expect From Us

- High-quality care and a safe environment
- Fun activities to encourage your child's health, learning, and well-being
- Opportunities for your child to grow in body, mind, and spirit
- Opportunities for fun family events