



February

Child Life Education & Movement



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IT Room Ages 6 months - 5 years	8 am - 11:50 am 2 pm - 7:45 pm	8 am - 11:50 am 2 pm - 7:45 pm	8 am - 11:50 am 4 pm - 7:45 pm	8 am - 11:50 am 2 pm - 7:45 pm	8 am - 11:50 am	8:30 am - 1:45 pm
CLE Room Ages 4 - 11 years	2 pm - 7:45 pm	2 pm - 7:45 pm	4 pm - 7:45 pm	2 pm - 7:45 pm		8:30 am - 1:45 pm

Bring children to Church Health Center Wellness only during these hours.
You may bring your child one time per day for 2 hours either in the morning OR the evening.

Activities/Classes	Time	Ages	Description	
Physical Activities	Child Assessments	Show up anytime during Child Life hours to participate	6 - 11 years	An activity where children's weight, height & activity level are measured. This is a part of "My Plan to Get Healthy."
	Group Games	Mondays- 4:15 pm Thursdays- 5:15 pm & 7 pm	6 - 11 years	Age appropriate structured & unstructured physical activities.
	Mini Circuit	Tuesdays, Wednesdays - 6:30 pm	2 - 5 years	A multi-station workout for our youngest members that focuses on gross motor skill development.
	Movin' and Groovin' for Children	Thursdays 5:45 pm – 6:15 pm Creative Movement Studio	6 - 11 years	A high energy movement class designed to promote children's heart health & creativity.
	Track Time	Tuesdays 5:45 pm – 6:15 pm Sports Court	6 - 11 years	A walk & talk class where children can "track" their progress toward goals with staff & peers.
	Yoga for Children	Wednesdays - 5:30 pm Wednesdays - 6 pm	4 - 6 years 7 - 11 years	Exercise designed to increase strength, flexibility, self-esteem & positive body image.
	Recreation Court	During the hours that Child Life is open unless a special event is planned.	6 - 11 years	Basketball, soccer & other recreational sports.
	Dance & Movement Classes	Various	3 years to adult	Classes are offered in the Creative Movement Studio in 9 week sessions. Please pick up a copy of our latest Dance & Movement calendar. These are offered on a sliding scale.
	Personal Best Night	Tuesday, February 7 Continues all evening Show up anytime to participate	6 - 11 years	A monthly fun-filled evening that promotes the importance of physical activity.
Education	My Plan to Get Healthy	Mondays, Tuesdays, Thursdays - 2 - 7:30 pm Wednesdays - 4 - 7:30 pm Saturdays - 8:30 am – 1:30 pm	6 - 11 years	An educational plan that helps children set goals for their bodies, minds & spirits. We focus on motivating children to "Eat Better & Get Moving."
	ACTive Theatre	Saturdays - 10:15 am Saturdays - 11:30 am	4 - 5 years 6 - 11 years	A theatre class designed to increase body awareness & communication skills.
	Red Cross Curriculum "Home Alone"	Thursday, February 16 5:45 pm & 6:30 pm	4 - 11 years	This class will teach your child to be safe while learning to be independent.
	Starter Art	Tuesday, February 14- 5:30 pm Saturday, February 18 - 10 am	1 - 3 years	A hands-on visual art lesson for our youngest members in the Art Studio.
	Preschool Picassos	Saturday, February 18 - 11 am	4 - 5 years	A creative art class to enhance fine-motor skills & develop visual awareness in the Art Studio.

Activities/Classes	Time	Ages	Description	
Nutrition	Alphabet Appetite (Parents are encouraged to attend!)	Mondays - 6 pm	2 - 5 years	A program using the alphabet & art to teach about interesting fruits, vegetables & healthy snacks. Must sign up in advance.
	Nutrition Night	Mondays - 5 pm	4 - 11 years	Activities in Child Life rooms, Art Studio & Nutrition Center that will focus on "Fruit" in the month of January.
	Snack Attack	Mondays - 5:30 pm	6 - 11 years	A nutrition lesson about eating better that involves a tasty snack. Must sign up in advance.
	Carpet Picnic (Parents are encouraged to attend!)	Wednesday, February 22 - 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 "Making Healthy Change" (Parents must participate with their children. Children will only be admitted with a parent.)	Family Circuit Class Saturdays - 12:15 pm	Family 4 yrs to Adult	A multi-station workout that alternates between strength & cardio exercise.
		Meals in a Snap Tuesday, February 7 - 5:30 pm	Family 4 yrs to Adult	The goal of this class is to bring the family together and make a healthy and delicious meal in under 45 minutes.
		Family Yoga Wednesday, February 1 - 5:30 pm Wednesday, February 1 - 6 pm	Family 4 - 6 yrs & Adult 7 - 11 yrs & Adult	A fun yoga class designed for families. Learn something new to try at home.
		Family Movin' & Groovin Thursday, February 16 - 5:45 pm	Family 4 yrs to Adult	A high energy movement class for the family in the Creative Movement Studio.
		Family Snack Attack Monday, February 20 - 5:30 pm	Family 4 yrs to Adult	A fun class for the family with a focus on "Fruit" . Must sign up in advance.
		Family Art Wednesday, February 29 - 6:30 pm	Family 4 yrs to Adult	A class in which families get to 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 Child Life 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 from Church Health Center Wellness.

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