

Youth and Family Programs 2010

Teen Zone

Grades 9 - 12

Bring your friends and have fun hanging out and chilling with us. Play some air hockey and take part in all kinds of special events. We do things like coffee houses, open mike and all kinds of outings. There are both leader and teen-led activities. Bring your energy and ideas and we'll see you there!

Wed. 3:00-9:00pm. Drop-in.

Middle School Nite "MSN"

Grades 6 - 8

Good Clean Fun! Eat, play, and laugh with friends every Thursday night. Enjoy games, crafts, and music. Activities led by staff and volunteers will promote responsibility, goal setting, and problem solving, as well as other attributes that will serve this age-group well as they transition into secondary school. Youth may sign themselves in, however once at the Centre, a parent or guardian must sign them out. To ensure the safety of each participant, youth will not be permitted to leave without parental or guardian supervision. *(Participants must be registered by a parent or guardian prior to attending)*

Thurs. 5:00-8:00pm. Please call to register



TOTAM - A twice weekly cooperative family program

Children engage in creative play in each of three activity rooms designed for their stage of development: *Baby (0-18 months)*, *Toddler (18 months-3 years)*, *Preschool (3-5 years)*. Adult participants can take time for themselves to relax and may also benefit from optional discussion groups and/or guest speakers. Parent/Caregiver participation is requested in activity rooms on a rotation basis; thank you in advance for sharing your time and talents.

Wed. & Thurs. 9:15-11:15. Drop-in.

As a component of TOTAM, enjoy Tae Bo Aerobics (by donation) every Wed. 9:25-10:25. *TOTAM participants only.*

*** There is also a Parent Support Group on Thursdays from 9:30-11:00 for facilitated discussions*

After School Education Assistance

11 years and up. Tutors are available to assist students in math or English.

For more info, Call 250-248-2093 ext. 242

Hatha Yoga

Enjoy a gentle class suitable for all levels.

Call for child minding availability.

Donations accepted.

Thurs. 6:00-7:15pm. Fri. 9:00-10:15am & 10:30-11:45am. Drop-in.

Belly Dancing

Learn Middle Eastern Belly Dance! Ideal for those with little or no dance background.

Donations accepted.

**Tues. 5:15—6:45pm and
7:00—8:30pm (with child minding).**

Drop-In

Most programs are free and follow the school year (closed stat. holidays)



SOS Child, Youth & Family Centre,
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