

Program Schedule - March 19 - May 12, 2018

Location	Aldershot 645 Plains Rd E 905-632-4011	Cumberland 710 Cumberland (905) 632-9377	Community Sites Drop-in	Community Sites Mother Goose and Baby & Me	Outdoor Programs
Mondays	9:15 - 4:00 Drop-in	9:15 - 12:00 Drop-in 1:00 - 2:15 Breastfeeding Clinic 1:30 - 3:30 Play, Learn and Grow (0-16 mos)	Brant Hills Community Centre Fit as a Fiddle 9:30 - 11:30 (16 mos and up) Village of Tansley 2:00 - 3:00 Singing Together (0 - 24 mos)		
Tuesdays	9:15 -11:45 Drop-in	9:15 - 10:15 Toddler VanCogh (R) (\$) 10:45 - 11:45 Mini Monet (R) (\$) 1:00 - 2:00 Baby Picassos (R) (\$) 2:30 - 3:30 Baby Picassos (R) (\$)	Tansley Church 9:30 Parenting Workshop (Toddler/Preschool) Burlington East Presbyterian Church 9:30 - 11:30 Drop-in Central Library 1:30 Parenting Workshop (infants 0-12 mos)	Aldershot Library 1:30 - 2:30 Mother Goose (0 - 12 mos)	
Wednesdays	9:15 - 12:00 Drop-in	9:30 - 11:15 Breastfeeding Clinic 10:30 - 11:30 Stepping Stones (children of differing abilities) 1:30 - 3:30 (1st & 3rd Wed) Breastfeeding Meet-up 1:00 - 3:00 (2nd & 4th Wed) Adjustment to Parenthood Group	Centennial Pool Inspiring Play 10:30 - 12:00 (18 mos and up)	Alton Library 10:00 - 11:00 Mother Goose (0-12 mos) Alton Library 11:30 - 12:30 Mother Goose (0-12 mos)	
Thursdays	12:00 - 1:00 Infant Massage (R) (\$) (Mar 22 - Apr 12)	8:00 am - 7:00 pm Drop-in	Burlington East Presbyterian Church 9:30 - 11:30 Drop-in	Appleby Library 1:30 - 2:30 Mother Goose (0-12 mos) Appleby Library 2:30 - 3:30 Baby and Me (0- 16 mos)	Tansley Woods 9:30 Outdoor classroom (2-6 yrs)
Fridays	9:30 - 11:30 Creative Movement and Art (2 - 4 yrs) 12:30 - 3:30 Drop-in	9:15 - 12:00 Drop-in 2:00 - 3:00 Baby Explorers (R) (\$)	Tansley Church Drop-in 9:30 - 11:30 Village of Tansley Playing Together 1:30 - 3:00 (0 - 24 mos)	Brant Hills Library 10:00 - 11:00 Baby and Me (0-16 mos) Brant Hills Library 11:00 - 12:00 Mother Goose (0-12 mos)	
Saturdays		9:30 - 11:30 Dad's Program 12:30 - 3:00 Drop-in			Legend (R) - Registration (\$) ROCK Early Learning Program - Fees Apply



EarlyON Centre

EarlyON centres offer drop-in programs for caregivers and children from birth to 6 years old. You can learn and play with your child, meet people or get advice. EarlyON programs are offered free of charge. Funding is provided by the Ministry of Education. No registration is required.

Drop-in (newborn to 6 yrs) - Parents/caregivers and their children attend informal "drop-ins".

Available activities include circle times, creative art and sensory activities, a large variety of toys, and free play.

Mother Goose (newborn to 12 mos) - Parents learn nursery rhymes and songs while enjoying time with their babies. In partnership with the Burlington Public Library .

Baby and Me Drop-in (newborn to 16 mos) - A drop-in for parents/caregivers and their babies.

Play, Learn and Grow Drop-in (newborn to 16 mos) - babies explore as they grow and develop. Activities include music, rhymes, sensory and art.

Singing Together (newborn to 24 mos) - Come dance and sing along with the Seniors at this live music program. No need to register. Drop-in and enjoy.

Playing Together (newborn to 24 mos) - Join us and the Seniors at the Village of Tansley as we come together to sing, dance and play.

Dad's Program (newborn to 6 yrs) - Dads and their children have the chance to talk with other dads and learn games and songs and play with their children.

Fit as a Fiddle (16 mos and up) - Join us for this active movement drop-in program that includes creative movement circle times and lots of great activities to keep you and your kids moving. Younger siblings are welcome to attend.

Inspiring Play (18 mos and up) - Encourage your child's imagination, creativity and curiosity at our new loose parts play drop-in. Playing with loose parts promotes development and encourages children to engage and experiment, design and build, and create and imagine.

Creative Movement and Art (2 to 6 yrs) - preschool program in which parents and children explore a wide variety of art, music, movement and creative activities.

Outdoor Classroom (2 to 6 yrs) - all weather outdoor program that encourages children age 2 and up, to play, explore, and connect with the natural world. This program will be closed if there is a cold alert (colder than -15°)

Stepping Stones (children with differing abilities newborn to 6 yrs) - An interactive play-group for parents whose children have varying abilities and special needs.

Parenting Workshops (0 - 12 mos and 1 - 4 yrs) - weekly workshops to support parents. Different topics each week. Children attend with their parents.

Adjustment to Parenting Group - For moms who are experiencing a perinatal mood disorder (anxiety, depression, OCD). In partnership with Public Health.

Breastfeeding Clinic - the only mental health collaborative breastfeeding drop-in clinic in the region. Clinic supports women struggling with breastfeeding after the 6-week postpartum period. Supported by Halton Community Investment Fund.

Breastfeeding Meet-up - support for breastfeeding mothers. Supported by Halton Community Investment Fund.

ROCK Early Learning Programs

Rock Early Learning programs are value-added programs that provide parents with additional choices for programming. You must register in advance for these programs and fees apply.

Infant Massage (newborn to 12 mos) - IAIM Certified Instructor teaches gentle massage techniques that can have a positive baby's health and well-being. \$45 + HST

Baby Picassos (6 to 14 months) - art and exploration class for infants. Parents receive a portfolio with children's art work and photos upon completion. \$160 + HST

Baby Explorers (8 - 17 months) - sensory based class for infants. Parents and babies explore a series of different sensory stations each week. 100 + HST

Toddler Van Cogh Cos (15 - 24 mos) - toddlers and their parents explore and create together. Parents receive a scrapbook of photos taken during the class. \$125 + HST

Mini Monet (2 - 4 yrs) - Hands-on art program for preschoolers. Children create memory boxes to keep. \$100 + HST

Birthday Parties (1-6 yrs) - Parents of children up to 6 can celebrate their child's party at our Centre.. \$189 + HST



ROCK EarlyON Sites

Rock EarlyON Main Location - Cumberland

710 Cumberland Ave., Burlington, ON
Office hours: Monday - Friday 9:00 - 4:00
Phone: 905-632-9377
Email: oeychelp@rockonline.ca
Web: www.rockonline.ca

EarlyON Satellite Sites

Aldershot - 645 Plains Road East.
Tansley - Tansley United Church - 2111 Walker's Line.

EarlyON Mobile Services Sites

Aldershot Public Library - 550 Plains Road East
Alton Public Library - 3040 Tim Dobbie Drive
Appleby Public Library - 676 Appleby Line
Brant Hills Community Centre - 2255 Brant Street
Brant Hills Library - 2255 Brant Street
Burlington East Presbyterian Church - 505 Walkers Line
Centennial Pool Program Room - 5151 New Street
Central Library - 2331 New St - Children's Program Room, 2nd Floor
Tansley Woods - meet behind Tansley Woods community centre
Village of Tansley - Village of Tansley LTC Town Hall, 4100 Upper Middle Road

Please note:

- ▶ If you see a "full sign" on the door, it means our program is at capacity. Please do not enter the building. Unfortunately we can not allow anyone to wait inside the lobby if the full sign is posted.
- ▶ We are a nut free facility. Please ensure that any snacks you bring do not contain nuts.
- ▶ Shoes or non-slip slippers must be worn at all times in our programs.
- ▶ In case of heat or cold alert the Outdoor Classroom will not run. Please visit our Facebook page for closures before heading out.

Registration

ROCK EarlyON Programs

There is no need to register for EarlyON programs. Drop-in and play with us. All EarlyON programs are offered free of charge.

ROCK Early Learning Programs

These programs have fees attached. Registration for all ROCK Early Learning Programs must be made in person at our main location (710 Cumberland Ave). No exceptions! Limited spaces are available. First-come, first served. Payment must be received with registration. Registration opens at 9:00 a.m.

Your next registration will be for: Spring Session #2 2018
May 14 - June 30, 2018
Registration opens - April 23, 2018



Reach Out Centre for Kids/Early Years Programs



Spring #1
2018