

PRESCHOOL

(Continued)



YOGA ME A STORY

Jan 6-Feb 3

5 sessions

Wednesdays

Program #09WG101

Bring your preschooler to participate in yoga designed just for them! Yoga helps children improve strength and flexibility of the body and mind, and to focus and relax teaching patience and concentration. The children will experience yoga through games and storytelling. Each week we will go on yoga "adventures" using our imagination. Caregivers are welcome to participate. Bring a yoga mat. Instructor: Gail Keil

TIME: 9:30-10:15am FEE: \$25

LOCATION: Robert Moton Center, 300 S. Center Street



TINY HANDS CRAFTS

Jan 7-Jan 29 OR Feb 4-Feb 26

4 sessions Thursdays OR Fridays

Program #09WG102 Thursdays 1/7-1/28

Program #09WG103 Fridays 1/8-1/29

Program #09WG104 Thursdays 2/4-2/25

Program #09WG105 Fridays 2/5-2/26

Come see what tiny hands can do! A 'hands-on' class encouraging kids to be creative, get messy, have fun with paint, glue, glitter, foam, fabric, wood items & more. Children will make at least 2 projects per class; bring a smock! A perfect class for siblings to enjoy together! A materials fee of \$22 is due to the instructor at first class. Adult participation is required. Age 2-6. Instructor: Glazed to Perfection staff

TIME: 10-11am FEE: \$40/child

LOCATION: Thursdays @ Robert Moton Center, 300 S. Center St.
Fridays @ Glazed to Perfection, 2030 Liberty Road

SPECIALS



AMERICAN HEART ASSOCIATION HEARTSAVER FIRST AID

Jan 23 OR Feb 13

1 session

Saturday

Program #09WG106 1/23

Program #09WG107 2/13

This course gives participants the knowledge and skills needed to recognize and respond to a wide range of emergency conditions until more advanced help arrives. Modules include General Principles of First Aid; Medical Emergencies; Injury Emergencies; Adult, Child and Infant Airway Emergencies (choking); as well as Environmental Emergencies. Age 14 and older. **No early bird or senior discount.** Instructor: Dan Egan

TIME: 9am-12pm FEE: \$30

LOCATION: Robert Moton Center, 300 S. Center Street



POETRY WRITING WORKSHOP

Jan 13-Feb 17

6 sessions

Wednesdays

Program #09WG110

A supportive class where participants will explore aspects of craft and technique, use contemporary poems as inspiration, and discuss your poems in a writer's workshop. You can be a seasoned writer or just starting out - the group will embrace all levels. Study material included in program. Instructor: Katherine McCord

TIME: 6:30-8:30pm FEE: \$65

LOCATION: South Carroll Senior Center

AMERICAN HEART ASSOCIATION HEARTSAVER CPR and AED

Jan 23 OR Feb 13

1 session

Saturday

Program #09WG108 1/23

Program #09WG109 2/13

This course covers the skills of Cardio Pulmonary Resuscitation (CPR) for all ages of victims (adult, child, infant). We will also cover the use of the Automated External Defibrillator (AED) for adult and child victims of cardiac arrest. Age 14 and older. **No early bird or senior discount.** Instructor: Dan Egan

TIME: 1-4pm FEE: \$30

LOCATION: Robert Moton Center, 300 S. Center Street

THE WORLD OF TEA

Jan 15-Jan 29

3 sessions

Fridays

Program #09WG111

Explore the fascinating world of tea - its geography, culture, history and production. Learn about the types of tea and taste over thirty varieties during our second session. Finish up with a full tea party on the third night to include scones, tea sandwiches, fresh fruit, and desserts. Gain a better understanding and appreciation for this wonderfully healthy beverage! Open to ages 15 and up. Instructor: Lora Andrews

TIME: 6-8pm FEE: \$60

LOCATION: Gypsy's Tearoom, 111 Stoner Avenue, Westminster

