



Early Years Steps and Stages

Registration
required
for some
programs

Buggy Business and More! (infants-2 years)

Come get some exercise with your little one! We will meet in the White Oaks Library parking lot and we'll enjoy a brisk walk with our strollers and end with a fun story time. Runs rain or shine.

Location: White Oaks Public Library

Session	Day	Time	Cost
Sept 4, 18; Oct 2, Oct 16-Nov 13	Thurs	10:00-11:30 am	FREE Drop in
Market Walk Sept 11, 25, Oct 9		9:35-11:30 am	

Rhythm, Rhyme and Read (18 months-4 years)

Let's rock and read! Delivered in partnership with the Oakville Public Library, this program introduces children to early literacy with exciting rhymes, stories, music, and crafts.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Cost
Sept 4-Dec 17	Wed	1:00-2:00 pm	FREE Drop-in

Wiggles and Giggles (infants-5 years)

Meet new people while spending time with your child in a friendly play environment. Borrow a literacy backpack or receive resources from a Halton Public Health nurse who visits the program bi-monthly.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Cost
Sept 5-Dec 19	Mon & Fri	9:00-11:00 am	FREE Drop in

No class Oct. 13

Little English Language Learners LELL (infants-5 years)

Children will learn basic English and early learning skills through stories, music and crafts. Delivered in partnership with Halton Region, Oakville Public Library and Halton Multicultural Council.

Location: Faith Baptist Church

Session	Day	Time	Cost
Sept 9-Dec 16	Tues	9:30-11:00 am	FREE Drop in

Mother Goose (infants-12 months)

Cuddle up and enjoy one-on-one time with your little one. This class will focus on the relationship and bond between parent and child through rhymes, songs and stories. For session dates and to register visit ymcafoakville.org.

Registration required for Mother Goose programs. Register online at ymcafoakville.org or at the Membership Services Desk.

Location: Peter Gilgan Family YMCA

Session	Day	Age	Time	Cost
Sept 9-Oct 14	Tues	0-6 months	12:15-1:15 pm	FREE
Oct 28-Nov 25		7-12 months	1:30-2:30 pm	

Location: St. Mary Catholic School

Session	Day	Age	Time	Cost
Sept 10-Oct 15	Wed	0-6 months	10:45-11:45 am	FREE
Oct 29-Nov 26		7-12 months	9:30-10:30 am	

Parenting Classes

Register for parenting classes through Halton.

To register:

Phone: Dial 311 or 905-825-6000

Toll Free: 1-866-442-5866 (1-866-4HALTON)

TTY: 905-827-9833

Developing Good Bedtime Routines

(for parents/caregivers with children 1-6 years)

Children need a good night's sleep so they have enough energy for the next day's activities. Parents also need adequate sleep and some child-free time to ensure their own needs are being met. This workshop will provide some positive parenting strategies to help you develop a good bedtime routine with your child, and teach them how to fall asleep and fall back to sleep on their own.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Cost
Sept 17	Wed	9:30-11:30 am	FREE

Dealing with Disobedience

(for parents/caregivers with children 1-6 years)

We all know what it's like to face that moment when our children just don't do as they are told. In this workshop you will learn some positive parenting strategies to help you teach your child to accept limits, follow instructions, co-operate and get along with others.

Location: Peter Gilgan Family YMCA

Session	Day	Time	Cost
Dec 3	Wed	9:30-11:30 am	FREE