



WELCOME TO KIDFIT60 JR.

This Package Includes:

Information Page

Location

Hours

Contact Information

Life Threatening Allergy

Parent Policy

Payment Schedule & Information

Theme Based Learning Activities

Gym & Dance Studio Schedule/Themes

What to bring on the 1st day



KidFit60 Jr. Information Page

Location

1295 Salter Street (Inside Vince Leah Rec Centre)

Hours

7:30am – 5:30pm

early drop off at 7:25am (no earlier)

pick up by 5:20pm

Contact Information

Kandra (Director)

kidfit60jr@gmail.com / 431-570-0037

Emails listed below are the program emails that go directly to staff:

brownbears@kidfit60jr.fastoche.ca

polarbears@kidfit60jr.fastoche.ca

dinosaurs@kidfit60jr.fastoche.ca

kangaroos@kidfit60jr.fastoche.ca

rhinos@kidfit60jr.fastoche.ca

Life-Threatening Allergy

Egg, Seafood & nut-free facility

Parent Policy

Please review on our website at www.kidfit60.com



Payment Schedule & Information:

One Time Registration Fee/Deposit of \$100 *non-refundable*

Full-Time (M-F)	Monthly Fees	Annual Supply Fee (Sept 2024)
2 – 5 year old	\$960.00	\$250
Part-Time	Monthly Fees	Annual Supply Fee (Sept 2024)
Mon/Wed/Fri	\$620.00	\$200
Tues/Thurs	\$440.00	\$175
½ Day Kinder	\$570.00	\$125

E-TRANSFER all monthly payments/fees/deposit to: paymentskidfit60jr@gmail.com

Payment Due Dates:

ALL monthly payments are due on the 1st, bi-weekly payments are due on the 1st & 15th.

- When transferring money, please put in the note section: your child's **first & last** name

Annual Supply Fee:

- This cost helps us in providing the absolute best possible supplies for your children. New gym equipment, art supplies, toys/puzzles/books and so much more. Any special visitors/events/fields trip are included in this price.
- Due in September of every year
- A prorated amount will be given to families if starting throughout the year

Hours:

KidFit60 Jr is open for the hours of 7:30 am – 5:30 pm. The monthly rate is above, **there are NO additional cost for extended hours.**

- Late pick up fee is \$10 per 15 minutes.

½ Day Kinder Program:

We follow the Seven Oaks School Division Calendar

- Additional AM / PM care at Garden City Community Centre (additional \$50/month)
- Full day childcare on Inservice Days (additional \$16/day)
- Holiday Break (additional \$120 in December)
- Spring Break (additional \$80 in March)
- Summer (July & August) \$700/month (no part-time availability)

We require one months notice for withdrawal to our program



Theme Based Learning Concentration Activities:

MAKING MAGIC MONDAYS	Science based Activity / Experiment Children will engage in a science-based activity that will allow them to explore their physical and natural world through observation, predictions, and experiments.
TREASURE TUESDAY	Social Studies Based Children will engage in social studies activities that will allow them to explore the world around them in relation to themselves and others. The discovery of objects and their meaning in the world.
WORLD OF WORDS WEDNESDAY	Language Arts Based Children will engage in language arts-based activities that will allow them to expand their vocabulary, word and object recognition, the alphabet and learn through story time, by asking and answering questions.
TOTALLY TABULATE THURSDAYS	Math Based Children will engage in math-based activities that will help them recognize numbers, quantities, counting and measurements. Children will begin to learn the relationships between them and basic calculations.
FAIRYTALE FRIDAYS	Art Based Children will engage in art-based activities that will help them work on pincer grips, imagination, creativity, and help them express themselves through creating art. Children will be able to practice different mediums (tape, glue, scissors etc), classify colors and explore sensory materials.

KidFit60 Jr Yearly Themes:

*Some themes may change throughout the year

September Back to School Friends Fall Changes Fall Animals	October Thanksgiving/Thankful Kindness Week Halloween Halloween	November Health Week Magic Week Food Week Food Week	December Christmas Christmas Holiday Theme Week After Christmas Fun
January New Years Snow Frozen/Winter Safety Winter fun Winter Animals	February Valentines Valentines All about me Week Shapes Week	March 5 Senses Shamrocks/Rainbows Weather Week Spirit Week	April Plants Week Bug week Earth Week Transportation Week Zoo Animals Week
May All about Mom Flowers Week Colors Week Numbers Week	June Sports Week All about Dad ABC Week Last week of School	July Camping Week Beach Week Farm Week Ocean Week Community Helpers Week	August Circus Week Dinosaur Week Space Week Last week of Summer



KidFit60 Jr Gym & Dance Studio Schedule/Themes:

<p>MOVE & GROOVE MONDAYS</p>	<p>Children will move to the beat of music on this fun filled motivated day! Activities will include Dance, Zumba, singing and many other music themed activities. The use of manipulative instruments will also be used to supplement activities and enhance learning. Focus will be on moving to the beat, exercise and coordination while having a fun time. Children will love moving and grooving in our dance studio by using our projector screen, sound system and by teacher lead activities.</p> <p>Equipment/Activities: Bean bag toss, Egg & Spoon, Hula Hoop Dancing, Scarf Dancing, ribbon dancing</p>				
<p>TUMBLING TUESDAY</p>	<p>These gymnastics themed day will focus on balance, coordination, strength, and exploration. Children will engage in instructor lead activities that allow them to experience gymnastic centres and circuits. Activities will be monitored and modelled by staff to allow children the opportunity to learn and develop in a safe and structured environment. Jumping, hopping, balance and basic tumbling will have the children excited to learn!</p> <p>Equipment/Activities: Mats, Cheese Block, Balance Pieces – different sizes, Balance Beam, Trampoline, create a circuit on black mats, teach forward rolls</p>				
<p>WORKOUT WEDNESDAY</p>	<p>Children will engage in mini workouts to help with following routines and aid in coordination and muscle development. We will focus on basic body weight activities that allow the children to grow while having a good time. Circuit stations, relay races, video use and various movement activities will be used to keep the children engaged and focused on learning. Activities such as karate, yoga and other cultural oriented activities will help to enhance the learning experience of our children.</p> <p>Equipment/Activities: Fun Circuit, Obstacle Course, Ladder, Relay Race, Dice Game</p>				
<p>TECHNICAL SKILL THURSDAYS</p>	<p>On this day, the children will learn a variety of different basic movement skills. Transport skills such as running, skipping, and galloping will be taught and practiced by doing a variety of different games/activities. Tag games and relay races help to practice these skills while the children enjoy themselves. We will also learn manipulation skills such as throwing, catching, kicking, rolling, bouncing, and striking will also be the focus of learning on Technical Skill Thursdays. Children will engage in structured game play and free play focused on the skill being taught. Children will have the opportunity to practice and learn many different skills that will help with motor movement and coordination.</p> <p>Equipment/Activities: Working on our Manipulative movements. Kicking, Rolling, Bouncing, Hopping, Throwing</p>				
<p>FUN GAME FRIDAYS</p>	<p>Children will engage in structured teacher lead games that promote listening, learning, movement, and skill development. A variety of different games such as main sport games, dodgeball games, tag games, cultural sport games and movement activities will be used to provide a fun motivating environment. Individual and team games will be used to promote independence and teamwork. Children will love to run, move, and learn while exercising on Fun game Fridays.</p> <p>Equipment/ Games include: Simon Says, Red light/green light, Mini Sticks, run away from monster, Freeze Tag, Dodgeball game, Bowling etc.</p>				
<p>Daily Schedule for Program in Gym *Schedule is flexible</p>	<table border="0"> <tr> <td>Little Bears: 10:30 – 10:50</td> <td>Dinosaurs: 10:00 – 10:30</td> <td>Kangaroos: 9:30 – 10:00</td> <td>Rhinos: 8:45 – 9:15 am group 3:00 – 3:30 pm group</td> </tr> </table>	Little Bears: 10:30 – 10:50	Dinosaurs: 10:00 – 10:30	Kangaroos: 9:30 – 10:00	Rhinos: 8:45 – 9:15 am group 3:00 – 3:30 pm group
Little Bears: 10:30 – 10:50	Dinosaurs: 10:00 – 10:30	Kangaroos: 9:30 – 10:00	Rhinos: 8:45 – 9:15 am group 3:00 – 3:30 pm group		
<p>Daily Schedule for Program in Dance Studio *Schedule is flexible</p>	<table border="0"> <tr> <td>Little Bears: 10:10 – 10:30 ^ in program ^</td> <td>Dinosaurs: 10:30 – 10:50 ^ in dance studio ^</td> <td>Kangaroos: 10:00 – 10:20</td> <td>Rhinos: 9:40 – 10:00 am group 2:40 – 3:00 pm group</td> </tr> </table>	Little Bears: 10:10 – 10:30 ^ in program ^	Dinosaurs: 10:30 – 10:50 ^ in dance studio ^	Kangaroos: 10:00 – 10:20	Rhinos: 9:40 – 10:00 am group 2:40 – 3:00 pm group
Little Bears: 10:10 – 10:30 ^ in program ^	Dinosaurs: 10:30 – 10:50 ^ in dance studio ^	Kangaroos: 10:00 – 10:20	Rhinos: 9:40 – 10:00 am group 2:40 – 3:00 pm group		



What to bring on the 1st Day

- Completed Registration Form
- Deposit & Registration fee: \$100
- School Supply/Activity Fee:
 - Full-Time: \$250, Part Time: \$200, Half Day: \$125

Please bring these items, labelled with their name, and leave it in the locker for your child:

- Blanket
 - Soother / stuffed animal if needed.

- Diapers & Wipes, diaper cream

- Water bottle

- Re-reusable wet bag for wet/soiled clothing

- Lunch (with ice pack) & no heat-up lunches (put into thermos)
 - No egg, seafood, tree/peanuts

- Extra clothes
 - Shirt, pants, socks x2, underwear x2

- Running shoes / Indoor Shoes

- Appropriate outdoor clothing for *current* season
 - I.e.: Winter jacket, ski pants, toque, mittens, boots
 - I.e.: Sun hat, Sunscreen, Bathing suit, Towel