

## Chartwell WINTER PROGRAMS

The winter months are upon us, and although we hope to go outside for fresh air and gross motor activity the reality is we have times where it is too cold for us to have the children outside for long periods of time. As The Chartwell House is not equipped with an indoor gym, we have decided to incorporate a variety of extra curricular activities to help beat the winter blues and keep fit!

We would like to introduce a few NEW Extra-Curricular Programs:

Specially for our Toddler friends we will be having: Investigative Art with Liz, an art student from Sheridan College.

This program was designed to expose the children to formal art classes which always provide new and exciting experiences as well as Specialty Art Classes which will focus upon one aspect of art such as painting, doodle drawing (where the toddlers will learn how to draw by using recognizable shapes and lines to develop one-of-a-kind artwork.), kids on canvas (where the toddlers will experience painting on canvas paper, canvas board and stretched canvas using acrylics), chalk pastels, photography etc. Our Toddlers will learn about colour, texture and more while experimenting with new and innovative materials.

For both our Toddler Program and Preschool Programs we will be having:

- STRETCH AND GROW with April Viola ([www.stretch-n-grow.com](http://www.stretch-n-grow.com) )

This is a fitness and nutrition program designed for children 18 months and up and will be offered bi-weekly in the afternoons. This program will prepare our children for participation in physical education and athletic programs through FUNdamental Motor Development.

For our Kindergarten Program we will be introducing:

- WEE GOT DANCE ([www.ugotdance.com](http://www.ugotdance.com) )

This program was designed to encourage fitness and indoor fun. U GOT DANCE is a cool mobile dance studio that has high energy dance instruction with original choreography that is GREAT for boys and girls of all ages. This program builds better body awareness and control, listening skills, rhythm, balance, self-esteem and self-expression. Teaches Hip Hop like moves and simple dance routines. Our monthly visits from our friends at Whimz Animals will continue, as well as our weekly yoga classes with Yogi Lisa

If you are aware of any other interesting exciting programs in our

community please pass along the information. We are always looking for new and exciting ways to enrich our programs! Please email [thechartwellhouse@hotmail.com](mailto:thechartwellhouse@hotmail.com)  
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