

MacBain Winter 2025 Child, Youth & Family Programs



MACBAIN COMMUNITY CENTRE



REGISTERED PROGRAMS & COURSES

Sign up on ActiveNet, or in person for these fun, educational programs!

Babysitting Course Sunday, March 2

\$65

The Canada Safety Council Babysitting course covers everything from managing challenging behaviours to essential content on leadership and professional conduct as a babysitter. Aspiring babysitters also learn basic first-aid skills.

Ages 12 - 15: 8:30 am - 4:30 pm

Home Alone Course Sunday, February 23

\$50

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods.

Ages 10 - 13: 11:30 am - 2:30 pm

Kidz Who Can Coding Mondays / Starting Jan. 20 6 sessions

\$125

Participants learn coding fundamentals and basic graphic design skills.

Junior (ages 6 - 9): 4:30 - 5:20 pm
Senior (ages 8 - 12): 5:30 - 6:20 pm
PYTHON Coding (ages 8+): 6:30 - 7:20 pm

Magic Lessons Thursdays / Starting Jan. 9 6 - 8 sessions

In partnership with the Ontario Children's Magic Academy, we teach kids to care through learning and performing magic. Research has shown that magic helps build character, improve speaking skills, explore creativity, and develop sequential thinking in kids.

Magic Explorers (ages 5 - 7)

- 5:15 - 6:15 pm
- 6 sessions

\$75

Blue Wand Course (ages 8 - 12)

- 6:30 - 8:00 pm
- 8 sessions

\$200

Martial Arts Center Karate Fridays / Starting Jan. 10 10 sessions

\$135

In partnership with The Martial Arts Center, this ten-week program teaches Goju Ryu Karate, a traditional style of Okinawan martial arts. Goju is a well-balanced system which is excellent for youth.

Beginner/Intermediate (ages 8 - 12): 6:00 - 7:00 pm

Aquatics & Library Programming

Check out the Aquatics, Drop-In and Library schedules to see what other programming is happening at the MacBain Community Centre!

CONTACT US!



MACBAIN COMMUNITY CENTRE

MORE INFO:



7150 Montrose Road

905-356-7521 ext. 3344

rc@niagarafalls.ca

niagarafalls.ca

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Sportball Multi-Sport

Sundays & Fridays

8 - 12 sessions

These well-rounded classes provide an amazing foundation for a lifetime of active living, bundling soccer, baseball, basketball, football, hockey, volleyball, golf and tennis into one comprehensive package.

Sundays starting January 12

12 sessions

No class February 16 or March 9

\$205

Parent & Tot (16 months - 3 years): 9:00 - 9:45 am

Parent & Tot (16 months - 3 years): 9:45 - 10:30 am

Junior (ages 4 - 6): 10:30 - 11:30 am

Senior (ages 7 -10): 11:30 -12:30 pm

Fridays starting January 17

8 sessions

\$140

Parent and Tot (16 months - 3 years): 4:30 - 5:15 pm

Parent and Tot (16 months - 3 years): 6:15 - 7:00 pm

Junior (ages 4 - 6): 5:15 - 6:15 pm

CalmQuest Kids

Fridays / Starting Jan. 24

5 sessions

No class February 14

\$175

Discover the Calm Quest Kids 5-Week Program, designed to help children develop emotional awareness, self-regulation, and social skills through engaging activities and interactive lessons. Each session includes fun exercises, a Feelings Journal, and take-home resources for parents to reinforce learning.

Ages 6 - 12: 5:00 - 6:00 pm

Racquetball Lessons

Mondays / Starting Jan. 6

4 sessions

\$40

Discover the basics of racquetball learning skills, drills, and games from racquetball coaches Todd Bright & Tammy Gray. The small group settings will ensure everyone gets plenty of play time and coaching!

Intermediate (ages 9 - 12): 6:00 - 6:45 pm

Teens (ages 13 - 16): 7:00 - 7:45 pm

Alchemy Yoga Classes

Tuesdays & Saturdays

6 sessions

\$80

Alchemy Yoga strives to provide a serene, safe space to get to know your body; that is what Yoga is about!

Tuesdays starting January 21

Baby & Me (newborn - 18 months): 9:00 - 9:45 am

Little Yogi's (ages 4 - 9): 4:00 - 4:45 pm

Saturdays starting January 25

Toddler & Me (19 mons - 3 yrs): 10:30 - 11:15 am

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Little Medical School

Through this variety of classes offered by Little Medical School, participants are provided with youth programming in health awareness and medically inspired education to encourage and brighten young minds as they explore healthy lifestyles, wellness, and careers in the medical field through role play, interactive demonstrations, and fun, hands-on activities.

Tuesdays starting January 14

6 sessions

Little Vet Meows and Purrs

\$200

Students will role-play as veterinarians by performing a whiskers-to-tail exam on a plush cat. They will learn about animal body language, maintain a healthy environment, create a cat toy, and design a vet clinic. Finally, they will graduate, receive a diploma, and recite their Vet Oath for their family.

Ages 5 - 9: 4:00 - 5:00 pm

STEM Sleuths

\$180

Our STEM Sleuths program introduces students to forensic science through hands-on experiments such as fingerprinting, shoe print collection, chromatography, composite drawing, facial reconstruction, toxicology, and handwriting analysis. The course culminates in a team effort to solve a crime.

Ages 8 - 12: 5:30 - 6:30 pm

Thursdays starting January 16

6 sessions

No class February 13

Marine Biology

\$180

Join an exciting marine biology expedition! Participants will hands-on learn about sea turtles, conduct ocean experiments, and become caretakers of plush sea turtles. They will perform health checks, explore different sea turtle species, and help rescue and release a Leatherback sea turtle into the wild. The program wraps up with graduation as Little Marine Biologists, empowering them to protect sea turtles and our oceans!

Ages 5 - 10: 4:30 - 5:30 pm

Little Doctor School

\$200

Future doctors will explore the brain and spine through hands-on activities and role-play. Students will create a first aid kit, learn about medications and prescriptions, and build models of the brain and spine. The program concludes with a graduation ceremony, diploma, and the LMS Doctor Oath.

Ages 6 - 10: 6:00 - 7:00 pm

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Saturdays starting January 18
6 sessions

\$175

Mini Medic and Me

This innovative learning experience enables children and caregivers to explore basic knowledge of the human body, its functions, and proper care. A fun, age-appropriate curriculum and multi-sensory activities promote motor skills, language, & socialization. Additional exercises support continued development at home.

Ages 18 - 42 months: 10:00 - 11:00 am

\$180

Sports Medicine

Students will explore the roles of athletic trainers and orthopedic surgeons, learning to diagnose and treat common sports injuries like sprains and strains. They'll understand the importance of hydration, warm-ups, and stretching and study the famous Tommy John surgery while creating models of hands, joints, and tendons.

Ages: 7 - 12: 10:00 - 11:00 am

\$170

Medicine & STEM Career Exploration

Explore your future in STEM at Little Medical School! Join our NEW MED/STEM Careers Exploration class, a 6-hour program where students learn about various careers in Health & Medicine, including Nutrition, Pharmacy, Dentistry, MDs, & Nursing. Experience your own mock "Match Day" by being matched with a STEM career of your choice!

Ages 8 - 12: 11:30 am - 12:30 pm

RoboThink Robotics

Participants will focus on implementing robotics and STEM through practical and adapted learning approaches. Join us for a journey of fun and endless STEM learning possibilities!

Saturdays starting January 11
6 sessions

\$200

Demolition Robots

Embrace your inner engineer and build mighty demolition robots using gears, axles, DC motors and precision! In this program, the students will become demolition engineers, constructing powerful robots such as bulldozers, wrecking balls, power drills, and dump trucks.

Ages 5 - 12: 1:30 - 2:30 pm

AI ThinkLab Robots

Let's learn, build, code, and play with AI robots. This innovative program is specially designed for children to get hands-on experiences with AI (Artificial intelligence). Students will not only build robots and learn to code, but also use cool AI tools to control robots and to gain an understanding of AI applications in this increasingly automated world.

Ages: 8 - 12: 2:45 - 4:00 pm

\$230

Sunday, February 9
one day workshop

\$40

Lunar New Year Workshop

Celebrate the Year of the Snake with us at RoboThink Lunar New Year Robotics Workshop! Dive into Lunar New Year stories, explore STEM through hands-on robotics, and enjoy a unique mix of culture and creativity. Join us for a fun and meaningful celebration that connects tradition with STEM discovery!

Ages 5 - 12: 2:00 - 3:30 pm

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