



# Program Guide Winter 2019



## WMFC CONTACT INFORMATION

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**Volunteer Coordinator**  
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**WMFC Website Address**  
[www.wmfc.org](http://www.wmfc.org)

## WMFC Preschool

If you would like to speak to someone about the programs listed below, please call or email Missy Finney at (989) 832-3256 or [finneym@wmfc.org](mailto:finneym@wmfc.org).  
If you would like to complete an interest form, please visit [www.michiganpreschool.org](http://www.michiganpreschool.org)

### 3's Preschool

**September - May**  
**Monday through Thursday**  
**8:30 a.m. - 11:00 a.m.**  
(Children must be 3 years old by Sept 1<sup>st</sup>  
of the enrolling school year.)

WMFC offers two half day 3's programs. Each 3's classroom is staffed by highly trained teachers who are dedicated to the success of their students. WMFC preschool programs are built around the concept that children "learn through play" and that play helps children learn roles, express emotions, explore materials, improve motor skills and practice language skills. Classroom teachers strive to encourage, support and challenge students in ways that will promote individual growth. By year end students are prepared and ready for a seamless entry into a 4's classroom the following school year. This program is a tuition based program with full and partial scholarships based on income. (See page two for childcare options.)



### 4's Preschool

**September - May**  
**Monday through Thursday**  
**8:30 a.m. - 3:30 p.m.**  
(Children must be 4 years old by Sept 1<sup>st</sup>  
of the enrolling school year.)

WMFC offers two quality full day 4's Great Start Readiness Preschool Programs onsite. Children spend their day participating in activities such as free choice, planning and recall, large group interactive reading, music and movement and large motor activities both indoors and out. STEM (Science, Technology, Engineering and Math) learning is also incorporated into each day. Preschool is also offered at:

- BC Community Preschool  
(at Bullock Creek Elementary)
- Floyd Community Preschool  
(at Floyd Elementary)
- Shepherd Community Preschool  
(at St. Vincent DePaul Church)
- St. Louis Community Preschool  
(at Westgate)

Preschool programming includes parent and family focused events, activities and home visits. This Michigan Dept of Ed funded program offers free tuition to families that qualify under GSRP guidelines.

## Preschool Dates to Remember

- ◆ December 4 Early Release @ 12:30 p.m.
- ◆ December 11-13 Parent Teacher Conferences
- ◆ December 21-January 6 Christmas Break
- ◆ January 17 5:30-7:30 p.m. Family Goals Night
- ◆ January 24 Early Release @ 12:30 p.m.
- ◆ February 21 5:30-7:30 p.m. Preschool Family Transitions Night



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## Family Services

### Playgroup

#### *Early Childhood Playgroup*

**Friday**

**December 7**

**10:00 a.m. - 11:30 a.m.**

**Parents with children ages 0-5**

Story time, music, arts and crafts, special events and a healthy snack...all for FREE! Learning through play will prepare your child for future preschool interactions. Each week children and parents alike will enjoy interacting with new friends. For more information contact **Ashley Whitten** or call the Welcome Center at (989) 832-3256.

### Volunteer Appreciation Evening Of Celebration

**Thursday**  
**February 18, 2019**  
**Save the Date!**

WMFC will host the *Volunteer Appreciation Evening of Celebration* on February 18. Stay tuned for more information coming soon.



### Diaper Bank

WMFC houses a diaper bank that is supplied through *The Diaper Alliance*. Families in need of diapers may receive up to 60 diapers per month - distributed 20 diapers at a time. Families may call to request diapers **Monday through Thursday between the hours of 7:30 a.m. and 3:00 p.m.** Please contact **Sheleigh Nicolai** at (989) 832-3256 for more information.

### Strengthening Families Training

**Monday**  
**January 21, 2019**  
**5 p.m. - 9 p.m.**

A 4 hour training on *Strengthening Families* will be hosted by WMFC and presented by *Great Start Collaborative*. A meal will be provided to the adults. No child care is offered.

### Clothing Room

**Mon, Tues, Thurs**  
**10 a.m.-3 p.m.**

Other times by appointment

Our FREE clothing room has clothing of most sizes as well as various miscellaneous items. If you are in need of clothing please stop in and let us see if we can help. Clothing room donations may be dropped off anytime during regular WMFC business hours.

For more information please contact **Helen Roth** at (989) 832-3256.

### Date Night

**Thursday**  
**February 14, 2019**  
**6:00 - 8:00 p.m.**

More information to come. Contact **Renee Young** at (989) 832-3256 or email Sheleigh at [nicolais@wmfc.org](mailto:nicolais@wmfc.org) for more information.



## Aquatics 2019



**2019 Tentative Opening Date**  
**June 10, 2019**

### 2019 Open Swim Hours

Mon, Fri, Sat	12:30-7:00 p.m.
Tues	4:00 - 7:00 p.m.
Wed, Thurs	3:00-7:00 p.m.

Please call ahead on days of inclement weather.

### 2019 Free Family Fridays

2019 Dates TBD 5:00-7:00 p.m.

### 2019 Admission Prices

\$2.00 per swimmer age 6 and over  
\$1.00 per swimmer age 5 and under

### Aqua Zumba 2019

**Start Date:** June 24 (Tentative)  
**Last Class:** August 15 (Tentative)  
**Class Meets:** Tues & Thurs  
8:30-9:15AM  
(Tentative)

**Cost:** \$2.00 per person/per class

Please call ahead on days of inclement weather.

### Swimming Lessons 2019

**Start Date:** June 17 (Tentative)  
WMFC swimming lessons are all one-on-one private lessons. Cost is \$10 per student, per 30 minute lesson. Lessons are scheduled with the goal of finding a time that best fits into your schedule.

### For More Information

For more information please contact **Renee Allen**, Aquatics Director, at (989) 832-3256 or email Renee at [allenr@wmfc.org](mailto:allenr@wmfc.org). You may also want to check out the *Aquatics Information Link* on the WMFC website at [www.wmfc.org](http://www.wmfc.org).



# Recreation

For information about recreation programs and facilities, memberships and scholarships, contact Chelsea Davis at [davisc@wmfc.org](mailto:davisc@wmfc.org) or (989) 832-3256.



## **Walking** **Weekdays** **7:30 a.m. - 9:30 a.m.** **FREE**

WMFC gyms are open for walkers looking for a place to stretch out or take a walk inside out of the cold or rain.

## **Fitness Room Membership** **During Regular Building Hours**

The WMFC Fitness Room has strength training and aerobic equipment including ellipticals, stationary bikes and treadmills.

Individual monthly fitness memberships are:

- \$10 Fitness Room
- \$15 Fitness Room plus Drop In **or** Zumba
- \$20 Fitness Room plus Drop In **and** Zumba

## **Recreation Punch Pass**

Recreation punch passes are available for purchase for \$20 at the WMFC Welcome Center and can be used for drop in gym, drop in basketball and Zumba. (Buy 10 and get the 11th visit free.)

## **FREE Martial Arts** **September - June** **Tuesday Evenings** **6:00 p.m. - 8:00 p.m.** **Ages: 5 yrs. - Adult**

WMFC, in partnership with Gateway Martial Arts, offers FREE martial arts classes. Beginner class (new students to Blue Belt Level regardless of age) is from 6:00 - 7:00 p.m. Advanced class (Blue Belt Level and higher, with instructor approval) is from 7:00 - 8:00 p.m. Join the class by stopping in on any Tuesday night and speaking with the instructor. Participants must sign a waiver before attending their first class.

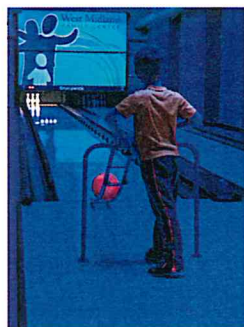
## **WMFC Bowling Center**

**Fee: \$10/hr Per Lane**  
**Max 6 People per Lane**

Six games to choose from including *Regular 10 Pin*, *EZ Bowling*, *Creature Feature*, *HORSE*, *My Shot* and *Angry Birds*. Call ahead to reserve. Fee includes:

- Shoes and bowling balls
- Bowling lane for one hour

Birthday party reservations must be made at least 2 weeks in advance.



## **Zumba**

**Mondays, Tuesdays, Thursdays**  
**10 a.m. - 11 a.m.**

Dance yourself into shape! Zumba classes feature exotic rhythms set to high energy Latin and international beats. Cost is \$2.00 per person per class or unlimited with WMFC Fitness Membership. (Aqua Zumba is not included in membership - See "Aquatics")



## **Adult Basketball**

WMFC adult basketball leagues are competitive and fun.

- Aug/Sept - Registration for the Fall 3-on-3 League
- Oct/Nov - Registration for the Winter 3-on-3 League
- Nov/Jan - Registration for 5-on-5 Adult League



## **Batting Cage**

**Fee: \$45 Hour**

Call to reserve the batting cage for your baseball or softball team. Cost is \$45/hour. Reservations are first-come first-serve and include:

- 70'x14'x12' batting cage for hitting practice
- Gymnasium for fielding and pitching practice
- Pitching net and pitching machine and balls

## **Drop-In Gym and Drop-In Basketball**

**Mondays: 6:00 p.m. - 8:00 p.m.**

**Gym B - Basketball only**

**Gym A - First come-First serve**

**Wednesdays, Thursdays: Call Ahead**

**Fridays: 4:00 p.m. - 6:00 p.m.**

**Saturdays: 12:00 p.m. - 8:00 p.m. (Call ahead)**

**Cost: \$2.00 per person/per visit**

**\$5.00 for a family of 3 or more**

Drop-in gym is a great way to join in on a basketball pickup game, throw the baseball around or spend some family recreation time! Call ahead 832-3256 on Thursdays, Fridays and Saturdays to check for availability. (Students must be supervised by an adult or must be 13 years or older.)





## Children and Teens

### Childcare



**Monday-Friday**  
**Ages: 6 Weeks - 12 yrs.**  
**6:30 a.m. - 6:30 p.m.**

WMFC is a licensed child care center where your child is welcomed and encouraged to develop his/her individuality. WMFC provides a planned program that will help your child grow and develop. WMFC is the perfect place for working parents to access affordable, high quality, state licensed care for their children. Contact **Jillian Westphal** at [westphalj@wmfc.org](mailto:westphalj@wmfc.org) or call (989) 832-3256 for information, payment and scholarship options.

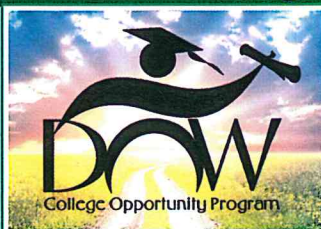
### After School Activities

**September - May**  
**Monday-Friday**  
**Students in Grades K-8th**  
**3:15 p.m. - 6:00 p.m.**



WMFC's licensed program provides fun-filled opportunities for learning and social skills development. Daily homework help, large motor activities and snacks are provided. Children must be registered prior to starting. Space is limited. Financial assistance is available. Limited transportation may be available. Contact **Jillian Westphal** [westphalj@wmfc.org](mailto:westphalj@wmfc.org) or (989) 832-3256 for information, payment and scholarship options.

### Dow College Opportunity Program



The Dow College Opportunity Program (Dow COP) serves to enrich students' lives and prepare them for college, whether that is technical certification, community college or a 4 year university. Through mentoring and a variety of activities, students are not

only equipped to handle the transition to college, but they learn to be productive, socially responsible citizens. Beginning in their freshman year of high school and continuing through college graduation, students gain a variety of experiences that allow them to get the most out of their journey. Dow COP activities include academic support, travel, cultural exposure, volunteering and social development. Each high school class experiences a week long trip each summer to help solidify the lessons that they learn throughout the school year. Student trips include *Adventure and Personal Growth*, *College Tours* and *New Horizons Exploration*. Students in 8th grade and the first semester of their freshman year of high school are encouraged to contact **Mike Sobolewski** at (989) 832-3256 or [sobolewski@wmfc.org](mailto:sobolewski@wmfc.org) for more information.

## Community Services

### Computer Work Stations

#### Open During Regular Building Hours

WMFC has computer work stations available for public use during regular business hours. Computers are equipped with Windows 10 and Office 2013. Sign in at the Welcome Center to obtain log in and password information. Bring a flash drive to save your work on. There is wireless connectivity throughout the Center for laptop, tablet and smart phone use. WMFC is an approved site to register online for State of Michigan Department of Human Services.

### Building Hours

Mon-Thurs.	7:30 a.m. - 8:00 p.m.
*Friday	7:30 a.m. - 6:00 p.m.
	*7:30 a.m. - 7:00 p.m. (Summer Hours)
Saturday	12:00 p.m. - 10:00 p.m.
Sunday	CLOSED-Available for Rental

These are typical building hours that are subject to change. Please call ahead.

### Facility Rentals

Reservations may be made up to 2 months in advance by completing a *Room Reservation Form*. Confirmation will not be given without full payment. Rooms available may include: gyms, batting cage, dining room and meeting rooms. Cancellations of less than 24 hours are charged the full amount. For room and recreation rentals contact **Chelsea Davis** at [davisc@wmfc.org](mailto:davisc@wmfc.org). (For swimming pool rentals contact **Renee Allen** at [allenr@wmfc.org](mailto:allenr@wmfc.org)) For more information check out our website at [www.wmfc.org](http://www.wmfc.org) or call

**VOLUNTEER**  
*all that's missing is U!*

### Want to Volunteer?

Interested in volunteering to help our community? We are always looking for people with big hearts who want to lend a hand! Please contact **Helen Roth** at (989)832-3256 or [rothh@wmfc.org](mailto:rothh@wmfc.org) for more information about volunteering.