

Recreation

For information about recreation programs please contact Chelsea Davis at davisc@wmfc.org or (989) 832-3256.



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

WMFC has two gyms open for walkers in search of a place inside to stretch out and take a walk out of the cold or rain.

Fitness Membership
Open During
Regular Building Hours

WMFC has a beautiful fitness room which is open during regular building hours. We have strength training and aerobic equipment including ellipticals, stationary bikes and treadmills.

Fitness memberships are \$20 per person, per month. Memberships include Fitness Room, ZUMBA classes, walking in the gym and Drop In Basketball. (Memberships do not include Aqua Zumba). Information, including membership scholarships, is available by contacting Chelsea Davis at (989) 832-3256.

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. New students may join the class at any time by stopping in on any Tuesday night and speaking with the instructor. Participants must sign a waiver before attending their first class.

Basketball

WMFC adult basketball leagues are competitive and just good, clean fun.

- October - Registration for the Fall 3-on-3 League
- December - Registration for Adult Winter League

Zumba

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

Are you ready to dance yourself into shape? Zumba classes feature exotic rhythms set to high energy Latin and international beats. Zumba allows you to dance your way into shape! Cost is \$2.00 per person per class or unlimited with WMFC Fitness Membership.



WMFC Bowling Center

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

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

- Shoes and bowling balls
- Bowling lane for one hour

Birthday party reservations must be made at least 2 weeks in advance. For more information about our exciting new bowling center, contact Chelsea Davis at (989) 832-3256.



Drop-In Gym

Monday/Wednesday: 6:00 p.m. - 8:00 p.m.

Gym B - Basketball only

Gym A - First come-First serve

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.)



Batting Cage

Fee: \$45 Hour

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

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



Program Guide Spring/Summer 2018

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.

If you would like to fill out an interest form please visit 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 1st 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 1st 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 also includes parent and family focused events, activities and home visits. This Michigan Dept of Ed funded program offers free tuition spots to those families that qualify under GSRP guidelines.



WMFC CONTACT INFORMATION

Aquatic Director

Renee Allen, allenr@wmfc.org

Childcare & After School Program Director

Jillian Westphal, westphalj@wmfc.org

Dow College Opportunity Director

Mike Sobolewski, sobolewskim@wmfc.org

Early Childhood Program and Licensing Director

Trixie Onstott, onstott@wmfc.org

Executive Director

Greg Dorrien, dorrieng@wmfc.org

Facility Rental Information

Vicky Denman, denmanv@wmfc.org

Family Services Director

Renee Young, youngr@wmfc.org

Office Manager

Missy Finney, finneym@wmfc.org

Recreation/Building Supervisor

Chelsea Davis, davisc@wmfc.org

Volunteer Coordinator

Helen Roth, rothh@wmfc.org

WMFC Website Address

www.wmfc.org

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Building Hours, Facility Rentals,
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Preschool Dates to Remember

- ♦ April 2-6 Spring Break
- ♦ May 9 and 10 Parent Teacher Conferences
- ♦ May 24 Last Day of Preschool



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 will be encouraged to continue to develop his/her individuality.

We provide 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 or (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. Children must be registered prior to starting. Space is limited. Daily homework help, large motor activities and snacks are provided. Financial assistance is available. Limited transportation may be available. Contact Jillian Westphal 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 sobolewskim@wmfc.org for more information.

Community Services

Computer Lab

Open During Regular Building Hours

Our computer work stations are available for public use during regular business hours. All computers are equipped with Windows 10 and Office 2013. Sign in at the Welcome Center to obtain log on and password information. Bring a flash drive to save any projects you create. We also have wireless connectivity throughout the Center for laptop, tablet and smart phone use. We are an approved site to sign up for State of Michigan Department of Human Services online.

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. - 7p.m. starting June 15
Saturday 12:00 p.m. - 10:00 p.m.
Sunday CLOSED-Available for Rental
These are typical building hours that are subject to change.

Facility Rental

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 more information check our website at www.wmfc.org or call (989)832-3256. For room rentals contact Vicky Denman at denmanv@wmfc.org. For recreation rentals contact Chelsea Davis at davisc@wmfc.org.

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 for more information about volunteering.

Family Services

Playgroup

Early Childhood Playgroup

Thursdays
June 28, July 12 & 26,
August 2 & 9
9:00 a.m. - 10:00 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 Facebook message Kelly (Hewitt) Forshee on the "Community Playgroup at West Midland Family Center" Facebook Page or call the Welcome Center at (989) 832-3256.



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. Must be a Midland County resident. Families may call to request diapers Mon through Thurs, 7:30 a.m.-3:00 p.m. Contact Sheleigh Nicolai at (989)832-3256.

Parent Education

Families with Intention

Wednesdays
June 27, July 11 & 25,
August 1 & 8
10:15 a.m. - 11:45 a.m.

Come learn about how to include the 4 C's into family time: Choices, Consequences, Consistency, & Care. Contact Sheleigh Nicolai for more information at 989-832-3256.

Wacky Wednesdays

Wednesdays Evenings
June 27, July 11 & 25,
August 1 & 8
5:15 p.m. - 7:45 p.m.

Dinner served, childcare for 3 and under, teen programming and family recreational activities for WMFC Summer Program Families. Additional information please contact Sheleigh Nicolai or Kelly Forshee at (989) 832-3256.

Strong Families

Tuesday Evenings
June 26, July 10, 24 & 31,
August 7
5:15 p.m. - 7:45 p.m.

Come learn about the five protective factors and how to build your own strong family. For additional information please contact Sheleigh Nicolai or Kelly Forshee at (989) 832-3256.

Clothing Room

Free clothing and miscellaneous items. The clothing room is open during regular business hours. For more information please contact Renee Young at (989) 832-3256.

WMFC is always looking for clothing room donations. Donations are tax deductible and can be brought in during regular business hours. Don't forget to ask for a donation receipt for your taxes!

Aquatics



Open Swim Hours

Mon, Fri, Sat 12:30-7:00 PM
Tues, Wed, Thurs 4:00-7:00 PM

Free Family Swim Fridays

July 27, August 3 5:00-7:00 PM

Admission Prices

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

Aqua Zumba

Start Date: Tuesday, June 26
Last Class: Thursday, August 9
Class Meets: Tues & Thurs
8:30-9:15AM

Cost: \$2.00 per person/per class
No Class: Week of July 18th.
Please call ahead on days of inclement weather.

Swimming Lessons

All WMFC swimming lessons are one-on-one private lessons. Lessons are scheduled at different times during the week with the goal of finding a time that best fits your schedule.

For More Information

For more information regarding swimming lessons, to register your child for lessons or for more information on our aquatics program, please contact Renee Allen, Aquatics Director, at (989) 832-3256 or check out the *Aquatics Information Link* on our website at www.wmfc.org.