



Program Guide Fall 2019



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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 complete 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 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

- ◆ September 5 2-6 p.m. Preschool Open House
- ◆ September 11 First Day of Preschool
- ◆ September 18 PS Vision and Hearing Screening
- ◆ September 27 6-7:30 p.m. PS Orientation (WMFC, Floyd, BC)
- ◆ October 3 5:30-7:30 p.m. Connecting School and Home Night
- ◆ November 4 5:30-7:30 p.m. Just for Parents Family Night
- ◆ December 11-13 Parent Teacher Conferences



Family Services

Date Night

October 24, 2019
6:00 p.m. - 8:00 p.m.

Save the date! Open to WMFC preschool and childcare families.

For more information please contact **Sheleigh Nicolai** at (989) 832-3256.

Playgroup

Early Childhood Playgroup

Fridays

September 27, October 25
 9:00 a.m. - 10:00 a.m.

Parents with children ages 0-5

Enjoy a fun and safe new play area outside your house—even during the winter! We offer story time, music, arts and crafts, special events and a healthy snack...all for FREE! As kids learn through play it will prepare them for future preschool interactions. Kids and adults will meet new friends weekly and parents will have time to chat with other adults. For more information contact Sheleigh Nicolai at (989) 832-3256.

Parent Education

Nurturing Parent Program

(Only open to in house families)

Wednesdays

October 2, 9, 16, 23, 30

November 6, 13, 20

11:30 a.m. - 1:30 p.m.

This program is targeted at parents whose children attend WMFC preschool programs. Through hands-on activities and interactions, you will learn how to improve your nurturing parenting skills. For additional information please contact Sheleigh Nicolai at (989) 832-3256.

Clothing Room

Monday 10 a.m.—6 p.m.
Tuesday through Friday
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.

Diaper Bank

WMFC houses a diaper bank that is supplied through *The Diaper Alliance*. Families in need of help with diapers may call **Sheleigh Nicolai** at (989) 750-9118 (Direct number) or (989) 832-3256 to request diapers.



Call hours are: **Monday through Thursday** between **7:30 a.m. and 3:00 p.m.** Diapers are distributed in packs of 10.

ALL AGES

Recreation

- Swimming
- Bowling
- Basketball
- Volleyball
- Batting cages
- Human foosball
- Baseball fields
- Nature trails
- Birthday parties
- Picnic facilities

Fitness

- Zumba
- Weight Training
- Aqua Aerobics

Youth

- Licensed After School Program
 - For school age children
 - Snack provided
 - Homework help
 - STEM activities
- Food Service Program for Children
- Readiness Program & Preschool
- Childcare Infants to age 12
- Volunteer Opportunities (available for all ages)

TEENS

- College Opportunity Program
 - 9th-12th grade + 5 years beyond
 - 83% EARN THEIR COLLEGE DEGREE
- Life Enrichment & Educational Programs

FAMILY SERVICES

- Free Clothing Room
- Emergency Food Pantry Network
- Food Distributions
 - SERVING ~300 FAMILIES OR ~900 INDIVIDUALS SELECT DAYS
- Counseling & Health Clinics
- Family Services Events & Family Camp at Neyati

SENIORS

- Home of Greendale Happy Diners
 - Offered by Senior Services of Midland County & Meals on Wheels
- Card Games & Tournaments
- Noon Meals
- Special Events
- Socials & Fellowship

We enhance the quality of life for each generation by providing growth and achievement opportunities within a caring environment.

Recreation

For information about recreation programs and facilities, memberships and scholarships, contact Chelsea Davis at 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")

Family Recreation Nights

- FREE Fun for the entire family the last Saturday night of every month!
- Contact Chelsea at 989-832-3256 for more information.

Adult Basketball Leagues

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



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

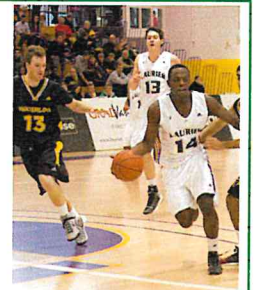
Fridays: 4:00 p.m. - 6:00 p.m.

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 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 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 email college@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.
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. (For swimming pool rentals contact **Renee Allen** at allenr@wmfc.org) For more information check out our website at www.wmfc.org or call 989-832-3256.

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.