

VOLUNTEER

all that's missing is U!



Can You Help Us?

WMFC has volunteer opportunities to match a wide range of interests and time commitment. There are opportunities to fit everyone from large groups to individuals and we will do our best to make sure that your volunteering experience is both challenging and rewarding. WMFC is always looking for people with big hearts who want to lend a hand and make a difference in the lives of others! We would love to meet you and talk over the opportunities that we have for you! For more information about volunteering, contact Helen Roth at rothh@wmfc.org or call (989) 832-3256.

For more information, scan these WMFC Website and Family Focus QR Codes



WMFC Website



Family Focus Newsletter

Community Services

Free Internet Access

WMFC offers free internet access. Link your personal devices to the free internet access from inside the facility or from the privacy of your own vehicle in the parking lot.

EV Charging Stations

WMFC is doing our part to reduce carbon emissions! We have installed two *LV2 Charging Stations* for commuters and community members to charge their electric vehicles, free of charge. It's easy to do and there are instructions on the post next to the stations. Stations are located in the north WMFC parking lot, next to the WMFC Road Sign.



Summer Building Hours

Mon-Wed	7:30 a.m. - 8:00 p.m.
Thursday	7:30 a.m. - 7:00 p.m.
Friday	7:30 a.m. - 6:00 p.m.
Saturday	12:00 p.m. - 6:00 p.m.
Sunday	CLOSED-Advanced Rental

These are typical summer building hours starting June 10. They are subject to change. Please call ahead.

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, swimming pool, bowling center and meeting rooms. Cancellations of less than 24 hours are charged the full amount. For more information contact Chelsea Davis at walle@wmfc.org, check out our website at www.wmfc.org or call (989)832-3256.



Program Guide Summer 2024

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.preschoolpartnership.org

3's Preschool

September - May
Monday through Thursday
Half Day 8:30 a.m. - 11:30 a.m.
Full Day 8:30 a.m. - 3:30 p.m.
(Children must be 3 years old by Sept 1st of the enrolling school year.)

WMFC offers half day and full 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 eight quality full day 4's Great Start Readiness Preschool Programs. Children spend their day participating in activities such as work time, planning and recall, large group, small group, interactive reading, outdoor play, and large motor activities. 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)
- Winn Community Preschool (at former Winn Elementary School)

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.



WMFC CONTACT INFORMATION

Aquatics/Recreation Director
Chelsea Wall, walle@wmfc.org

Childcare Program Director
Jillian Westphal, westphal@wmfc.org

Children's Programs/Licensing Director
Marcy Young, youngm@wmfc.org

Dow College Opportunity Program Director
Haley Northup, northuph@wmfc.org

Executive Director
Greg Dorrien, dorrieng@wmfc.org

Facility Rentals
Chelsea Wall, walle@wmfc.org

Family Services Director
Renee Young, youngr@wmfc.org

Office Manager
Missy Finney, finneym@wmfc.org

Out of School Time Program Director
Leigha McLaughlin, mclaughlinl@wmfc.org

Publications and Website
Renee Allen, allenr@wmfc.org

Safety Officer/Volunteer Coordinator
Helen Roth, rothh@wmfc.org

Transportation Supervisor
Sheleigh Nicolai, nicolais@wmfc.org

WMFC Website Address
www.wmfc.org

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Children and Teens

Childcare



Monday through 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. 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 (989) 832-3256 for information, payment and scholarship options. If we do not have immediate openings, you will be added to our wait list.

Out of School Time Care

August to June
Monday through Friday
Students in Grades K - 12 yrs
6:30 a.m. - 6:30 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. Contact Leigha McLaughlin mclaughlinl@wmfc.org or (989) 832-3256 for information.

Bullock Creek Middle School Pickup	6:45 a.m.
Floyd Elementary School Pickup	8:10 a.m.
Bullock Creek Middle School Drop Off	3:20 p.m.
Floyd Elementary School Drop Off	4:15 p.m.

Dow College Opportunity Program



The Dow College Opportunity Program (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. 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/or the first semester of their freshman year of high school are encouraged to contact Haley Northup at (989) 832-3256 or northuph@wmfc.org for more information.

Family Services

Parent Education

Ask the Doc

Join us for monthly sessions with the students from the Michigan State University, College of Human Medicine. Health education sessions will include Dental/Oral Health, Healthy Eating and Health Screenings. For more information please call Sheleigh Nicolai at (989) 832-3256.

Community Playgroup

Looking for a fun and safe place for you and your child to play and meet new friends? Parents and children 0 to 5 years of age are invited to join us for our community playgroup sessions. For more information contact Janae Maniez at (989) 832-3256.

Diaper Bank

WMFC houses a diaper bank that is supplied through *The Diaper Alliance*. Families in need of 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.



West Midland Food & Clothing Depot

The *WMFC Surplus Food Distribution Program* helps WMFC families fill in crucial gaps as they struggle to cope with today's rising food prices and higher cost of living. By partnering with many different organizations, WMFC is able to bring a variety of different surplus food distributions to our community each month. For registration and program information please contact Helen Roth at (989) 750-9114 or email surplus@wmfc.org or clothing@wmfc.org



Recreation

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



Walking
Weekdays
7:30 - 9:30 a.m.
11:15 a.m. - 12:15 p.m.
FREE

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:

- \$15 Fitness Room includes **ONE** of the fitness classes.
- \$20 Fitness Room plus yoga, drop in, Zumba **and** Pickleball.

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
Year Round
Tuesday Evenings
6:00 - 8:00 p.m.
Ages: 8 yrs. - Adult

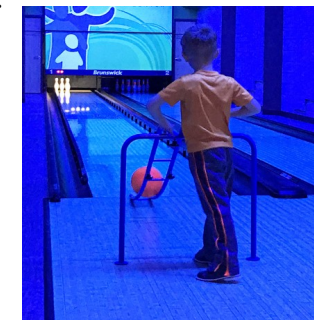
WMFC, in partnership with Gateway Martial Arts, offers FREE martial arts classes. Beginner class is from 6:00 - 7:00 p.m. Advanced class (with instructor approval) is from 7:00 - 8:00 p.m. Join the class by stopping in on any Tuesday night and speaking with the instructor. Participants must sign a waiver 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
Tuesdays & Thursdays
10:00 - 11:00 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"). For more information contact Stephanie Oster osters@wmfc.org

Drop-In Gym and Drop-In Basketball

Mondays & Wednesdays: 6:00 - 8:00 p.m.
Gym B - Basketball only
Gym A - First come-First served

Tuesday, Thursdays, Fridays & Saturdays: 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.)



Pickleball

Daytime: Tuesdays & Thursdays
12:00 - 1:30 p.m.

Evenings: Monday 6:00 - 8:00 p.m.
Thursday 5:00 - 7:00 p.m.

Pickleball is the fastest growing sport in the nation. Come find out why! WMFC has both inside and outside courts.

Adult Basketball Leagues

WMFC adult basketball leagues are competitive and fun. Registration for the 3-on-3 leagues take place in the fall, winter and after the new year.

Yoga for Adults

Thursdays 5:30 - 6:30 p.m.

Cost for all sessions is \$2.00 per person.

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

Summer Outdoor Aquatics

For more information regarding our aquatic programs please contact Chelsea Wall, Aquatics Director, at (989) 832-3256 or walle@wmfc.org check out the [Aquatics Information Link](#) on our website at www.wmfc.org



Open Swim Hours*

Monday 4:00 - 7:00 p.m.
Tues, Wed, Thurs. 3:00 - 7:00 p.m.
Friday & Saturday 12:00 - 6:00 p.m.

(*Weeks of July 15, August 12 we are open **different** hours. Please call for more information.)

Free Family Swim Thursdays

June 20, July 8, August 1
5:00-7:00 p.m.

Admission Prices

\$2.00 per swimmer for all ages.
\$10.00 Family of 5 or more.



Swimming Lessons

All WMFC swimming lessons are one-on-one private lessons. Lessons are typically scheduled in the evenings during the week during open swim. Cost \$15 per 30 min lesson. Registration begins on **June 3, 2024**. To register for swimming lessons, please leave a message for Chelsea Wall at (989) 989-832-3256 or email Chelsea at walle@wmfc.org Calls and emails are returned in the order that they are received.

Pool Rentals

WMFC does have times available for private pool rental during times when the pool is not being used for public or program use. Rental groups are required to attend a safety review and orientation and have an insurance binder that covers all participants on the day of their event. Information and rental forms are available on the WMFC Website at www.wmfc.org For more information on pool rental availability please email Chelsea Wall at walle@wmfc.org (989) 832-3256.



Pool Rules

Below are some of our pool rules. For a complete list of WMFC Pool Rules please visit the WMFC Welcome Center.

1. **No Diving** allowed.
2. Children who cannot stand comfortably on the bottom of the pool to breathe or cannot pass the swim test, must have an adult or guardian **IN THE WATER** with them at all times.
3. All patrons must pay for and wear a wristband in the pool. This includes those who are not swimming.
4. Food and beverages, with the exception of water, are NOT allowed in the pool area. The pavilion next to the pool is available for food breaks.

Junior Lifeguarding

Interested in exploring the world of lifeguarding? WMFC offers an innovative, hands on experience in the summer for students age 13 - 15 years old, who are interested in becoming future lifeguards. Students are required to complete an application and interview process. Students who are accepted into the program are expected to commit to the full 4 day a week program. Typical program hours are 10 a.m. - 3 p.m. Space is limited.

The interviewing process takes place in May and candidates are chosen by early June. Students interested in participating in our **WMFC Junior Lifeguard Program** should contact Chelsea Wall at 832-3256 or walle@wmfc.org



Pavilions

Looking for a place to host a family reunion, graduation party, birthday party or other family gathering? Look no further than West Midland Family Center. WMFC has two outside pavilions for rent, one of which is next to an outdoor basketball court/roller blading pad. For more information call Chelsea Wall at (989) 989-832-3256 or email Chelsea at walle@wmfc.org. Calls and emails are returned in the order that they are received.

Pavilion Rules:

- The contact person registered on the reservation is responsible for the group adhering to all WMFC policies and procedures.
- Alcoholic beverages, vaping and smoking are not permitted.
- No permanent/damaging decorations may be used, including staples, pushpins, nails, glue, etc. String and tape is permitted.
- No loud music or other disturbing behavior.
- The pavilion must be left clean. Trash must be removed.
- Pavilion reservations are for the pavilion only.
- All companies (including DJs, caterers, entertainers, rentals, etc.) must have certificates of insurance on file and management approval before they will be permitted onsite.



Playgrounds

Summer is a great time for families to get together outside. WMFC has two outside playgrounds that are available for families to use when not in use by WMFC children's programs. Playgrounds are open for public use from 6:30 p.m. till dusk on Monday through Friday and all day on Saturday and Sunday.

Playground Rules:

- Always follow playground equipment rules.
- Look before using.
- Be mindful of surroundings.
- Avoid Wet Equipment.
- Wear appropriate clothing and shoes.
- Play games away from playground equipment.

For more information call Chelsea Wall at (989) 989-832-3256 or email Chelsea at walle@wmfc.org.

