



Winona Family YMCA

LEARN GROW THRIVE

Preschool Programs



507. 454.1520

**Register:
www.winonaymca.org**

Learn, Share, Laugh, Play!

Exciting new programming for ages 3-5 to foster the development of the minds and bodies of our youngest members by promoting:

- Hands-on-learning
- Build social skills
- Emotional skills
- FUN!
- Quality time
- Friendships
- Healthy lifestyle choices
- Small Motor skills & coordination

Parent/Child Preschool Music

When: Thursdays, 9-9:30am

Register: www.winonaymca.org (free)

Starts: February 2, 2023

Our weekly introductory parent/child preschool music program fosters a love of music and teaches the basics of counting, rhythm, colors, and the alphabet. Music provides joy, and ignites all areas of child development. It helps the body and the mind work together, sparking brain development.

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Parent/Child Preschool Cooking

When: First Tuesday of the month, 9-9:45pm

Register: www.winonaymca.org (\$10/family)

Starts: February 7, 2023

Whip up something fun and delicious in our monthly introductory cooking class. There will be a book reading followed by making a recipe that goes along with the story. Participants learn kitchen safety, measuring and math skills, how to prepare food using simple kitchen tools, and how to make nutritious food fun and tasty.