

SHALOM BABY

AN INTRODUCTORY RESOURCE BOOK FROM COUNCIL FOR JEWISH EDUCATION





Shalom and Mazel Tov!

Congratulations on the birth or adoption of your new baby. It is always a pleasure to greet newcomers to the Calgary Jewish community, but when the newcomer is a baby, it's a double blessing. Parenthood is a wonderful and enriching experience. Your new baby will bring you great joy and fill your heart with a type of love that you could never have imagined before.

To welcome your new baby, the Council for Jewish Education has compiled **Shalom Baby**, an introductory resource book for you and your family. Within its pages you will find:

- 1. A listing of Jewish community resources as well as resources and support available throughout Calgary.
- 2. A brief overview of Jewish Holidays and Life Cycle Events, and
- 3. How to "Get Connected" and be in the know about Jewish events.

We hope that **Shalom Baby** helps you and your family on your new journey. Enjoy every moment!

Sincerely,

Agata Kesik-Libin

Director

The Council for Jewish Education (CJEd)

akesik@cjcc.ca

Beth Price

Beth S. Price

Chair

CJEd



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24 HOUR HELP FOR EVERYONE

EMERGENCY Police, Fire, Ambulance	911
Calgary Police Service (Non-Emergency)	403-266-1234
Alberta Health Services (Telephone Health Advice 24 / 7)	-866-408-5465
Child Abuse (to report abuse or neglect)	403-297-2995
Children's Cottage Crisis Nursery (child care for parents in crisis)	403-233-2273
Distress Centre (Crisis and Suicide Help)	403-266-1605
Distress Centre (Men's Line)	403-266-4357
Early Start Support for Families with New Babies	403-244-8351
Mental Health Help Line	-877-303-2642
Poison Centre	403-944-1414



Disclaimer: The information in this guide is intended to provide helpful information for new parents. All information is intended for your general knowledge and is not intended to substitute for rabbinical views or advice. Discuss this information with your own family and / or rabbi to determine what is right for you.

JEWISH LIFE CYCLE EVENTS AND RITUALS

An integral part of Jewish life are the special ceremonies and celebrations that mark important stages in a Jewish person's life. These events often involve rituals, customs and traditions that have been passed down through the generations. If you would like to find out more about any of these life cycle events, please contact one of the synagogues:

Beth Tzedec Synagogue (Conservative)

1325 Glenmore Trail SW Calgary, AB T2V4Y8

Phone: 403-255-8688 | Fax: (403) 252-8319

Email: info@bethtzedec.ca | Website: www.bethtzedec.ca

Chabad Lubavitch of Alberta

#28, 523 Woodpark Boulevard SW

Calgary, ABT2W4J3

Phone: 403-238-4880 | Fax: 403-281-0338

E-mail: programs@chabadalberta.org | Website: www.chabadalberta.org

Congregation House of Jacob-Mikveh Israel (Orthodox)

1613 – 92 Avenue SW Calgary, AB T2V5C9

Phone: 403-259-3230 | Fax: 403-259-3240

Email: hojmi@telus.net | Website: www.hojmi.org

Temple B'nai Tikvah (Reform)

900 – 47 Avenue SW Calgary, AB T2S3C8

Phone: 403-252-1654 | Fax: 403-252-1709

 ${\it Email: office@templebnaitikvah.org} \ | \ Website: www.templebnaitikvah.org$



JEWISH LIFE CYCLE EVENTS AND RITUALS

Birth and Naming Ceremonies

On the first Sabbath after a Jewish child is born, the infant's parent(s) is called forward at the synagogue to recite the *aliyah* and ask blessings for the health of parent and child. If the child is a girl, she is named at this time.

Brit Milah: Circumcision

For boys, the rite of circumcision (*brit milah*) is performed on the eighth day of a boy's life. Please contact Rabbis directly for more information.

Conversion

Conversion to Judaism (*giyur*) is a formal act undertaken by a non-Jewish person who wishes to be recognized as a full member of the Jewish community. Please contact Rabbis directly for more information. For inter-married family support, please see the Family Resources section of this guide, or for general information and familial support, visit www.interfaith.com.

JEWISH HOLIDAYS

Shalom Baby has included this very brief overview of Jewish Holidays and acknowledges that each family and each denomination recognizes and celebrates events differently. This listing is intended only to be a guide, and it is recommended that you consult with your family and / or rabbi about any events, practices or holidays you wish to learn more about. Each synagogue holds regular services, in addition to holiday and family celebrations. For community events and celebrations, visit our community website at: www.jewishcalgary.org.

Shabbat

Shabbat is considered the most important of all Jewish holidays. It is the day of rest and weekly observance of God's completion of creation. Starting on Friday night an hour before sunset, it lasts for 25 hours until one hour after sunset on Saturday night.



JEWISH HOLIDAYS

Rosh Hashanah

During the fall when the days begin to shorten and the leaves begin to change, Jewish tradition encourages us to look inward as we prepare for the New Year ahead. The Jewish New Year (Rosh Hashanah) is a holiday marked by festive meals with foods symbolizing our hopes for the new year: apples dipped in honey for a sweet new year and pomegranates for a year of plenty.

Yom Kippur

The most solemn day of the Jewish year, Yom Kippur, the Jewish Day of Atonement offers an entire day devoted to self-examination. Many spend the day in synagogue devoted to prayer and study while abstaining from food and drink.

Sukkot

This seven-day festival celebrates the fall harvest and also commemorates the time when the Hebrews dwelt in the Sinai wilderness on their way to the Promised Land of Israel. The holiday is celebrated by building (and then dwelling in) ceremonial huts called Sukkot, waving of four different plant species (palm, myrtle, willow and citron) and many food-filled festive gatherings in the Sukkah.

Shemini Atzeret

This holiday literally means the "8th Day of Assembly." It is a festive day after the week-long festival of Sukkot. Shemini Atzeret marks the beginning of the rainy season following the harvest in Israel and is marked by the annual prayer for rain, Tefilat Geshem, recited in synagogue. In Israel it is combined with the holiday of Simchat Torah

Simchat Torah

Simchat Torah marks the end and the beginning of the annual Torah reading cycle. Every week all over the world, the same Torah portion is read in Jewish communities. On Simchat Torah the cycle ends and begins again. This is accompanied by parading the Torah scrolls about and with singing and dancing.

Chanukah

This beloved eight-day Jewish winter festival celebrates the miracle of a small jar of oil when it burned for eight days instead of only one. It also celebrates the military victory of the Jewish Maccabees over the powerful Syrian Greek army in 167 BCE. The victory was followed by a rededication (Chanukah) of the Jewish Temple in Jerusalem. It is from this act that the holiday gets its name.



JEWISH HOLIDAYS

Tu B'Shevat

This holiday celebrates trees. Observances include planting of trees, purchasing trees to be planted in Israel, and a mystical Tu B'Shevat ritual meal that includes different colored wine (from white to red) and different kinds of fruits and nuts.

Purim

The name of this holiday means "lots", so named for the lots that were drawn to determine a dark day in Jewish history. As luck would have it, those dark days never arrived, as the evil villain's plans were thwarted by the clever Jewish Queen Esther, whose story is recounted in the Biblical Scroll of Esther. Celebrations include a public reading of the scroll, giving gifts to friends and to the needy, dressing up in costume, and eating a special triangle-shaped pastry, the hamantaschen

Passover

This seven- or eight-day festival of freedom marks the Hebrew exodus from Egypt long ago. The story is told during a festive ritual meal called a "Seder." During the festival, it is traditional to abstain from all foods containing leaven; that is, foods made from grain that have not been prepared according to a strict Passover cooking procedure. Among the grain foods that are permitted is matzah, an unleavened bread that is baked before it has a chance to rise.

Yom HaShoah (Holocaust Memorial Day)

Jews all over the world mourn the loss of six million Jewish lives lost during the Holocaust.

Yom HaZikaron (Israeli Memorial Day)

On this Memorial Day, we commemorate the soldiers who have fallen fighting for Israel's independence and defending its security. This holiday falls the day before Israel's Independence Day.

Yom HaAtzmaut (Israeli Independence Day)

This holiday celebrates the independence of the Modern State of Israel. In Israel the day of Yom HaAtzmaut is marked with fireworks, barbeques, and outdoor revelry. For Jewish communities outside of Israel it is a time to gather and celebrate our pride and connection to the Jewish homeland.



JEWISH HOLIDAYS

Lag B'Omer

This holiday marks the 33rd day of the 49-day "Omer" period between Passover and Shavuot. This seven-week period called "the Omer" is traditionally a quiet time on the Jewish calendar, but Lag B'Omer, which occurs on the 33rd day, is an exception. Bonfires, outdoor parties, eating, drinking and dancing rule the day.

Shavuot

Shavuot is the holiday celebration of the giving of the Torah to the Jewish people. The celebration of Shavuot is also the Festival of First Fruits and Grains, a fulfillment of the promise of spring. The name means "weeks", so named for the 7-week period from Passover to Shavuot.

Tisha B'Av

An important fast day in the Jewish calendar is Tisha B'Av, the 9th day of the Hebrew month of Av. The day commemorates the destruction of the Jewish Temple in Jerusalem in 586 BCE and 70 CE.

Tu B'Av

Held six days after the fast day of Tisha B'Av comes a festival of love! A popular wedding date, the day is celebrated in the best way possible with wine, chocolate and roses!



Shalom Baby hopes that your new baby will bring you nothing but joy, but we do recognize that every parent experiences moments when they could use a little support, advice or perhaps some simple programming ideas. Listed in the following pages are Jewish community resources available throughout Calgary. This book does not include every resource, support or organization that you and your family may require. However, it is a beginning.

GETTING CONNECTED

Find out what's going on in Jewish Calgary! Find the "joy of doing Jewish" and get connected!

Calgary Jewish Community Council

Visit Calgary Jewish Community Council's webpage at **www.jewishcalgary.org**. Many events are highlighted on the front page, or you can go to the **Community Calendar** section for a listing of events by date. Also available on-line is the CJCC's monthly newsletter titled **The Pomegranate: News, views and schmooze with Calgary Jewish Community Council**.

Calgary Jewish Pipeline

Visit Calgary Jewish Pipeline at **www.canadajewishpipeline.ca** to read and / or sign-up for the free weekly on-line newsletter.

Jewish Free Press

Contact the Jewish Free Press to have their bi-monthly newspaper delivered free to your home. Phone 403-252-9423 or e-mail jewishfp@telus.net. Look for Calgary Jewish Community Council's section titled *The Pomegranate* for news, views and schmooze with the CJCC.

E-Pom

Sign up to receive E-Pom, an e-mail newsletter from Calgary Jewish Community Council sent out the first and third Monday of each month. To have your name added to the mailing list contact Diana Kalef at dkalef@cjcc.ca or 403-444-3154

Shalom Calgary: The Joy of Doing Jewish

Use your Shalom Calgary: The Joy of Doing Jewish guide to locate Jewish organizations in Calgary and contact them directly. (A free guide has been provided with your Shalom Baby Package). Also access the directory on our website at **www.jewishcalgary.org**.



Concierge for Jewish Education

Kathie Wainer

Phone: 403-537-8597 | Email: kwainer@cjcc.ca

There are so many ways to raise a Jewish Child in Calgary that it can be hard to decide where to begin. Whether it happens at the JCC, in school, or at camp, Jewish connections are the key. That's why Kathie Wainer can help. As the Council for Jewish Education's Concierge for Jewish Education, Kathie can help you navigate the wealth of opportunities available. Call her today and take advantage of this complimentary resource. Whatever you child's age, Kathie can help you make the Jewish community connections that suit your family best.

JEWISH COMMUNITY PROGRAMS

Children's Programs / Services

Beth Tzedec Moms and Tots Play Datetcheyfetz@gmail.com

Free and open to everyone (non-members are welcome)! Come socialize with other parents over coffee while the kids play together. Every Monday morning (except holidays) at 8:30am at Beth Tzedec. Drop in for some fun.

The Calgary JCC offers a variety of programs for infants and toddlers: educational, social, recreational and cultural; parented and unparented. Also available at the JCC: Time for 2's (pre-preschool program), Mighty Munchkins Gym, Kids B.I.T.S., Sportball, Mom 'n' Tot Swimming, Li'l Swimmer toddler class, pre-schooler swim class, Creative Kids Music Program, Kids 'R' Us (pre-school program), Kindergarten afterschool programs (skating, gym, computer, art, swimming and preschool dance classes).

- Licensed and accredited day care and after-school care available until 6:00pm for registered Akiva students.
- Daycare and after-school programs provide quality child care for children aged 2.5 to 5 years in a safe and clean setting equipped with a variety of engaging age-appropriate play materials.
- Contact Lynne Preston, BabeCare Director for more information.



Children's Programs / Services

- Simplify your life. The JCC party planner can help you plan the perfect party. Cake and munchies included.
- Contact Tara Friesen, Birthday Party Coordinator for more information.

Mom & Baby Drop-In Programs 403-444-3168

 Coming soon! Contact Rhona Richards, Children's Program Manager for more information.

- For parents of children with special needs, this three-hours-on-a-Sunday-morning is just for you! Drop off your child at the JCC and they will play, create, swim and have a great time with other kids and Playtime Pals. Your child is in good hands. Trained volunteer leaders will integrate your child with other children in gym play at the JCC. Your child will swim in the pool, participate in arts and crafts projects, have a snack and just have fun!
- Contact Rhona Richards, Children's Program Manager to find out more

www.jewishcalgary.org

Reading stories and listening to music with your child are among the most powerful and nurturing early childhood learning experiences. The PJ Library® can help you transform these moments into Jewish experiences. Find out how you can receive a high-quality, Jewish-themed children's book or CD each month that will allow you to create a special time with your child to learn and appreciate their Jewish heritage. Contact Kathie Wainer at kwainer@cjcc.ca or the above telephone number. To learn more about The PJ Library® please visit www.pjlibrary.org.

• We know it can be very rewarding to have a child with special needs. We also know it can be very trying. Come and share your triumphs and difficulties with others who may have advice, resources or just a similar story to make you smile! This parent-led group meets monthly at the JCC. Coffee and cookies are provided.



Early Childhood Care / Education

Akiva Academy Daycare 403-258-3812

1607 - 90 Avenue SW, Calgary, AB T2V4V7

www.calgaryjcc.com

Childcare for ages 1 to 5 years; 7:00am to 6:00pm. Contact Lynne Preston, BabeCare Director for more information.

Calgary Jewish Academy, Gan Khugim Program...... 403-253-3992

Afternoon program for CJA students, ages 2½ to 4 years, enrolled in the morning Nursery or Junior Kindergarten program. Emphasis is on creative play. Contact Kim Chulsky, Director of Admissions for more information.

Kosher Food

Please refer to your *Shalom Calgary* Guide for more information on the following establishments which sell Kosher foods:

- · Barel's Bakery & Nosh
- · Carriage House Inn
- · Haifa Deli & Kavin's Kosher Meats & Deli Ltd.
- · Karen's Café & Catering

Calgary Kosher...... 403-444-3158

Questions about Kosher food can be directed to Philip Wolf, Community Mashgiach, at the above phone number. Some baby foods available at Co-op, Planet Organic and Safeway are:

- Baby Formula Check with your rabbi for appropriate hechscher identification.
- Earth's Best Organic baby food jars fruit, plain vegetables (OU).
- Heinz baby food jars fruit, plain vegetables, vegetables with rice and / or pasta (OU).
- Heinz baby rice cereals, mixed grain and fruit cereals (COR).



Day Schools

Fmail: office@akvia.ca | www.akiva.ca

Email: office@akvia.ca | www.akiva.ca

- Accredited Community Jewish Preschool program accepting students from 2½ to 5 years of age.
- Half-day Nursery and Pre-Kindergarten program (2½ to 4 years), full-day Kindergarten program (5 years).
- Welcomes Jewish children regardless of observance level, religious affiliation, or economic means.
- Provides a warm, nurturing and stimulating preschool experience in a traditional Jewish environment.
- Helps children develop creativity, self-esteem, social skills, pre-math skills, reading readiness, and fine and gross motor skills through a variety of activities, including art, music, movement, manipulative play (e.g. puzzles, building sets) and stories.
- Fosters a strong sense of Jewish identity and an appreciation of Jewish history, culture, tradition and values through a Judaic program consisting of Shabbat and holiday celebrations, blessings, songs, stories, Hebrew alphabet and language.
- Small classes with optimal student-teacher ratio allow for greater individual attention.
- Licensed and accredited day care and after-school care available until 6:00pm for registered Akiva students.
- Day care and after-school programs provide quality child care for children aged 2½ to 5 years in a safe and clean setting, equipped with a variety of engaging age-appropriate play materials.



Day Schools

Calgary Jewish Academy...... 403-253-3992

6700 Kootenay Street SW, Calgary, AB T2V1P7

Email: chulskyk@cja.ab.ca | www.cja.ab.ca

The CJA is your Jewish Community School for children from Nursery (beginning at age 2 ½ or 3) through Grade nine. Students from all Jewish backgrounds are inspired to learn their religion, heritage and culture while also receiving a superior Alberta education. Contact: Kim Chulsky, Director of Admissions for more information.

- Unique Judaic curriculum: integrating values, culture, religion and languages.
- Proven Alberta academic excellence: offering a multilingual program with dedicated and experienced teachers.
- Small class sizes: providing individualized attention.
- Inclusive environment: ensuring early identification and ongoing programming for students with special gifts and needs.
- Computers: collaborating with the University of Calgary Galileo Network.
- Library: providing specialized staff, comprehensive collection.
- Art, music, drama: developing artistic expression.
- Daily physical education: promoting lifelong fitness.
- Exciting field trips: visiting local and international sites.
- · Personal growth: mentoring and leadership programs.

Supplemental Education

#28, 523 Woodpark Boulevard, Calgary, AB T2W4J3

Email: youth@chabadalberta.org | www.chabadalberta.org

- Boys and girls, ages 5 to 12.
- Sundays, 10:00am to 12:15pm.
- Innovative school that provides a serious yet enjoyable environment for children to receive a broad knowledge of Judaism in a stimulating and challenging venue, where the children embrace their Jewish roots and gain a true sense of Jewish pride, no matter what their level of observance or affiliation.
- Program offers an advanced Hebrew and Jewish studies curriculum.
- Students learn to read and write Hebrew and gain an appreciation for the: who, what, when and why of Jewish life.



Supplemental Education

Kollel Kids! Jewish Enrichment Program (Orthodox).......... 403-454-7184 Email: gilaross@gmail.com

- Sundays, 10:00am to 12:00pm (snack included).
- A supplementary Jewish enrichment program for parents of children ages 3-12, who want to inspire their children with a love for Judaism! A professional, relevant and meaningful program offered through arts, song and drama. Open to all.

Email: office@templebnaitikvah.org | www.templebnaitikvah.org

- Fun, warm learning environment created by committed teaching staff, assisted by aides who provide extra support and one-on-one time when needed.
- Curriculum revolves around Holidays, Torah, prayer and contributions to our community – both Jewish and non-Jewish.
- Themes are covered in a progressive and age-appropriate manner.
- Hebrew instruction is provided to help with prayer service participation.
- Bagels and Blocks program, ages 3 and 4.
- Regular Saturday Shabbat school programming, ages 5+.
- Saturday mornings.



The following is a list of some of the supports and resources available in Calgary.

Health Information and Advice

Alberta Health Services – Calgary Growing Miracles . . . 403-943-5465(LINK) Pick up your FREE parent resource "Growing Miracles – The First Six Years with Your Child" from your nearest Community Health Centre (listed below

under Health Link Alberta).

Calgary's Child Magazine or e-Editionwww.calgaryschild.com

Available at over 600 locations including Calgary Public Libraries, City of Calgary Parks & Recreation facilities, Safeway, Co-op and Sobeys.

Calgary Moms..... www.calgarymoms.com

The website was created to provide a supportive environment for moms and future moms to connect and develop lasting friendships. The creators believe that a happy mom makes a happy family. That balance is the key... motherhood, marriage and relationships, activities and health, hobbies and leisure, quiet time and soul searching... they are all part of our lives as mothers. At "Calgary Moms" you will find support in all these areas.

Calgary Public Health Nurse contact Health Link Alberta for referral Families Matter Society

Connecting you with Education and Support	403-205-5178
Postpartum Support (8:30am - 4:30pm)	403-205-5177
Resource Line	403-205-5189

Food Safety Information Society 1-800-892-8333

www.healthlinkab.ca

This is a 24-hour-a-day, 7-day-a-week nurse telephone advice and health information service. Registered nurses give advice and information about health symptoms and concerns. Community Health Centres:

Acadia (132, 151 – 86 Avenue SE)	(403) 944-7200
Forest Lawn (2nd Flr, 3810 – 17 Avenue SE)	(403) 944-7300
North Hill (1527 – 19 Street NW)	(403) 944-7400
Northwest (109, 1829 Ranchlands Blvd. NW)	(403) 943-9700
Sheldon M. Chumir (1213 – 4 Street SW)	(403) 955-6200
Shaganappi (3415 – 8 Avenue SW	(403) 944-7373
South Calgary (31 Sunpark Plaza SE)	(403) 943-9500
Thornhill (6617 Centre Street North	(403) 944-7500
<i>Village Square (2623 – 56 Street NE)</i>	(403) 944-7000



Health Information and Advice Health Quality Council of Alberta (HQCA)
Baby Care and Feeding Services
Community Health Centre
Early Start (Calgary Health Region)
Health Link Alberta
La Leche League
Motherisk
www.motherisk.org Information related to the safety of medication use while breastfeeding.
Breastfeeding Clinics Helpful websites: www.breastfeeding.com, www.lalecheleague.org For breastfeeding support or assistance contact one of the following: Calgary Breastfeeding Centre (IBCLC)





Parent Support Groups			
Parent Development Centre			
Parents and Children Together (PACT)			
Parents in Partnership Committee			
SIDS Calgary			
YWCA Sheriff King Family Support Centre			
Counseling and Guidance			
The Calgary Counseling Centre			
Calgary Family Services			
Jewish Family Service Calgary			
U of C Family Nursing Unit			
U of C Family Therapy Unit			
Parenting Courses / Information			
 Calgary Health Region Infant / Child CPR			
Product Safety			
Health Canada Product Safety			



SPECIAL NEEDS SERVICES

Children with Special Needs

Calgary Allergy Network.....www.calgaryallergy.ca

A resource to find out about alleraies.

www.childrenslink.ca

A resource service for families who have children with special needs. We connect families to supports and services as well as other families. Our family link program provides opportunities for a family to meet with other families in an unbiased and non-judgmental atmosphere.

Post Natal Helpers Ltd 403-640-0844 (Contact: Lynn)

Provides part-time child care services for families with newborns, toddlers, preschoolers and / or special needs children. While in the home, the parent has the option to stay, to rest or to leave.

Information on Multiple Births

www.twinsandtripletsofCalgary.com

A non-profit parents-supporting-parents organization providing benefits and services including alternate prenatal program in conjunction with Calgary Health Region; new parents information sessions; parenting information workshops; used clothing, equipment and toy sales; library; newsletter; social events and more.

Website Resources

www.multiplebirthscanada.org, www.multiplebirthsfamilies.com www.twinsnetwork.com

Disclaimer The information contained in this guide is intended to provide helpful information for new parents. It is made available with the understanding that Calgary Jewish Community Council (CJCC), the Council for Jewish Education (CJEd) and Shalom Baby are not engaged in rendering spiritual, medical, health, psychological or any other kind of services. Any suggestions made in the websites referenced in this guide should not be adopted without seeking advice from the proper professional. Reference herein to specific commercial products does not necessarily constitute or imply its endorsement or recommendation by CJCC, CJEd or Shalom Baby.



FUN AND GAMES

Family Recreation
Butterfield Acres Farmwww.ButterfieldAcres.com
Calaway Park
Calgary JCCwww.calgaryjcc.com
Calgary Zoowww.calgaryzoo.com
City of Calgary Recreation Facilitieswww.calgary.ca Heated baby and toddler pools (check locations for pool type).
Glenbow Museumwww.glenbow.org All ages welcome.
Gymboree Play & Musicwww.gymboreeclasses.com
Heritage Park Historical Villagewww.HeritagePark.ab.ca Hands-on historical village.
Kindermusik www.kindermusik.com
Mount Royal
$Conservatory\ of\ Musicwww.mtroyal.ca/conservatory/children.shtml$
YMCA www.ymcacalgary.org Pools, fitness centers, courses etc



FITNESS FOR NEW MOMS

Classes

Calgary JCC 403-253-8600	
www.calgaryjcc.com	
Contact us to find out more about our Mom 'n' Tot Aquafitness class or another fitness class that would be perfect for you. We even offer babysitting while you work out.	
Heavens Fitness at the Calgary JCC	
Fitness should be fun! Heavens is pleased to offer a diverse drop-in schedule	
at the JCC, that has something for everyone! Led by our team of talented	

instructors, we offer over 20 classes per week to help you stay fit and have fun. Please visit www.calgaryjcc.com to download our monthly schedule.

