



INDOOR SWIMMING

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Spring is in the air (soon)!

By Erin Huiatt

Most central Iowa schools have their spring break from March 12-16. It is hard to determine whether there will be snow on the ground or sunshine and warmth. Either way, central Iowa has tons to offer to keep your children busy over the break. I have included a lot of guides to help you stay entertained. Make sure you save this resource as a tool. You will find open swim times, a destination idea, a list of camps and workshops, places to run and play indoors, and much more. As always, make sure you have downloaded our free app, which is constantly updated with events and activities as well. I can smell spring in the air. I cannot wait to get outside! ■



Erin Huiatt, editor
 midwestmomandwife@gmail.com
Twitter - @desmoinesparent
Facebook - @desmoinesparent
Instagram - @desmoinesparent

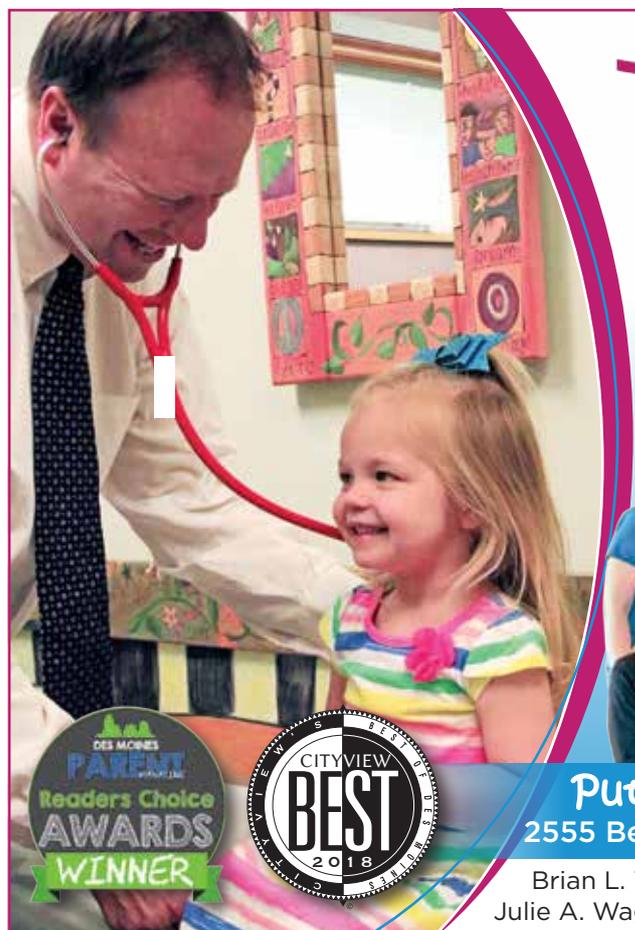
President & Publisher Shane Goodman
Editor Erin Huiatt
Vice President Jolene Goodman
Advertising Sales Director Dan Juffer
Advertising Executive Dawn Morgan
Design Manager Celeste Tilton
Graphic Designers Karen Ericson
 Jordan Aust
Advertising Assistant Kathy Summy
Digital Brent Antisdell
Distribution Manager Patrick Clemmons
Phone: 515-953-4822
Fax: 515-953-1394
Website: www.desmoinesparent.com
Address: 5619 N.W. 86th St., Suite 600
 Johnston, Iowa 50131

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The West Des Moines Library



We are highlighting another local library. The West Des Moines Library has tons to offer. Take a look at events, story times and activities they have planned weekly. Remember, your local library provides much more than just books.

REGULAR EVENTS

New! 1,000 Books Before Kindergarten

For parents and children ages 0-6
Read to succeed! The best and the brightest have parents who read to them. Register online and track the stories you share with your child. When you reach 1,000 books, earn a free book for your home collection!

Lapsit Time

Rhymes, songs, puppets and a short story for children 1 month through 18 months with an adult. Each week Mindy will introduce early literacy skills through rhymes, songs and play ideas that are easy to incorporate in baby's everyday activities. We will be focusing on sensory stimulation, animal sounds, fine and gross motor skills and, of course, fun!

Mother Goose Time

Stories, rhymes, flannelboards, gentle tunes and puppets for children 6 months old through 2 years with an adult. Each week Megan will

incorporate rhymes and songs that emphasize and reinforce body part identification, counting, rhythm, sensory stimulation, fine and gross motor skills, and animal sounds.

Oliver's Puppy Tales

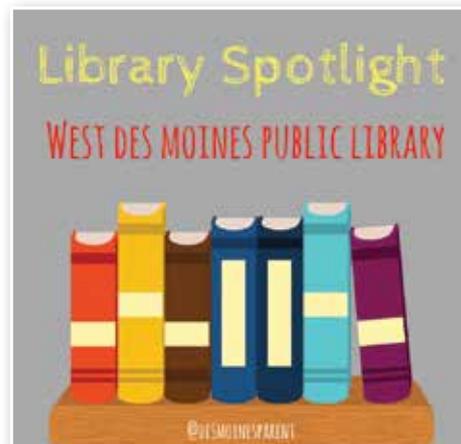
Picture books, action rhymes, flannelboards, puppets, and songs for the whole family! Join Amy and puppy Oliver in the Community Room at the front of the library for stories, songs, and rhymes followed by gross and fine motor play — all with an early literacy focus! For ages 1-4 with an adult. Drop-in sessions are offered on Thursdays and Fridays at 10:30 a.m.

Family Storytime

Join Nate in our Storyroom for loads of stories, flannelboards, movement rhymes, and music! Each week we will focus on a specific early literacy skill and provide tips and tricks for parents and caregivers to try at home. These drop-in sessions take place on Wednesdays at 9:30 and 10:30 a.m.

Nighty-Night Storytime

Nighty-Night Storytime follows the same format as our Family Storytime. This program is a drop-in session (no registration) for all ages and takes place Monday evenings in the Storyroom.



Kids Club Read

If you like to read and talk about books, this club is for you. Each month we will have a short discussion then do an activity related to the book. Some of the activities we have used in the past include: Jeopardy, Minute to Win It challenge, writing or drawing. Register at the children's desk or call 515-222-3405.

Tale Trail

Come check out our current book "All the World" by Liz Garton Scanlon, illustrated by Marla Frazee, in our Tale Trail. You can start out on the walking trail at the south side of the library, facing Mills Civic Parkway, and make your way to the tunnel and towards Ashawa Park to read the story.



SERVICES

Book Club Sets

Do you have a school or neighborhood book club but have trouble finding enough copies of the book? We have you covered with our book club sets.

Request A Visit

The West Des Moines Public Library Youth Services Department is pleased to provide library visits for day care centers, preschools, public/private schools, scout troops, homeschoolers and other organizations located in the city of West Des Moines. Enjoy a lively storytime, learn about the importance of the library in the community, or take an exciting behind-the-scenes tour. We can also come to you. To schedule a library visit or a visit by a librarian to your facility, please fill out the form located on our website. We will contact you via email shortly to organize a visit.

Book Lists

At the West Des Moines Library, we try to anticipate the needs of our patrons by creating

lists of books on popular themes. All of our children's book lists are available on our website, starting with the Elementary Book Lists and followed by the Picture Book Lists. For each book list, there is a printable PDF file available, and (when possible) there is also a link to the list in our catalog.

Guided Reading at WDM Library

Have you ever heard your child's teacher say that your child is a "Level M" reader? Confused about what that means? The WDM Library offers assistance finding the right books for your young readers. Stop at the children's desk for personal assistance any time the library is open. You can even search your child's guided reading level in our online catalog from home.

****Note:** Some programs require registration. Check our calendar at www.wdmlibrary.org/calendar for full details. ■



Link to original post:
<https://desmoinesparent.com/the-west-des-moines-library/>



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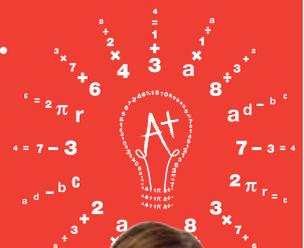
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Family Fun at the Great Wolf Lodge

Winter in the Midwest can be brutal. There is either several feet of snow, deep-freeze temperatures or all of the above. Finding a place to experience paradise, not far away from home, is a great way to kill the winter blues. Looking for a spring break destination? This is a great option!

Our family was invited to the Great Wolf Lodge in Bloomington, Minnesota and we completely forgot about the outdoors all weekend.

Bloomington, Minnesota is approximately 3.5 hours away from the Des Moines metro area, making it a super short car ride. We left Friday afternoon and came back Sunday afternoon, which was the perfect amount of time to experience all the fun that Great Wolf Lodge had to offer.

THE WATERPARK



In the middle of the Great Wolf Lodge resort is the 75,000-square-foot indoor water park, which is heated at all times to 84 degrees.

The highlight of the trip was the large indoor water park filled with slides, a lazy river, wave pool and more. Our favorite slide was the huge River Canyon Run which featured a splash cinema. Before you hop on your tube, you are able to pick a theme, and, as you ride down the slide, the lights and music change based on the theme you chose.

Monte's favorite was Crooked Creek, also called a lazy river. The entire river circles around the water park and is about 3 feet deep. You can ride on floats or let the water carry you around. Crooked Creek ends and begins in Slap Tail

Pond which is a fun wave pool. The wave pool has a zero-depth entry and goes up to five feet in the deep end.

Have little ones? Fort Mackenzie offers hours of fun for small children. It has an amazing fort tree house, water toys and kid-activated splash featured. Fort Mackenzie also offers three slides perfect for little ones. The highlight is the gigantic bucket of water that tips on you about every 20 minutes. Since our kids are a bit older, this was a great place for the kids to explore and play while we sat back and enjoyed ourselves a bit.

Water park hours: 10 a.m. to 8 p.m. daily

All water park attractions are included when you stay at Great Wolf Lodge.

TIPS

- Bring your own beach towels. The hotel does provide towels, but they are smaller.
- Bring flip flops. You will more than likely be walking back and forth from the water park to the arcade or your room. Having flip flops is a great idea!
- Pack a swimsuit cover up. Walking through the hotel lobby in just your suit can be chilly.
- Try to bring nothing into the water park except the necessities. There is plenty of seating and small lockers available (for a cost), but I recommend not bringing any valuables down such as your phone or money.
- If you have floaters or a life jacket, bring them! They do have several life jackets and arm floats available as well.
- Set up privileges to use your wristband to purchase things. You will be given a wristband when you check in, which gives you access to your room and water park and lets you purchase food and drinks. This is a great way to cut down on items you carry around with you.

ACTIVITIES

All of the activities that Great Wolf Lodge offers provide a great way to break up the water fun. The kids loved story time and character appearances from Wiley and Violet the Wolf. There were fun kids' yoga classes, a time to get balloon animals, crafts, Wolf Walk and more.

I loved how everything was connected with a theme. It really felt like a mini Disney World with all the characters, activities and attractions that correlated with the stories and characters of The Great Wolf Lodge.

Activity hours

Offered several times throughout the day. When you check in, you will receive a schedule. All activities are included when you stay at Great Wolf Lodge.

TIPS

- Create a game plan. Take a look at the schedule and decide on what activities you do not want to miss, and schedule your time around them. Most of the activities are in the lobby or upstairs near the bowling alley.
- If you are planning to go to the evening story time, get there early! This is a popular time to attend story time and the area fills up fast.

ATTRACTIONS

There are so many attractions, and they provide another great way to have fun, if you get tired of swimming.

Northern Lights Arcade: Full of fun arcade games where you can win tickets and claim prizes.



Oliver's Mining Co.: A fun way to play in the water and dirt. Sift your way and find beautiful gemstones and minerals you can take home with you.

Rustic Ridge Climbing Wall: This 21-foot climbing wall offers different climbing challenges for every age and skill level. The staff was super helpful with putting on the harnesses and guiding them up the wall.



MagiQuest: This idea is genius! A great way for you to explore Great Wolf Lodge and have fun at the same time. Your child can choose a special magic wand, and then they can use it to play the game throughout the hotel by opening treasure chests, turning on crystals, battling an evil dragon, defeating the Goblin King and more. The wand contains a special laser so you can keep track of where you are in your game throughout your entire stay.

Creation Station: If your child falls in love with a character from the Great Wolf Lodge, they can choose a friend and watch them get filled. There are tons of outfits and accessories to pick from as well.

Ten Paw Alley: We enjoyed bowling! It was our kids' first time bowling, and this was the perfect place to give it a try. The lanes are half the length, only five pound balls are available and you can use bumpers. A dream for any little bowler.



Scoops Boutique: Have a little girl in your life? Enjoy some spa time at the boutique. Your child can get her hair braided and get glitter tattoos, hair chalk and more.

Howlers Peak Ropes Course: Have fun while balancing on ropes, crossing bridges and climbing through different obstacles. There are three different courses and one specially designed for younger children. I was very proud of Monte when he decided to give it a try!

CONTINUED ON NEXT PAGE...

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Family Fun at the Great Wolf Lodge continued

Attraction hours: Hours vary

Attractions are not included with your hotel stay, but they do offer great ways to save money when purchasing. If you are wanting to do several attractions, I highly recommend purchasing a Paw Pass. A Paw Pass is basically a punch pass that includes access to several of the attractions. They have different levels depending on what you are wanting to experience.

TIPS

- Purchase the Paw Pass! Trust me, it will save you money. It is easy to add to your package when you book your stay.

FOOD

There are tons of yummy options for food including Barnwood Bar, where guests can enjoy locally sourced small, shareable plates and craft cocktails, and Campfire Kitchen, which has a great breakfast and dinner buffet daily. They also have Hungry As A Wolf, Dunkin' Donuts, Ben & Jerry's, The Watering Hole and more. There is really no need to leave the hotel!

The Great Wolf Lodge culinary team is well-

versed in common food allergies and dietary restrictions. They are proud of their kitchen facility being peanut and tree nut free. Any guests who would like to discuss their dietary needs before their stay are encouraged to email food.minnesota@greatwolf.com.

YOUR ROOM

There are several different themes and types of rooms and suites that you can book. Most rooms have bunk beds, which adds a bit more fun for the kids. Each room also offers a TV, refrigerator and microwave. Perfect if you are planning to bring snacks.

Your room key is your wristband, which allows you to not worry about carrying a bunch of stuff during your stay. Another great feature with the wristbands is, if your child gets lost, the staff can scan the wristband on your child to find you. I absolutely love this, because it can get crazy busy.

TIPS

- Bring snacks. I highly recommend taking sandwiches, granola bars, hard boiled eggs, juice

boxes, water bottles, etc. This will save you tons of money in the long run.

- To get more water park or attraction time out of your stay, you can enjoy the water park before you check in and the same day you check out until close. Make sure you pack your swim gear separately and you can check your bags behind the desk.

OTHER DETAILS

- The Great Wolf Lodge Minnesota provides a shuttle to the Mall of America.
- Check out the Wine Down Service. Perfect for mom and dad after the kids are asleep.
- The services and water park are only available for those who are staying at the hotel. This provides an exclusive feel.
- Each season Great Wolf Lodge has a special theme that they incorporate in their decorations and activities. ■



Link to original post: <https://desmoinesparent.com/great-wolf-lodge-minnesota/>



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Indoor Swimming in Central Iowa

If you are not able to get away to somewhere tropical over spring break, take a look at some great options where you can take a dip in the water indoors.

AmericInn Ankeny

1610 S.E. Oralabor Road, Ankeny
515-964-2004
Sunday – Thursday, 7 a.m. to 10 p.m.
Max of 5 people can swim per group.
\$5 per person

Summit Pool

9500 Windsor Parkway, Johnston, IA 50131
515-986-0951
Saturday and Sunday, 1:30-3:20 p.m.

Please double check hours before you go. Daily admission, punch cards and season passes are good for open swim, lap swim and some special events. Season passes are good for one year from the date of purchase.

2 & under - free; 3 - 18 years - \$2; Adult - \$3

Visit www.johnstoncsd.org/commed/ programs/aquatics to confirm open swim times and days.

Urbandale Indoor Public Pool

7201 Aurora Avenue, Urbandale, IA 50322
515-278-3959
Monday – Thursday, 7-8:30 p.m.
Saturdays and Sundays, 1-4 p.m.

During public swim, the pool is available to all ages for general play and use of the diving board. Bring your own lock to lock a locker. If you forget a padlock, you can purchase one at the pool for \$5. Enter pool area through locker rooms, taking a shower prior to entering the pool. No access to the pool area is allowed through the side emergency exit. No food or drink in locker room. Visit www.urbandalepool.org for special events and dates they may be closed.

2 years of age and under free with paid adult;
3 years of age and older: \$5. Annual Passes are available.

YMCA

All locations

Community members may utilize YMCA facilities (including the pool) as a visitor by purchasing a visitor pass at any location: Youth



\$5, Individual, \$15 or Family \$30. Time and day usage restrictions may apply. Visitors are limited to 10 passes per calendar year.

Open swim times are listed on the website at dmymca.org/schedules, via their mobile app, or posted onsite. ■



Link to original post:
<https://desmoinesparent.com/indoor-swimming-in-central-iowa/>



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Jellybeanstreet: Art For a Cause

By Erin Huiatt



Monte and I love to go on special “date nights.” It had been awhile since we had been on one, so we decided to check out what a Jellybeanstreet Workshop was all about.

This workshop is so much more than just creating art. It is an hour-long activity using different techniques, items, colors and more to create fun masterpieces. Our instructor and owner of Jellybeanstreet Iowa, Stacey Schuurmann, was super interactive with the kids as well. She asked them what would happen if they combined certain colors, demonstrated different paint strokes and more. It was also a very educational experience.

Monte worked hard using his paint and all of the supplies given to him to create unique pictures. At the workshop, your child is given large sheets of paper. They can paint and do whatever they wish on those sheets. As a parent, you can help guide them and give different ideas of what to do. Your instructor will come around periodically to take the picture and give your child another blank sheet. Throughout the workshop, your instructor collects these pictures and sets them in a

safe place to dry. She will then submit all of these papers to the graphic designer at Jellybeanstreet.

Monte created approximately 10 masterpieces and his favorite was when he got to splash the balloon on the paper to create a unique pattern.

He did not really understand why we were not taking the pictures home, but a few weeks later, I was so excited to show him his final masterpieces!

Within a few weeks, a graphic designer will send you mock-ups of what they have created from what your child painted at the workshop. It is really neat to see all of the strokes and different techniques combined into one painting. When you receive your mockups, you have the opportunity to submit one change if you would like, such as a color change.

The artwork is then published on the website where people from all over the world have the chance to purchase it. My favorite part of Jellybeanstreet is that 60 percent of the profits go to a nonprofit of your child’s choosing. Not only are they learning and creating art, but they are also learning to give back to the community.

Monte decided he wanted to support the Des Moines Children’s Museum. ■

Sign-up for a workshop!

Jellybeanstreet Iowa offers workshops regularly. You can take a look at her schedule and book at <https://usa.jellybeanstreet.com/iowa>
Cost: \$30 per child (adult is free)
Additional \$35 to have graphic designer



Link to original post:
<https://desmoinesparent.com/jellybeanstreet-art-for-a-cause/>



Do You 'Math' With Your Child?

By Dan Gelbach

Most parents are eager to help their children do well in school, but they're not giving them the tools necessary for success in their math classes. Parents play a huge role in instilling the number sense their children require to be successful.

How many of you parents out there "math" with your kids the same way you read with your kids?

I'd like to introduce you to a verb I use often, and one I hope will become part of your daily life.

Math

Verb (intransitive): math, mathed, mathing

: to practice mathematics

: to work on developing number sense

: to use math skills in every day life

Examples: "Please turn the TV off, I'm *mathing* and I need to concentrate."

"Let's *math* together after school today."

"I *mathed* with Mom after dinner last night, and I was prepared for my geometry pop quiz this morning."

Parents understand the necessity of reading with their child and make an effort to do so often, but when it comes to mathing with their child, they are often at a loss, particularly when their student moves beyond primary school curriculum. Many parents simply haven't been taught how to help their children build the skills they need to be successful in math.

Mathing is as fundamental to a child's cognitive development as reading, and it can be fun. After all, children don't innately hate math. They hate being confused, frustrated and embarrassed by math. Math with your

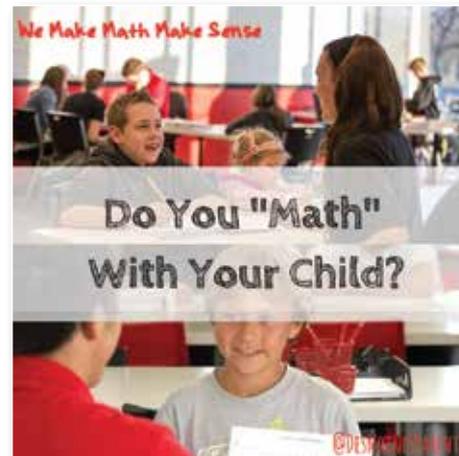
child often to work through confusion and boost their confidence. Once they understand math and possess number sense and numerical fluency, curiosity and passion will follow naturally.

I've created some simple Dos and Don'ts to follow as you work with your child to stay on track in their math studies. (See below)

Following these Dos and Don'ts will not solve everything, as students need to continuously nurture their math skills and number sense with practice.

Mathnasium Learning Center has three locations throughout the Des Moines area: West Des Moines, Ankeny and Johnston-Grimes. Our expert math staff is passionate about helping kids in our community improve and excel in math through our year-round math programs. Call us today and see how we can help your child!

Dan Gehlbach is the owner and center director of Mathnasium of West Des Moines. ■



Link to original post:
<https://desmoinesparent.com/do-you-math-with-your-child/>



Dos:

1. **Do math with your children just as you read with them.**
2. **Do make sure your children get math homework done in a timely fashion.**
3. **Do meet with your child's math teacher from time to time so that you know what is going on beyond the report card (your child's attitude, whether there is a need for extra help or enrichment, etc). Work with your child's teacher to set realistic goals for the current school year and for the future.**

Don'ts:

1. **Don't let your negative experiences in the math classroom influence your child's education.**
2. **Don't let your child use a calculator until the child has developed genuine number sense.**
3. **Don't let your child be put in a math class that the child is not ready for — that is, a class where the child does not have the prerequisite knowledge necessary for success.**

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Can't-miss events around Des Moines

Sunday, Feb. 25

Iowa Youth Chorus Synergy Concert

Iowa Youth Chorus is partnering up with Central Presbyterian Church for this year's concert. The middle school and high school choristers will spend

the afternoon learning about African Drumming from Fonziba Koster, one of the most dynamic and interactive music educators you will ever meet. They will share what they learned as well as perform music that is influenced by African American composers and styles of music, 4-6 p.m. at Central Presbyterian Church.

Learn more at <https://iowayouthchorus.org>.



Friday, March 2

Friday Funday at the Des Moines Community Playhouse

Community Playhouse

Do not miss this interactive theatre show for children ages 4-6 years.

This is a great activity for preschools, kindergarten classes and families. This month is Pinocchio! Performances are at 9:30 a.m., 10:45 a.m. and 1:30 p.m.

Learn more at www.dmplayhouse.com.

Friday, March 2 - Sunday, March 4 Kidsfest

Do not miss the annual Children's and Families of Iowa's Kidsfest at The Varied Industries Building on the Iowa State Fairgrounds. There will be attractions and fun for the entire family. Learn more at <http://cfiowa.org/all-cfi-events/kidsfest>.



Wednesdays March 7 - April 11 Baby & Me Yoga

Join Certified Postpartum Doula and Certified Baby & Me Yoga Instructor Erin Huiatt for this fun series. Baby & Me Yoga is a great way to move and connect with your babies. She will be offering a 6-week series at Uplift Fitness Studio in Grimes. Perfect for newborns to early crawlers. \$60 for 6-week series or \$12 drop-in class, 9:30-10:15 a.m. Learn more and register at www.upliftfitnessstudio.com.



Saturday, March 3 Mother-Son Fun Night

Enjoy a special night at the Mother-Son Fun Night at Pioneer Columbus Community Center. Enjoy live animals from the Blank Park Zoo, a video game truck, a "Ninja Warrior" style obstacle course, a live magician, face painting, meeting members of the Des Moines police and fire departments, touring the Des Moines Boxing Club workout room and testing your sports skills with members of local sports teams. When you run out of fuel, get some pizza and a drink to be ready for more action. Tickets are \$10 per person. Event is designed for children ages 5-12 years. 6:30-8:30 p.m. Purchase your tickets at www.dmgov.org.





Saturday, March 10

Easter celebration kick-off

Visit Valley West Mall for an Easter celebration kick-off. Join The Little Mermaid and Snow White from 10 a.m. to noon. The Easter Bunny will be there, too, and the train experience will be up and running. Learn more at <http://valleywestmall.com/>

Tuesday, March 13

Homeschool Iowa at the Iowa State Capitol

Come join Homeschool Iowa for a day of learning and fun at the Iowa State Capitol! Morning activities include educational training in how to talk with legislators, Capitol Building tours, a scavenger hunt with prizes, and more! Pre-register for an amazing lunch catered by the Iowa Machine Shed Restaurant. Afternoon sessions feature special guest speakers, a review of legislative issues and opportunities, and an interactive Civics 101 class for kids of all ages. 8:30 a.m. to 3:30 p.m. Pre-register at <http://homeschooliowa.org>.

Saturday, March 17

Friendly Sons of St. Patrick parade

Do not miss this Des Moines St. Patty's Day celebration! Enjoy the Friendly Sons of St. Patrick of Central Iowa parade in Downtown Des Moines. Starts at noon. View the parade route at www.friendlysonsiowa.com/parade.



Saturday, March 17

Spring Tea Party

Enjoy a Spring Tea Party at the Grimes Public Library. Bring your favorite adult and join them in a light lunch and story, tea party games, and spring craft. Fancy tea party attire encouraged, but not required. For ages 4-8 years with an adult. 11 a.m. to 12:30 p.m. Register at www.grimes.lib.ia.us.



Saturday, March 23

Parent's Night Out

Make it a date night and let the Walnut Creek YMCA hang with your children for the evening. Parent's Night Out is from 6-9 p.m. They will enjoy kid-friendly theme with crafts, outside play time (weather permitting), bouncy house, playing games and/or watching a movie. Dinner will be served. \$15/child for members; \$20 per child for nonmembers. Pre-registration is required. Learn more and register at www.dmymca.org.



For more events around Des Moines, go to www.desmoinesparent.com/event-calendar



Indoor play this winter

Spring Break in central Iowa can consist of snow, cold temperatures or sunny skies and rain storms. Save this list for some great indoor play ideas over spring break. These are great options to get out, run around and play and meet other families.

Adventureland Inn

3200 Adventureland Drive, Altoona

Every day

8:30 a.m. to 10:30 p.m.

Play area is open to guests and the public every day.

Apex Athletics

3800 Merle Hay Road

Wednesday and Friday

9 a.m. to noon

All ages are welcome. \$5 a family, cash only. You can drop them off or stay and play. Come learn and play on the mats, trampoline, unique obstacle courses, games and more. Learn more at <http://apexathletics.net>.

Backyard Adventures

3135 99th St., Urbandale

Admission is \$5 per child age 2 and older

Monday - Friday (No holidays)

10 a.m. to 5 p.m.

The showroom and party room are open for children and their parents to come enjoy the great play sets that we sell. For \$5 per child age 2 and older (adults older than 18 don't have to pay), you can play as long as you like during the open play hours. Groups of eight or more children please call in advance. They also ask groups to plan their outings for after 1 p.m. when scheduling their group. Come have a great time in their clean, safe, climate-controlled environment. At least one adult per four children is required for supervision purposes. There is no food or drink allowed outside the party room. Footwear is encouraged to be worn by the children. Backyard Adventures provides their party room with tables and chairs for you to have snacks or lunch. Bottled water is included as well as the use of a full size refrigerator and freezer for any food and drink items you bring. Plain paper plates, napkins, plastic forks, plastic spoons, and plastic cups are also provided. Learn more at www.backyardadventuresiowa.com/openplay.

Des Moines Children's Museum

Valley West Mall, Upper level

Monday: 9 a.m. to 12:30 p.m.

Thursday: 5-7:30 p.m.

Saturday: 10 a.m. to 5 p.m.

Sunday: 11 a.m. to 5 p.m.

\$4.50 for children 1-10

Punch cards will be \$20 for five admissions

No admission is required for children younger than 1 or adults, but donations are very much appreciated.

Do not miss the first location for Des Moines Children's Museum. This is a great place to come play, make believe, explore and have fun. Do not miss story time on Mondays at 10 a.m. Included with admission. Learn more at <https://dsmchildrensmuseum.com>.



Grimes Community Center

410 S.E. Main St., Grimes

Family Open Gym: Monday – Friday, 8 a.m. to

5 p.m.; Sunday, noon to 3 p.m.

Kids 10 and under must be directly supervised by an adult. Open to all families and no registration needed.

Bounce & Play: Monday, Wednesday and Friday, 9 a.m. to noon; Monday and Wednesday, 4-7 p.m.

Going stir-crazy at home? Need a place to get out with the little ones? Well, here's something for you. The Grimes Park and Recreation Department sponsors a weekly Bounce and Play Time for young children and their parent/guardian at the Grimes Community Complex. Families can go between Rooms 201 and 203 and the gym. Bounce house is on during morning times only, 10 a.m. to noon. Learn more at www.grimesiowa.gov.



Hop-A-Lot Rentals Indoors

Merle Hay Mall next to the food court

515-255-9620

Monday – Saturday, 10 a.m. to 9 p.m.; \$6 per child

Sunday, 12-5:30 p.m.

Friday- Sunday, \$8.50 per child

2 years and under (if playing) \$5 per child

Monthly pricing available as well.

Run around, bounce and play on all the fun inflatables that Hop-A-Lot has to offer. Learn more at www.hopalotrentals.net/hop-a-lot-indoors.



Imagination Playschool

Pioneer Columbus Community Center, 2100

S.E. Fifth St., Des Moines

November - March

Monday, Wednesday and Friday

9 a.m. to 2 p.m.

Working parents! Special evening

Imagination Playschool will be held every third Friday until 7:30 p.m., including Feb. 16 and March 16.

Imagination Playschool. Imagination Playschool allows kids 7 and younger the chance to make new friends and play on all kinds of equipment: climbing tower, imagination playground, big wheels, play houses, tumbling mats, and gymnastics. They offer a bounce house on the last Friday of the month only. Learn more at www.dmgov.org.

Indoor Playground

Valley Junction Activity Center, 217 Fifth St., West Des Moines
Monday and Wednesday; 10 a.m. to noon
Ends April 5

Need to get out of the house and let that toddler run off some steam? We've created an indoor playground that can help get the job done. Toys, slides, and riding toys will challenge your child for a day of fun! Parents are required to stay and supervise their children. 4 years and under with an adult are free!



Infinity Gymnastics Academy

3001 99th St., Urbandale
515-276-4191
Thursday; 9:30-11 a.m.
Saturday; 10-11:30 a.m.

Drop in for open gym! Every Thursday and Saturday until the end of the year. Ages 18 months to 5 years. \$7 per child. Learn more at www.infinitygymnastics.com.

Playground for Kids

2401 S.E. Tones Drive #7, Ankeny
Monday, Wednesday and Friday
10 a.m. to 8 p.m.
Tuesday and Thursday
10 a.m. to 4 p.m.
2-12 years old \$8.99
Walkers up to 23 months \$5.99

The Playground For Kids was created by local parents with active children. "As parents, we were always trying to find local places to take our children to play where we weren't handing out quarters the whole time. We were running out of options, so we created The Playground For Kids. Parents will enjoy watching their children smile as they bounce on our five inflatables and crawl in our enormous treehouse structure with a triple lane rainbow slide, cork slide, Wacky Ballroom and much more. Learn more at www.theplaygroundforkids.com.

Rainbow of the Heartland

3946 N.W. Urbandale Drive, Urbandale
Monday – Friday, 10 a.m. to 2 :30 p.m.
\$10 per child age 2 and over for 2 hours of fun

There are no limits to the grins and giggles at our playroom. That's because your kids are invited to jump, climb, swing, and play in our indoor showroom for just \$10 per child. Learn more at www.rainbowoftheheartland.com/open-play.

Sapphire Gymnastics

11401 Meredith Drive, Urbandale
Open Gym: Saturday 1- 2 p.m.
Family Fun Night: Friday, 5:30-6:30 p.m.
Open Gym is available for members ages 5-18 and nonmembers ages 5-14. All participants must have a waiver signed by his/her guardian on file. Learn more at <https://www.sapphiregymnasticsacademy.com/>

Skate North Incrediroll

5621 Meredith Drive, Des Moines, Iowa
Wednesday's

Bring Your Ride It's Toddler Time: 10 to 11 a.m. Bring your push toy, bike, etc. and burn off some energy indoors! \$2 admission

Toddler and Family Buck Night: 4-5 p.m.
Admission \$1, roller skates \$1, in-line skates

and skate mates \$3 each. Open to ages 10 and younger and older siblings with parental supervision. The normal Buck Night will still be 5-8 p.m. and you have the option to stay at no extra cost.

Learn more at <http://skatenorthdsm.com>.

Triad Gymnastics

2202 S.E. Creekview Drive, Ankeny
Lunch Bunch: Monday, Wednesday and Friday, 9:30 to 11:30 a.m. or 11:30 a.m. to 1:30 p.m. Ages 3-8, \$10/students, \$15/nonstudents, half price for Lunch Bunch 2 if doing both.
Home School Open Gym: Tuesday and Thursday, 1-2 p.m. Ages 3 and older; \$7/child
Parent and Tot: Tuesday and Thursday, 9-10 a.m. or 12-1 p.m. Ages 1-5. \$6/student; \$8/nonstudent.
Learn more at www.triadgymnastics.com.

Valley Community Center

4444 Fuller Road, West Des Moines
Monday - Friday
9 a.m. to 1 p.m.
The Valley Community Center has so much to offer for everyone! It truly is a warm and cozy place to bring your little ones when it's cold outside. They have free Wi-Fi, a warm fireplace, Maplenol Café, where you can purchase warm drinks and snacks, and a large jungle gym where your children will spend hours playing. They also offer a variety of classes for a small fee of \$5.

Learn more at www.valleycommunitycenterdm.com.

Waukee Tot Lot

Waukee Public Works Building
Mondays, 8:30-10:30 a.m.
Wednesdays, 8-10 a.m.
Ends March 28

Head over to the Waukee at the Public Works Building for some indoor free fun for your little one. Let the kids run off steam and play where it's warm. ■

 [Link to original article:
https://desmoinesparent.com/indoor-play-this-winter/](https://desmoinesparent.com/indoor-play-this-winter/) 

Swim Lessons in Central Iowa

We may be still wearing hats, gloves and winter coats, but soon enough our children will be wanting to take a dip in the pool. Now is the time to do your research and begin registering your child for swim lessons. The very first step is to determine whether you will start now with indoor lessons or wait until the pools open. I have done the digging for you. Take a look at the options available in central Iowa and make the decision that is best for you.

Please note that West Des Moines, Indianola and Ankeny did not have swim lessons details available when this list was created. This list will be updated online when more details are available.

Altoona Campus

Lessons are two evenings a week for 5 weeks.

Water Babies: Infants and toddlers 6 months to 3 years. Familiarizes children with the water. Provides parents with safety information and teaching techniques. This is a true bonding experience for parents and children. Classes are further broken down to level 1 for 6 months to 18 months and level 2 for 18 month to 3 years. \$40

Beginners: General guidelines, 3 to 6 years of age. Broken down into two levels. Members \$55; Nonmember \$80

Intermediate: General guidelines 6 to 9 years of age. Broken down into two levels. Members \$55; Nonmember \$80

Swimmer: General guidelines 9 to 11 years of age. Broken down into two levels. Members \$55; Nonmember \$80

Advanced: General guidelines 11 years of age or older. Members \$55; Nonmember \$80

Take a look at description of each level at www.altoonacampus.com/aquatics/swimming.

Aqua Tots Swim Schools

Aqua Tots breaks down their levels into Parent & Tot, Beginner, Intermediate, and Advanced. Within each level, it is further broken down. They offer sibling discounts. Visit www.aqua-tots.com/locations/usa/iowa/west-des-moines for description of levels and when classes are offered.

Pricing:

1 day/week \$79 month

2 days/week \$144 month

3 days/week \$205 month

Clive Parks & Recreation

Registration for Clive residents: Tuesday, May 1

Registration for nonresidents: Tuesday, May 8

Times and dates may be subject to change. There are several options of times and dates. Group lessons are Monday-Thursday for week 1 and Monday-Wednesday for week 2.

Preschool Aquatics: 3 to 5 years. Estimated ratio 1 to 5. Preschool Aquatics aims to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression through three levels of courses. \$42

Learn to Swim: 6 years and older. Estimated ratio between 1 to 6 and 1 to 10. Learn to Swim is broken down further into different levels. Level



1 being an introduction to water skills all the way to level 6, swimming and skill proficiency. \$42

Private Lessons: Ages 5 and older. Benefits of private lessons in addition to one-on-one instruction include conquering previous fears, adapted goals, and more practice time with direct instruction and feedback. Instructors use American Red Cross Learn-to-Swim progressions at an individualized pace. \$80

Semi-Private Lessons: Ages 5 and older. Semi-private lessons offer a similar experience but with two students and one teacher. Youth must be within one progress level of one another. \$60/child

Register and learn more at www.cityofclive.com/residents/aquatic-center.

Des Moines Parks & Recreation

Classes and dates have not been announced for 2018. There are three different class format option including a 1-week format with five classes for 45 minutes, 2-week format with eight classes for 35 minutes or private lessons with four classes with 30-minute lessons.

Baby/Infant and Me: For children ages 6 months to 3 years. The goal is to assist you in helping your child become comfortable and oriented in the water. A parent must accompany each child. Children not toilet trained must wear swim diapers. \$30

Preschool Swim: For children ages 3-5 years. Bridges the gap between Baby/Infant and Me and Learn to Swim. Parent must accompany the child in the water at the beginning of the session and may gradually be eased out by the instructor. Child will learn introductory water safety skills. Children not toilet trained must wear swim diapers. \$30

Learn to Swim: Learn to Swim lessons consist of five comprehensive levels that teach people of varying ages and abilities how to swim skillfully and safely. Each level includes training in basic water safety. All aquatic and safety skills are taught in a logical progression. The objective is to teach people to swim and be safe in, on and around the water. Minimum age 5 years. Class ratio is between 1 to 6 and 1 to 10. \$30

Private Swimming Lesson: Minimum age 6 years. This provides an opportunity to enhance skills learned in group lessons. \$30

Visit www.dmgov.org/departments/parks/pages/aquaticsandwatersports for level descriptions and to register.

Summit Pool

Learn to Swim: Learn to swim lessons are broken down into different levels starting with Parent/Tot through level six. These courses consist of eight, 30-minute lessons. \$54 per class

Private Swim Lessons: Four one-on-one, 30-minute lessons. \$80 per class

Register and look at descriptions of each level at www.johnstoncsd.org/commed/programs/aquatics/aquatic-programs.

Urbandale Swimming Pool

For more details or questions call 515-278-3959.

Parent and Child Lessons: Class size is 5 to 10 children. Broken into children 6 months to 18 months and children 18 months to 3 years. This class will focus on ways for you to enjoy water with your child. An adult must be in the water with the child throughout the class time. This class is designed to make your child more comfortable in, and enjoy being

around, the water. Lessons are four nights a week for 2 weeks. \$45

Preschool Lessons: Broken down into three levels. Class size ranges from 2-4 children. Lessons are two nights a week for 3 weeks. \$45

Learn to Swim: Participants must be 5 years of age and a minimum of 45 inches tall. These lessons are broken down into six levels. Lessons are two nights a week for 3 weeks. \$40

Register and take a look at descriptions of each level at www.urbandale.org/300/Classes-Lessons.

YMCA

Each location offers different times and classes. Lessons are open to members and nonmembers. Lessons are weekly for 6 weeks. Members \$60; Nonmembers \$120.

Waterbabies: For ages 6 months to 3 years. A parent/child class.

Preschool Levels: For children ages 3 to 5 years. Broken down into four levels including Pike, Eel, Ray, and Starfish.

School Age Levels: For children 6 years and older. Broken down into six levels including Polliwog, Guppy, Minnow, Fish, Flying Fish and Shark.

Register and learn more at www.dymca.org/y-programs/swim-sports-and-play/swimming. ■



Link to original article:
<https://desmoinesparent.com/swim-lessons-in-central-iowa/>



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Education 9:00 AM

Worship 10:15 AM

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Childcare is available 9:00 – 11:30 AM



3829 Grand Avenue
Des Moines, Iowa 50312
(on the corner of 39th & Grand)

www.dmcpc.org
office@dmcpc.org
515-279-3658

CentralPresDM

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SUMMER
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Located on 500 acres of rolling prairie filled with bubbling streams and nature paths begging to be explored, Living History Farms' outdoor day camp setting lets kids connect to history, science, and nature. Campers fill their days with fun and engaging outdoor experiences, hands-on activities, games, crafts and visits to Living History Farms' historic sites. The fun and learning never stops at LHF Summer Day Camp!

Sign up now at www.LHF.org



11121 Hickman Rd, Urbandale, IA 50322 | (515)278-5286 | www.LHF.org

Happy St. Patrick's Day

COLOR THE LEPRECHAUN



Snow tubing with small children at Seven Oaks

By Eva Helps

It was almost above freezing (finally!) and my son's seventh birthday, so I was looking for a special family friendly experience for us to burn off some energy. We decided a family trip to Seven Oaks in Boone for some snow tubing was in order.

I hope to take them skiing someday, but this was a short afternoon for snow tubing, and we weren't looking for lessons. Although their site does provide all the ski/snowboarding information if your kids are a bit older than mine (5 and 7) or you want to spend a full day. I hopped on their site to double check both boys would be able to tube and found these quick rules:

Snow tubing rules

- No riders or tubers younger than age 4
- All tubers must ride in their own tube
- No ski boots may be worn
- Tubes may not be reserved

We were all older than age 4 and willing to ride in our own tubes, so we were ready to go!

We got all of our clothes layers and snowboots on, then packed up snowpants, coats, gloves, neck gear and hats to put on once we were there to avoid some serious sweating in the car.

Once we arrived and got the rest of our gear on, it was a quick jaunt from the parking lot to the lodge to purchase our snow tube and snow tube lift tickets, and we were off. Their website shows a user-friendly breakdown of the times and prices.

We grabbed our tubes and headed straight for the hills. They have three dedicated snow tubing lanes which are just outside the lodge doors past the fire pit like the map from their website shows.

It may not be Colorado mountains, but you can't tell that from how pumped my kids were to go down!

Between that, and the effortless ride up the hill on the snow-tube lift, it made for smooth sailing when we got there around 11:30 a.m. No wait at the bottom or top of the hills. The ride up was nearly as exciting for the kiddos as the ride down. We got on our tubes, the staff hooked us up to the lift line, and away we went.

The staff, both hooking up the tubes at the bottom of the hills and at the top of the hill supervising, were friendly and helpful, and, more importantly, great with the kids. They didn't get frustrated when the boys needed a little instruction on how to sit on the tubes safely and even gave them a hand when needed.

After an hour and many trips up and down, we decided to head to the lodge for a break and some hot cocoa. They had a nice fire going to heat up on the way in waiting for the others.

The lodge had warm food (burgers, fries, etc.), candy/chips, fountain drinks, hot cocoa and waters. There was also a fully stocked bar which would make for a fun adult trip. Many people brought in their own coolers with drinks and snacks, which we would normally do if it weren't such a crazy weekend for us. So we stuck to the basics after we warmed up with hot cocoa, fries and water.

We had another hour in our lift tickets left, so we headed back out to do some more snow tubing. This time we were met with lines both at the bottom and top of the hills and only made it down twice in our last

hour. We ran into lots of bigger groups and early afternoon seemed to be peak hours.

But the boys (okay maybe adults too) were wiped out, and we were ready to head home anyway.

We ran into a Girl Scout group, a birthday party, and many families all having a blast. After perusing their website, it looks like a good option for a group getaway as well.

I can say it was a great afternoon winter activity and only a half an hour away from the metro. Next winter we will be heading up sooner.

To get even more details, head to their website at www.sevenoaksrec.com/snow-tube-iowa-rentals. ■



Link to original post: <https://desmoinesparent.com/snowtubing-small-children-seven-oaks/>



DES MOINES COMMUNITY PLAYHOUSE
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TICKETS ON SALE NOW! 515.277.6261
DMPLAYHOUSE.COM

MISS NELSON IS MISSING!

FEB 23-MAR 11, 2018
THIS PRODUCTION IS GENEROUSLY SPONSORED BY:
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FRIDAY FUNDAY
Interactive Theatre Shows for Children
Ages 4-6 presents:

PINOCCHIO
MARCH 2, 2018 • 9:30AM, 10:45AM, & 1:30PM

Spring break classes and camps

Are you prepared for spring break? There are several classes and workshops being held all over central Iowa. Check out this great list below and register quickly. These can fill up super fast.

Animal Rescue League

Monday, March 12, grades 3-4
Tuesday, March 13, grades 5-6
Wednesday, March 14, grades 7-8
9 a.m. to 3 p.m.
\$50 per camper

Campers will learn about pet care and responsibility, respect for animals and careers with animals while enjoying animal-related activities, special guest presentations, animal interactions, crafts, games and more. Campers will show their compassionate side by completing service projects to help the ARL's shelter animals. Register and learn more at www.arl-iowa.org/get-involved/for-kids/day-camps.

Blank Park Zoo

Monday, March 12-Wednesday, March 14
9 a.m. to 4 p.m.
\$108 members; \$156 nonmembers

Spring Safari Camps are offered for children ages 5-9 years during the Des Moines Public Schools scheduled spring break. Discover how zookeepers use different kinds of toys and treats to keep animals healthy and active and encourage natural behaviors. This week, we will learn all about enrichment at the zoo and why play and exploration are important for all animals — even us humans. We will make some special toys/treats to help keep the animals active and interested this spring and will also discover fun nature activities we can do outdoors this summer to keep ourselves busy and curious too. Register and learn more at www.blankparkzoo.com/education/safari-camps/spring-safari.



The Brenton Arboretum

Monday, March 12 - Friday, March 16
Various times

Enjoy various workshops and programs during spring break week at The Brenton Arboretum. Each day offers a different theme. Make sure you register at <http://thebrentonarboretum.org/Calendar.asp?YE=true>.

Monday: Tiny Houses. 1:30-2:30 p.m.
\$5 nonmembers, free for members.

Tuesday: Art Play Day. 1:30-2:30 p.m.
\$5 nonmembers, free for members

Wednesday: Witchcraft & Wizardry. 1:30-2:30 p.m. \$5 nonmembers, free for members.

Thursday: Mud Kitchen. 1:30-2:30 p.m.
\$5 nonmembers, free for members

Friday: Night Hike - Animal Tales.
7:30-9 p.m. \$5 nonmembers, free for members

Climb Iowa

Session 1: March 12-13
Session 2: March 15-16
9 a.m. to 4:30 p.m.

\$125 member; \$140 nonmember

Climb Iowa camps will introduce young adventurers to rock climbing, but we won't stop there. Children will learn about trust, teamwork and problem solving while developing their rock climbing skills through interactive games and activities. For ages 8-13. Register at www.climbiowa.com/programs/instruction-classes/youth.





Greater Des Moines Botanical Garden

Workshops Tuesday, March 13 - Friday, March 16
 Session 1: 10-11:15 a.m.
 Session 2: 2- 3:15 p.m.

Family workshops are the perfect opportunity for families to have a creative experience at the Botanical Garden. These hands-on classes are designed for youth ages 4-14 and an adult to build a take-home project together. One adult is required for every three youth participants. Registration is required at www.dmbotanicalgarden.com.

Tuesday: Fairy Gardens

Wednesday: Printmaking from Nature

Thursday: Flower Crowns

Friday: Botanical Egg Dyeing

Indianola Public Library

Friday, March 16
 10 a.m. to noon

Spring break movie and craft at the library. All ages are welcome.

Children 6 years and younger must be accompanied by an adult. Learn more at www.indianolaiowa.gov/227/Library.

Lee Cole's MagiCamp

Tuesday, March 13 and Thursday, March 14
 9 a.m. to noon
 Raccoon River Park Nature Lodge \$45

Your kids will spend two days learning from professional magician Lee Cole on how to entertain and amaze your friends and family. They will learn all sorts of tricks and all magic materials are provided. For ages 7-15 years of age. Register with the West Des Moines Parks and Recreation.

Living History Farms

Monday, March 12 - Friday, March 16
 9 a.m. to 4 p.m.

Camps are offered as 1-day or 5-day experiences. Receive a 15 percent discount if you are a

member. There are three themes to choose from: Community Celebrations, Victorian Ladies & Gentlemen, and Families in 1900. Prices vary on camp and how many days your child attends. Learn more and register at www.lhf.org.

Pinot's Palette

Monday, March 12 - Friday, March 16
 1-3:30 p.m.

Take a walk in the wild with these amazing creatures. Paint one or all days. Crafts and snacks will be included. Kids ages 5 and older are welcome to register. Learn more and register at www.pinotspalette.com/desmoines.

Prairie Life Fitness

Monday, March 12 - Friday, March 16
 8 a.m. to 5 p.m.
 \$50 per day or \$175 per week. Guest may attend for an additional fee per day.

Spring break camp is a great way to get a feel for what summer camp will be at Prairie Life Fitness. Each day will be a preview of the amazing things they will be doing this summer. Two snacks, juices,

and lunch are provided each day. A life jacket or flotation device is required if they cannot touch in the indoor pool. Register at <http://www.prairielifelife.com>.

Spring Break Archery

Monday, March 15 - Tuesday, March 16
 1-4 p.m.
 Raccoon River Park Nature Lodge \$25

Spend some time at Raccoon River Park Archery Facility. You will have the opportunity to practice your archery skills and possibly learn some new skills. Ages 9-12 years. Register with the West Des Moines Parks and Recreation.

Urbandale Swimming Pool

Special spring break hours:
 Monday, March 12 - Friday, March 16 open 1-4 p.m. additionally to their normal hours.
 Wednesday, March 14: Pool Carnival, 1-4 p.m. \$6 per person for this event.

2 years of age and younger free with paid adult; 3 years of age and older, \$5; annual passes are available. Learn more at www.urbandalepool.org. ■


Link to original article:
<https://desmoinesparent.com/spring-break-classes-camps-2018/>


REGISTRATION OPENS MARCH 1!

PROGRAM RUNS APRIL 15 THROUGH SEPTEMBER 30, 2018

Kids Bowl 2 FREE GAMES EVERY DAY ALL SUMMER LONG!

it's easy...

1. Go to the website below to register
2. Receive the FREE bowling passes every week by email
3. Come and enjoy bowling all summer long

SIGN UP TO BE NOTIFIED WHEN IT BEGINS

WARRIOR LANES

1 FREE SHOE RENTAL DURING KIDS BOWL FREE!

EXP 9/30/18. MUST PRESENT COUPON.

Waukee - (515) 987-4840
www.kidsbowlfree.com/warrior



What makes YOU lucky as a Leprechaun?

LIST 7 THINGS THAT MAKE YOU LUCKY BELOW.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



FIND YOUR VOICE!

The Iowa Youth Chorus is a nonprofit organization that develops fresh voices, fosters a life-long love of music, encourages children to follow their passions and motivates them to set high goals and work hard to achieve them!

CHOIRS OFFERED FOR ALL AGES

Kindergarten through High School

Multiple sites and multiple nights make it convenient for your family to participate!

**JOIN
US!**

**IOWA YOUTH
CHORUS**

Follow us on Facebook and Twitter @IowaYouthChorus



SUMMER IS COMING... ARE YOU COMING TO CAMP?

Reserving spots now for summer camp

June 4 – August 17 Engman Camp Sha'om

Available to **any** child entering K-7th grade!

Gan Sha'om

Email ganshalom@dmjfed.org
or call

515.987.0899

The Jewish Center for Early Childhood Development

Monday - Friday 9am - 4pm

Daily transportation and before/aftercare programs

33158 Ute Avenue in Waukee • www.jewishdesmoines.org

Get your *green* on!

Nobbies
Your Ultimate Party Superstore
CLIVE: 100th & UNIVERSITY

Facebook Instagram Twitter Pinterest



EXPERIENCE THE JOY OF LEARNING!

Our brand-new Hickman KinderCare is opening in March 2018! Our experts designed our classrooms — and every activity and lesson — to help prepare your child for success in school and beyond.

Whether your child has first words or first grade on the horizon, we're excited to show you how everything in our center is designed for learning! For more information about our center visit KinderCare.com/Hickman.

Schedule a tour today – give us a call at (515) 987-5755!

Welcoming children 6 weeks to 12 years old.



KinderCare[®]
LEARNING CENTERS

15200 Hickman Road · Clive, IA 50325 · KinderCare.com/Hickman

Des Moines Pediatric and Adolescent Clinic

DSM Pediatrics

Trusted Child Health Care since 1958

Thank you for
voting us as one of
Des Moines' Favorite!



Meet Doctor Rob Fornoff

Our patients and parents praise his ability to connect with children and make the visit to the doctor a fun experience. Dr. Fornoff attended one of the Top Ten medical schools in the country, and has been a pediatrician for 15 years. He has privileges at all area hospitals, and has a particular interest in newborns, asthma, depression, and sports medicine for children. He lives in Ankeny with his wife Mary.

WE THINK HE'S THE BEST, TOO!

Dr. Amy Peterson

Dr. Petersen is one of the 2016 Top Three Favorite pediatricians in the entire Des Moines area from Pipsqueaks magazine. Area families voted on this award! She earns this reputation every day by treating your children like her own.



BEST LOCAL DOCTOR



BEST LOCAL PEDIATRICIAN

Excellent Care, for every patient, every time.

2785 N. Ankeny Blvd. • Ankeny • 515-964-2159 • dsmpeds.com