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## Plant City YMCA Offering Free Toddler Program

**Tampa, FL (Apr. 13, 2015)** –The [Plant City Family YMCA](#) is now offering the entire Plant City community a free program for parents, relatives and caregivers of children ages five and under.

*Caring and Learning with Me* is an evidence-based program which provides both child and caregiver with developmentally-appropriate and culturally-sensitive curriculum to help young children enter school ready to learn and succeed. In addition, on-going learning opportunities back at home assure program quality and impact.

In the *Caring and Learning with Me* program, facilitators use music, story time, art and outdoor play to prepare young kids for school. Healthy snacks are also provided.

*Caring and Learning with Me* is held twice a week, on Monday/Wednesday and Tuesday/Thursday, from 10:00 am – 12:00 pm year-round at the Plant City Y. It's free and open to the Plant City community.

For more information, please contact Marta Laos at [marta.laos@tampaymca.org](mailto:marta.laos@tampaymca.org) or 813.676.5070 ext.1279. Caregivers can also sign up at the Plant City Y on 1507 YMCA Place.

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### About the Plant City Y

The Plant City Y is committed to providing kids with the tools they need to be successful in school and life; preventing/reducing childhood obesity; providing cancer survivors and their families with a place to heal through the LIVESTRONG® program; ensuring active older adults maintain/improve physical and social health while aging; and preventing and reducing accidental death due to drowning by providing aquatic education and swim lessons. The Plant City Y values diversity and inclusion by being open and welcoming to all. [www.tampaymca.org](http://www.tampaymca.org)