

Central Elementary School

Working together to strengthen our community through our
Community Schools

After School Programs **FALL 2017**



PROGRAMS: OCTOBER - DECEMBER 2017

REGISTRATION DATES: September 26th to October 11th, 2017

PROGRAM DATES: October 16th to December 8th, 2017

School Closed:

* NO PROGRAMS: FRIDAY, OCT. 20; FRIDAY, NOV. 10; MONDAY, NOV. 13; FRIDAY, NOV. 24

**COMMUNITY SCHOOL COORDINATOR:
HEATHER ROEMER
hroemer@sd43.bc.ca**

MONDAYS: No Programs Nov. 13th**ZUMBA**

Get your groove on and join Zumba. This is a specially designed class with kid- friendly songs, dances, and actions that promote the overall theme of a healthy lifestyle, with the goal of incorporating fitness as a natural part of children's lives. In Zumba, participants will learn dances to Latin rhythms such as- salsa, cumbia, reggaetón, hip-hop and more. It is designed to let kids max out on fun while dancing their hearts out. Watch their energy and coordination levels soar as they get the groove. Most importantly Zumba is about creating a feeling of fearlessness on the dance floor, reinforcing the idea that it's okay to just be you and dance like no one's watching.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C- M1	Gr. K – 5	Mon	3 to 4	GYM	Oct 16 – Dec 4	7	\$40

PAPER MACHE

We are pleased to welcome Place des Arts in partnering to provide a Paper Mache Program

Place Des Arts Program is running this program at your school! Come out and enjoy a first-rate program and you will learn to make two- and three-dimensional objects using recycled, repurposed natural materials with papier Mache techniques. You'll build molds and armatures to create a variety of projects including bowls, bugs, masks, mixed-media paintings and more! Come and explore shapes, patters, line and colour in a fun and supportive environment.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C – M2	K - 5	Mon	3 to 4	MPR	Oct 16 – Dec 4	7	\$65

3D BASKETBALL

3D Basketball Academy is excited to introduce an after school program, that is fun and allows students to learn new skills. The program teaches athletes the necessary fundamentals required to succeed in the sport of basketball. Teaching basic skills and concepts through a series of progressive lesson plans, athletes learn the premise of sound decision-making and strategy. Constant challenge and encouragement will be stressed.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C – M3	Gr. K – 5	Mon	4 to 5	Gym	Oct 16 – Dec 4	7	\$40

TUESDAYS :**TRICITY KARATE**

Junior Karate is for children Grades 1 to 5. Sessions focuses on karate basics, physical fitness, self-defense, introduction to sparring and manners are all part of the program custom to the needs of the children participating in the program. This class focuses on karate basics towards their next belt. Youth aged 13 and up are welcome in this class. Hopefully over time we will build a teen class.

REGISTER AND PAY DIRECTLY TO TRICITY KARATE – CLASSES HELD AT CENTRAL GYM

Ages	Day	Time	Rm.	Dates
6 – 12 years	Tues and/ or Thurs	3 to 4	Gym	Weekly

Please note this program is CONTINUOUS REGISTRATION. For more information/ registration please contact: Instructor Junya Yamamura bmtckarate@gmail.com

S.U.C.C.E.S.S. SCHOOLS OUT

Program Goals: The goal of this program is to offer local neighborhood children a safe environment to express themselves freely through expressive arts, visual arts, and recreational activities. We hope these activities will help them develop a long lasting connection with their peers, school, and community. Attendance is for Tuesdays **or** Thursdays – **not both**

Please contact Sarah Yoon at sunju.yoon@success.bc.ca to see if there is still room in either day.

Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
Gr. 3 - 5	Tues	3 to 5	MPR-Gym	Continuous Ends April	Weekly	Free

Register online at www.Bricks4Kidz.com/coquitlam or fill out the forms located online at the Central Community Programs website or pick them up at the Central Community office and return to the office with complete forms and payment by cash or cheque made payable to **Brick4Kidz**.

WEDNESDAYS :**RHYTHMIC GYMNASTICS**

Rhythmic Gymnastics is an elegant sport both in physique and performance. It involves the use of body movement with apparatus by throwing and catching the apparatus (rope, hoop, ball, ribbon, and clubs). Students will put the skills together in choreographed routines with music.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C- W1	Gr. K – 5	Wed	3 to 4	Gym	Oct 18 – Dec 6	8	\$45

SCIENCE AL!VE

Science AL!VE is a student-run science education program based at Simon Fraser University. In partnership with Community Schools, Science AL!VE is proud to present our fun-filled hands-on science after-school programs for students from kindergarten to grade 5 in Central Community School! Our after-school programs will introduce students to the amazing world of science, engineering, and technology through hands-on activities and interactive demonstrations led by our energetic, creative and expertly trained staff.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C – W2	Gr. K – 5	Wed	3 to 4	MPR	OCT 18 – DEC 6	8	\$45
C – W3	Gr. K - 5	Wed	4 to 5	MPR	OCT 18 – DEC 6	8	\$45

Game Ready Crazy Sports

Sports, and more sports, soccer, basketball, football, volleyball. Each day will feature a multi-sport approach with coaching to improve skills and then taking those improved skills to the games. Come out and have fun playing games and learn some new skills!

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C- W4	Gr. K - 5	Wed	4 to 5	GYM	OCT 18 – DEC 6	8	\$40

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*16 spots maximum Thursdays

FRIDAYS: No Programs Oct. 20 / Nov. 10 / Nov.24

TANGLED

Drama is so important in boosting confidence, creativity and friendships. Professional Live Arts for Youth will be doing the production of Tangled. Rapunzel has been stolen from her parents. She is being kept in a tower and used for her magic hair and all she wants to do is leave. This story is about hope and kindness towards others, there are also sword fights, betrayal and a touch of love.

Join PLAY as we let down our hair for this fun show. We will also play drama games, improv scenes and have some serious acting fun. Hopefully the group can handle all the excitement while they tackle this fun session of Theatre.

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C- F1	Gr. 2 – 5	FRI	3 to 4:30	Gym	Oct 13 – Dec 22	8	\$65

Le Petite Gourmet Cooking

Come out and make delicious snacks, dishes and desserts. The dishes we will prepare start quick and easy and move to more advanced skills throughout the program. Each week we will prepare a different dish ranging from baked goods to snacks as well as quick meals. While learning to cook, you will also learn about kitchen safety, and nutrition and play games to learn about the different food groups and much more. Let's start cooking!

**Week 1 October 27 - Back to School lunch-Chicken roll ups

**Week 2 November 3 - Stuffed Pancakes with berries & cream

**Week 3 November 17- Best mac n cheese ever

**Week 4-December 1 - Red velvet Holiday cakes

All ingredients are naturally grown, some are locally sourced /organic. All recipes are NUT FREE

Code	Gr.	Day	Time	Rm.	Dates	# of Sessions	Price
C – F2	1 – 5	Fri	3 to 4:30	MPR	Oct 27 – Dec 1	4	\$55

How to Register

Our **After School Programs Registration** is online and will accept payment using **Visa; MasterCard or Interac/Debit** from most major banks.

You can get instant confirmation of your spots in the programs you choose. You will require an email address in order to get your confirmation # and print out a receipt for your payment.

To access the online registration website please:

**Access Central Community School Website then click on the
"Community Programs" button on the homepage to register**

If you do not wish to register online there is still an option to register by filling out the paper registration forms. The paper registration forms are located at the office. Please fill out the paper and return completed forms and payment by cash or cheque made payable to **Central Community School**. Please put the registration forms and payment in a sealed enveloped marked Atten: After School Programs. Drop the envelopes off at the office.

All registrations are on first come, first serve basis.