

# Central Community School

*working together to strengthen our community*

## After School Programs

### Spring 2022



**PROGRAMS: APRIL 4 — JUNE 10, 2022**

**Registration Period: March 10 — 29, 2022**

**\*\*No After School Programs\*\***

**April 15, 18 & 22 and May 20 & 23, 2022**

**Pro D. Day Camp on April 22**

**\*Students will be supervised from 2:45 — 3:00 pm in the sensory room or gym.**

**CONTACT:**

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# ULTIMATE

Elevate Ultimate focuses on teaching values such as sportsmanship, personal accountability, and open-mindedness, through the Sport and Spirit of Ultimate Frisbee. Our weekly sessions will focus on teaching athletes the FUNdamentals of Ultimate including throwing, catching, cutting, and general movement patterns.



**\*No class April 18 & May 23**

For more information click on the link: [Central Elementary Ultimate Club](#)

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Mondays	3—5	3:00—4:30	April 4—June 6	8	\$70	Gym

# P.L.A.Y.



Learn the basics of theatre including acting, vocal presentation, and character work. You will learn valuable skills such as teamwork, public speaking, communication, and self-expression in an inclusive and creative environment. Participants in this class will rehearse and perform a shortened version of “*Snow White*” for their group in June.

**\*No class on April 18 & May 23**

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Mondays	3—5	3:00—4:30	April 4—June 6	8	\$70	Music

# Open Gym

Participants have the chance to play a variety of games and activities, regardless of skill or fitness level. Learn teamwork sports skills, develop social skills and increase physical fitness.



Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Tuesdays	1—5	3:00—5:00	April 19—June 7	8	\$35	Gym

# ART

Drawing and painting helps develop life skills and encourages self-expression and creativity. This class is a fun way to learn and develop different art techniques and be introduced to mediums like acrylic paint, watercolor, drawing, ink and mixed media.



Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Tuesday	1—5	3:00—4:00	April 5—May 24	8	\$65	Music

# BEADS

You will have fun creating beaded creations using all kinds of beads/supplies: perler, pony, glass, embroidered silk, key chains and string, etc. Projects include friendship necklaces & bracelets, suncatchers, backpack tags, keychains and more! Supplies included.

***\*Level 1 from 3:00—4:00 and Level 2 from 4:00—5:00.***

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Thursdays	1—2	3:00 —4:00 Level 1	April 7—May 26	8	\$45	Music
Thursdays	3—5	4:00 —5:00 Level 2	April 7—May 26	8	\$45	Music



**Students will be supervised from 2:45—3:00 pm in the sensory room or gym.**

## MPower your Inner Yogi



This mpowerment program will give your child the exploration of yoga with fun creative poses to calm the mind, body and spirit.

A variety of relaxation, breathing techniques, crafts and fun games will give your child the social and emotional tools to navigate anxiety, low self-esteem and a lack of confidence.

Feel strong and confident by finding your "Inner Yogi!"

*\*Please bring a yoga mat or beach towel to each class.*

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Thursdays	1—5	3:00—4:00	April 7—May 26	8	\$85	Library or Gym

## MPower your Inner Warrior



This mpowerment program aims to benefit your child emotionally, mentally, and physically through Jujitsu Martial Arts. The values of martial arts such as respect and self-defense will be discussed in a welcoming environment, but confidence, self-awareness and proper goal setting approaches will also be incorporated in the discussion as these are important lessons that help students mature.

The student will learn practical self-defense skills through technical drills, workouts, and games. These skills will focus on both grappling and striking techniques. Come prepared to find your "Inner Warrior."

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Wednesdays	1—5	3:00—4:00	April 6—May 25	8	\$85	Library or Gym

**Students will be supervised from 2:45—3:00 pm in the sensory room or gym.**

# LEGO

Friday fun with Lego and friends! Bring your imagination and creative talent to build Lego. Learn teamwork, increase your self-confidence by trying new things, socialize with your friends or make new ones while playing in a safe environment. This is a basic Lego program.



***\*No class April 15, 22 & May 20***

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Fridays	1—5	3:00—4:00	April 8—June 10	7	\$25	Music

**Students will be supervised from 2:45—3:00 pm in the gym.**

# Pro D. Day Camp



Central Day Camp is supervised by professional and caring instructors. Children will participate in a wide range of group activities. During the day camp, participants will have the opportunity to play, learn, explore and create in a safe and fun environment. Participants will have outside time, weather permitting. Snack included.

**\*Camp is on Friday, April 22 (one day only)**

**\*Drop-off and pickup are at the back of the school.**

***\*To register for the Pro D. Camp, you must create an account online and then register & pay using the Karelo system.***

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Friday	K—5	9:00—3:00	April 22	1	\$35	Music, Sensory, Gym

## Covid Protocols

Staff will regularly sanitize high-touch surfaces and all activity areas between groups.

Caretakers will clean and sanitize all spaces used by the program.

Rooms will be well ventilated and windows open to the extent possible.

All staff and participants must sanitize hands at drop-off, before pick-up and before and after each activity.

Participants and Staff are expected to maintain at least 6 feet between themselves and others whenever possible.

The after-school program will have a designated check in and check out location to use during the session. Staff will provide a contactless check in and check out process for parents/guardians.

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## Registration

Our Community School “After School Programs Registration” is online using **Karelo** registration system. **Karelo** accepts payment using **Visa or MasterCard** from most major banks.

You can get instant confirmation of your spots in the programs you choose. An email address is required in order to receive your confirmation # and print out a receipt for your payment.

**To access the registration website please click on the link below:**

<https://www.karelo.com/register.php?BID=536&BT=10&PrivEv=20261>

Programs may be cancelled due to low registration. All registrations are on a first come and first serve basis.

***\*Students will be supervised from 2:45—3:00 pm in the sensory room or gym.***

### **REFUND POLICY:**

Refunds will be only available, for any reason, within the registration period.

No refunds will be processed after the registration period ends.

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***Should you have any questions, please contact Jennifer Pakulak***

***Email: [jpakulak@sd43.bc.ca](mailto:jpakulak@sd43.bc.ca)***