

# James Park Community School

*working together to strengthen our community*

## **After School Programs Winter 2022**



**Registration Dates: December 3, 2021—January 3, 2022**  
**Program Dates: January 10, 2022—March 4, 2022**

Community Development Facilitator

Shannon Brundrett

E. [sbrundrett@sd43.bc.ca](mailto:sbrundrett@sd43.bc.ca)

# MPOWER YOUR INNER WARRIOR

No one is you, that is your power

This empowerment 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"!

**\*No classes on January 31 (Pro-D) and February 21 (Family Day)**

Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Mondays	K—5	3:00—4:00pm	January 10—February 28	6	\$75	GYM

## ULTIMATE FRISBEE

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.



Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Tuesdays	3—5	3:00—4:00pm	January 11—March 1	8	\$125	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.

**No class on Feb 25—Pro-d Day**



Day	Grades	Time	Dates	# of Sessions	Price	Rm.
Friday	K—5	3:00—4:00	January 17—March 4	6	\$60	GYM

## **Registration**

Our Community School After School Programs Registration is online and will accept payment using Visa; MasterCard or Interac/Debit from most major banks. You will require an email address in order to receive your confirmation number and to be able print out a receipt for your payment.

To access the registration website please visit the [James Park School website](https://www.karelo.com/register.php?BID=610&BT=10&Ev=20102) or click on the direct link here: <https://www.karelo.com/register.php?BID=610&BT=10&Ev=20102>

If you do not wish to register online there is still an option to register by filling out the paper registration forms. They can be picked up at the James Park School Office. If registering by paper, please return completed forms and payments to the James Park School Office. You have the option to pay by cash or cheque made payable to **School District 43 Community Programs**

**Refund/Cancellation Policy:** Refunds will only be available, for any reason, within the registration period. No refunds will be processed after the registration period ends.

*Programs could be cancelled due to low registration.  
All registrations are on first come, first serve basis.*

Should you have any questions, please contact Shannon Brundrett

P. 604-209-1424

E. [sbrundrett@sd43.bc.ca](mailto:sbrundrett@sd43.bc.ca)

**Thank you!**