

MINNEKHADA MIDDLE SCHOOL

SPRING 2023 AFTER SCHOOL PROGRAMS

Registration Dates: March 28 – April 11, 2023

Program Dates: April 17 – June 2, 2023

Programs will NOT run on Pro-D Days, and Holidays



MPOWER YOUR INNER WARRIOR!

This mpowerment program aims to benefit your teen emotionally, mentally, and physically through the practice of karate martial arts. The values of martial arts such as respect will be discussed and practiced in a welcoming non-threatening environment to help build confidence, self-esteem, and awareness for each student to mature. Practical self-defense skills through technical drills, workouts, and games will be the focus incorporating kicks, strikes, and blocks for defense situations. Throughout the class, students will follow respectful etiquette such as bowing, meditating, and active listening to show respect to the instructor, their peers, and the classroom. Mindfulness activities and self-regulation strategies will help reduce stress and anxiety.

Wear comfortable clothing and bring water

No Class May 22nd

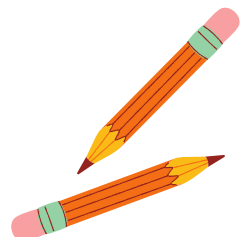
Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	6-8	3-4pm	Apr 17 – May 29	6	\$65	MPR

If you have any questions please contact:

Hannah Macdonald, Community Development Facilitator

P: 604-209-1424

E: hmacdonald@sd43.bc.ca



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COOKING 101!

Cooking 101 is an afterschool cooking program for Middle Schoolers, grades 6-8. In this program, students will pair up and follow simple recipes to complete a meal that they would be able to cook at home for themselves and their families. The goal of this program is to practice fundamental food preparation and cooking skills for independence and confidence in the kitchen. Please bring to-go containers!

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	6-8	3-5pm	Apr 17 - May 15	5	\$80	Healthy Living



SPECIAL FX MAKEUP: LEVEL 3!

Explore and learn about special effects makeup and tools used in the film industry. Through demonstration and hands on instruction, students will have the chance to create realistic special effects injuries such as: Witch's nose, boils, split hand, rotten finger nails, severed finger, burns.

No Class May 23rd

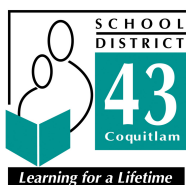
Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesday	6-8	3-5pm	Apr 18 - May 30	7	\$145	MPR



THE SPIKE GUYS!

Come be a part of the growing Spikeball community in Coquitlam. It's ok if you don't know how to play or even the rules! We will be teaching Spikeball from a beginner level that allows people of all skill levels to learn together. Our sessions are built on inclusion, creativity and enjoyment. Come on by to see what we're about.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesday	6-8	3:30-5pm	Apr 18 - May 2	3	\$40	Gym



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





INTRO TO CODING!

Using the latest micro:bit technology, this beginners program is the best way to get started on the elements of software and hardware. The micro:bit is a mini-computer chip that can be programmed to perform a number of tasks. This entry-level class will teach your child the fundamentals of programming by using block-coding formats. Students will also solve problems using algorithms, light sensors and sound notes. Coding experience is not necessary, students will have an opportunity to borrow the micro:bit chip in the class.

Students must bring their own device with internet access

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesday	6-8	3:15-4:15pm	Apr 19 - May 24	6	\$115	MPR

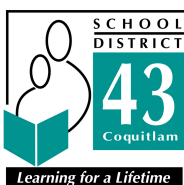


SOCCER!

This class is for participants who are looking to extend their skill and knowledge for the beautiful game of soccer. Led by an instructor who has an amazing passion for the game, participants will be taken through a variety of games that will build their foundational skills that they will be able to build upon.

Remember to wear proper clothing and bring water!

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesday	6-8	3-4pm	Apr 19 - May 10	4	\$40	gym/outside



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SPOTLIGHT THEATRE!

Sing, dance, and act in this eight week musical theatre class where students learn performing arts skills through rehearsals of a musical. Show off your new skills on the last day when you perform for family and friends. The show this season will be...

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	6-8	3-5pm	Apr 20 - June 8	8	\$175	MPR



BASKETBALL!

This class is for participants who are either new to the game or have only played sparingly. Basic and essential skills like dribbling and shooting will be explored throughout the duration of the session. This is for participants looking to take that first step in developing individual skills.

Remember to wear proper clothing and bring water!

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	6-8	3-4:30pm	Apr 20 - May 11	4	\$40	Gym

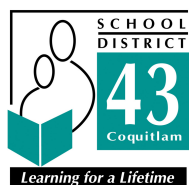
Registration:

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 Minnekhada School website or click on the direct link here:

[https://www.sd43.bc.ca/school/minnekhada/communityschool/Pages/AfterSchoolPrograms.aspx#/ =](https://www.sd43.bc.ca/school/minnekhada/communityschool/Pages/AfterSchoolPrograms.aspx#/=)

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.



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