

# CENTRAL ELEMENTARY SCHOOL

## AFTER SCHOOL SPRING PROGRAMS 2024

**Registration Date : March 24, 2023 at 5:30 pm**

**Program Dates: April 15 - June 7, 2024**

**\*There are no programs on May 20 & May 31\***



### **SOCCER**

Led by a Soccer Shots coach, the Soccer Shots Premier program focuses on the development of individual skill, fitness and sportsmanship, providing an opportunity for children to be challenged through fun games and team interaction. Children will also be introduced to competition in a developmentally appropriate manner. Families can also be directed to the following link to learn more about our program:

<https://www.soccershots.com/metrovancouver/programs/#premier>

**\*No class on May 20.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	K - 3	3:00 - 4:30	Apr. 15 - June 3	7	\$90	Gym



### **SEWING**

Students will sew a running stitch, backstitch, blanket stitch, ladder stitch, and learn how to sew on buttons. They will also learn how to embroider a simple design. Course projects: a bookmark, stuffed animal, felt ornament, & reusable bag. Material included in program cost.

**\*No class on May 20.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	3 - 5	3:00 - 4:00	Apr. 15 - June 3	7	\$80	Strong Start



**Children supervised from 2:45 - 3:00 in the gym.  
Students go straight to the gym when the bell rings.**



# Central Community School After school Programs | Spring 2024



## MPOWER YOUR INNER NINJA!

This empowerment program will introduce your child to find their inner ninja through self-defense/martial arts, mindfulness, safety guidelines, fitness, & play. There will be a series of fun activities, games, drills, & obstacle courses designed to develop focus & concentration, encourage listening skills and teamwork. Building confidence, self-esteem & discipline from the inside out with social values such as respect, kindness, & compassion will develop their social and emotional learning & social responsibility. Come find your "Inner Ninja!"

**\*Please wear comfortable clothing and bring water.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesday	1 - 5	3:00 - 4:00	Apr. 16 - June 4	8	\$90	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	K - 2	3:00 - 4:00	Apr. 16 - June 4	8	\$90	Strong Start
Tuesday	3 - 5	4:00 - 5:00	Apr. 16 - June 4	8	\$90	Strong Start



## STELLAR PLAY: FOREST RANGERS

Unleash your inner Forest Ranger and learn what it takes to play in the wilderness safely and with confidence. Discover how you can become a responsible, self-reliant, and adventurous visitor of the British Columbia backcountry by learning a variety of skills including: shelter building, navigation, trip planning, the ten essentials, knot tying and much more. All students will build their own personal survival kit on the first day. Students may go off school site and walk to Elks Park.

**\*Parents/guardians will need to complete two forms: a Central consent form & a Stellar Play consent form for their child to participate prior to the program start!**

\*Give completed forms to the office.

**Central Form:**

**Stellar Play Form:**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesday	1 - 5	3:00 - 4:00	Apr. 17 - June 5	8	\$130	Gym/Outside



**Children supervised from 2:45 - 3:00 in the gym.  
Students go straight to the gym when the bell rings.**



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## ROBOTICS WITH LEGO WEDO 2.0



ROBOTICS with Lego 2.0 is a unique program that allows children to learn complex modern technologies while creating robotic models from the Lego constructor. The main goal is communication, acquiring skills in designing and programming with simple mechanisms and robots based on the LEGO constructor. Children develop mindfulness when working with instructions, logical thinking, fine motor skills, teamwork skills and expand their knowledge of mathematics, science, and computer science. "Learning through action" helps the child understand how science can affect real life. Training takes place in groups & children work in pairs (for two people, one designer and a tablet). The course involves studying the basics of robotics and visual programming based on the Lego Education Wedo 2.0 constructor.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesday	2 - 5	3:00 - 4:30	Apr. 17 - June 5	8	\$150	Library



## STELLAR PLAY – ARCHERY

Get active this fall and play! Experience Archery and other active games in a safe, fun, and educational setting. Students will learn with Stellar Play's Archery Instructors using "safe" foam tipped arrows. Students will build on their archery knowledge and play a variety of fun gym games! Each day will finish with an exciting game of Battle Archery!

This game is a fun combination of archery, dodgeball, and nerf.

**\*Parents/guardians will need to complete a Stellar Play consent form for their child to participate prior to the program start. Give completed form to the office.**

**Stellar Play Form:**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesday	2 - 5	4:00 - 5:00	Apr. 17 - June 5	8	\$130	Gym/Outside



**Children supervised from 2:45 - 3:00 in the gym.  
Students go straight to the gym when the bell rings.**



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**SPOTLIGHT THEATRE**

Sing, dance, and act as you put on a mini-musical with your friends. Children learn performing arts skills in this eight week class where everyone's a star. The last day, June 6 will include a performance for family and friends in the library at 3:15 pm.

**This season's production is Cinderella!**

\*\$10 from each registration fee will come back to the school to support fundraising efforts.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	3 - 5	3:00 - 4:00	Apr. 18 - June 6	8	\$125	Library



**BASKETBALL**



We focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises. We are dedicated to improving not only your child's basketball skills but also instilling important values such as discipline, teamwork and sportsmanship which is vital in unleashing the true potential of a student athlete. Our training encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement.

**RIZE to your potential! Wear proper clothing and footwear.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	2 - 5	3:00 - 4:00	Apr. 18 - June 6	8	\$110	Gym



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



# Central Community School After School Programs | Spring 2024



## AFTERSCHOOL CLUB

Join the Afterschool Club for a fun and safe environment to play board games, make crafts and get creative (build Lego, draw, colour, make beads), receive homework help, and much more! Afterschool snack is included.

**\*No class on May 31.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	1 - 5	3:00 - 4:00	Apr. 18 - June 6	8	\$80	Strong Start
Friday	1 - 5	3:00 - 4:00	Apr. 26 - June 7	7	\$70	Strong Start



## PRO D DAY: THEATRE CAMP - ENCANTO

Spend the day in a fun and lively musical theatre environment with a professional actor and choreographer! Kids will spend the day doing a combination of acting, games and exercises that teach character building and improvisation, as well as working on material from the musical Encanto as a way to practice putting their skills to use. Offered by Theatrx Youth Theatre Society. One day only.

**\*Drop off is at 8:45 am at the front school doors. Pick up is at 2:30 at the front school doors. Parents will sign their child in and out.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Friday	1 - 5	9:00 - 2:30	April 19	1	\$35	Gym

### Registration:

Our Community School After School Program 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 to print out a receipt for your payment.

To access the registration website please visit the Central School website or click on the direct link here:

**<https://www.karelo.com/register.php?BID=536&BT=10&PrivEv=21915>**

If you are unable to register online, please contact:

Jennifer Pakulak, Community Development Facilitator at [jpakulak@sd43.bc.ca](mailto:jpakulak@sd43.bc.ca)  
or 778-879-3193.

Refund/Cancellation Policy: Refunds will only be available within the registration period. No refunds will be processed after the registration period ends. The school office does not assist with registration.



**\*STUDENTS MUST GET TO THE GYM FOR 2:45.  
AFTER SCHOOL PROGRAMS ARE NOT RESPONSIBLE FOR GETTING THE  
CHILDREN TO THE GYM.**

