

PITT RIVER COMMUNITY SCHOOL

After School Spring Programs 2024

Registration Dates: March 17, 2024 at 5:30 pm

Program Dates: April 8 – June 6, 2024

Programs will not run on Pro D. days, or holidays



GAME CREATION: VIDEO SENSING

Expand your coding skills using a video camera as a sensor to detect motion. Students will control digital animation with physical interactions using moving objects seen through a camera encouraging creative and interactive game building. No previous coding experience necessary! Bring your computer device.

***Students must bring their own device.**

***No class May 20.**

Day	Grade	Time	Dates	# of sessions	Price	Rm.
Monday	6 - 8	3:00 - 4:00	Apr 8 - June 3	8	\$135	Library



BEYOND THE BELL: BASKETBALL



Come and get your 90 minutes of daily physical activity in Afterschool Active. Participants will be exposed to teamwork, leadership, and perseverance. Participants will also learn how to effectively improve their basketball fundamentals.

*Click on the link to register: www.portcoquitlam.ca/register/beyondthebell

***No class May 20.**

Day	Grade	Time	Dates	# of sessions	Price	Rm.
Monday	6 - 8	3:00 - 4:30	Apr 8 - June 3	8	\$ 115	Gym



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



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FEARLESS FITKIDZ: TRACK & FIELD

Fearless FitKidz Academy is committed to providing a safe, nurturing, healthy, athletics and enriching environment for children and youth by presenting fun and engaging track and field activities. Participants will run laps, stretch, then practice drills to warm up before hard running to prevent injury. Track and field equipment and other sports equipment such as shot put, safe javelins & hurdles are used during the program. The participants are taken outside for running group games and then finish off with 1 or 2 running laps.

**Snack is provided.*

****Please wear comfortable work out clothing & bring a water bottle.***

Day	Grade	Time	Dates	# of sessions	Price	Rm.
Tuesday	6 - 8	3:00 - 4:30	Apr 9 - May 28	8	\$85	Spin/MPR



SEWING



Students will learn to sew a running stitch, backstitch, basic embroidery, and how to sew on buttons and use a sewing machine for simple projects.

Course projects: participants will make a potholder, tote bag, sleep mask, fleece cowl, apron, fabric basket and other small hand-sewn projects.

Day	Grade	Time	Dates	# of sessions	Price	Rm.
Tuesday	6 - 8	3:00 - 4:30	Apr 9 - May 28	8	\$95	Home Ec.

***If the costs of the program are a challenge for your family, we do have access to some funds through a few grants. Please contact Mr. Schellenberg directly at gschellenberg@sd43.bc.ca if you would like more information on accessing financial support.**



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BEYOND THE BELL: BABYSITTING COURSE

This intensive course covers the business of babysitting, caring for babies and toddlers, risk management, emergencies, first aid, feeding, sleeping, games, problem solving, and communication. Certification upon successful completion of tested material. Manual included.

*Click on the link to register: www.portcoquitlam.ca/register/beyondthebell

****Tuesdays: April 30, May 7, 14 & 21.***

Day	Grade	Time	Date	# of sessions	Price	Rm.
Tuesday	6 - 8	3:00 - 5:00	Apr 30 - May 21	4	\$75	MPR



SPIN & WEIGHTS: GAME READY

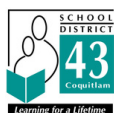


The program is a fun combination of resistance training and spin cycling. Coaches will teach proper body position and movements when resistance training; including the use of free weights, medicine balls, dumbbells and bands. It will then be complimented with conditioning using the spin bikes. Friendly competitions, circuits and a variety of stations will provide an ongoing challenge for each athlete.

Each student can expect to be stronger, faster and in great shape!

****Please wear comfortable work out clothing & bring a water bottle.***

Day	Grade	Time	Date	# of sessions	Price	Rm.
Wednesday	6 - 8	3:00 - 4:30	Apr 10 - May 29	8	\$ 140	Spin



If you have any questions please contact:
Jennifer Pakulak, Community Development Facilitator

P: 778-879-3193 E: jpakulak@sd43.bc.ca



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SPECIAL FX MAKEUP : LEVEL 3

Explore and learn through special effects makeup and tools used in the film industry. Through demonstration and hands on instruction, students will have the chance to create realistic quality special effects injuries such as: a witch nose, zombie mouth, severed finger, burns, split head, rotten fingers & nails (gangrene), & lacerations.

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesday	6 - 8	3:00 - 5:00	Apr 10 - May 29	8	\$ 165	MPR



PARKOUR

Often referred to as “The Art of Motion”, through Parkour we can teach kids to express their creativity through movement, while staying active and healthy. Participants learn how to fall, vault, jump, roll, swing, and kids will become more confident in their bodies and learn how to make the world their playground. Open to all skill levels.

***Two forms must be completed prior to the first class. Give completed forms to the office.**

1. Acknowledgement of Risk (click to download)

2. Pitt River Consent Form (click to download)

***Parkour begins at 2:15 & participants will walk to Momentum Movement Academy with a Momentum Movement Instructor.**

***Pick-up will be at Momentum Movement Academy at 1961 McLean Ave.**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	6 - 8	2:15 - 3:15	Apr 11 - May 30	8	\$165	Momentum

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BEYOND THE BELL: COOKING

Beyond the Bell: Cooking is an after school 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.

*Click on the link to register: www.portcoquitlam.ca/register/beyondthebell

Please bring to-go containers!

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursday	6 - 8	2:15 - 3:45	Apr 11 - May 30	8	\$ 125	Home Ec.



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.
Thursday	6 - 8	2:15 - 3:15	Apr 11 - May 30	8	\$90	MPR



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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 Pitt River School website or click on the direct link here:

<https://www.karelo.com/register.php?BID=537&BT=10&PrivEv=21914>

If you are unable to register online, please contact:

Jennifer Pakulak, Community Development Facilitator at 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.