

MINNEKHADA MIDDLE SCHOOL

FALL 2026 AFTERSCHOOL PROGRAMS

Registration Starts: Wed, Sept 9th at 5pm

Registration Closes: Fri, Sept 18 at 4pm

Program Dates: Sept 21–Nov 13, 2026

Programs will NOT run on Pro-D Days and Stat Holidays **



REGISTER HERE:



POTTERY LEVEL 1

A beginner clay and sculpt after school program! Students will learn & develop their skill set in hand building ceramics, explore their creativity and be sure to have a great time. Students will work with firing clay, polymer clay (oven bake) & air dry clay. Some days students will be following a step by step process led by our instructor and on other days students will have creative freedom in what they would like to create!



Day	Grades	Time	Dates	# of sessions	Price	Room
Monday	Gr 6–8	3–430pm	Sept 21–Nov 9	6	\$158	Rm.141

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 a to-go container!**



Day	Grades	Time	Dates	# of sessions	Price	Room
Monday	Gr 6–8	3–5pm	Sept 21–Nov 9	7	\$126	Healthy Living

SPECIAL FX MAKEUP: LEVEL 1

Explore and learn through Special Effects Makeup and tools used in the prestigious world of film industry. Through demonstration and hands-on instruction, students will have the chance to create realistic quality special effects injuries such as: Broken nose/bruising, Burns, Severed finger, Zombie bites, Glass thru hand, Stitches, Laceration, Ripped off finger. Please note that some of the wounds are very realistic.



Day	Grades	Time	Dates	# of sessions	Price	Room
Tuesdays	Gr 6–8	245–445pm	Sept 22–Nov 10	8	\$165	MPR

MUSCLE TO MOTIVATION-BOYS

Muscle to Motivation is about working out, locking in and having fun. Learn how to put on muscle, get stronger and improve focus. Sessions include strength training, meditation and breath work to help young boys feel more in control of their minds and bodies. This program is designed to address the isolation and distraction that is prevalent in today's world.



Day	Grades	Time	Dates	# of sessions	Price	location
Wed	Gr 6-8	245-415pm	Sept 23-Dec 9	10	\$50	MPR

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 a to-go container!



Day	Grades	Time	Dates	# of sessions	Price	location
Wed	Gr 6-8	3-5pm	Sept 23-Nov 4	6	\$110	Healthy Living

DRAMA/THEATRE WITH RISE ARTS COMPANY: 3 TERMS



Take the stage and be part of a theatre company from start to finish! This 10-month program gives students the opportunity to build their acting skills, confidence, creativity, and stage presence while working together toward a year-end theatre production for family and friends.

Throughout the year, students will explore acting, character development, improvisation, script work, staging, and the rehearsal process as they bring a production to life. Designed to create a true ensemble experience, students will grow together as performers while building friendships, teamwork skills, and confidence along the way.

Program Commitment: September 2026-June 2027

Fee: \$189+GST per term (3 term payments throughout the school year).

Total Program Fee: \$567+GST

Registration & Commitment: Students are registering for the full 10-month Theatre Company, and a commitment to all three terms is required. Throughout the year, students will be assigned roles and work together as an ensemble toward a year-end performance. As each student plays an important part in bringing the production to life, consistent participation throughout the full program is essential. Please ensure your child can commit to the September-June program before registering. No previous theatre experience is required, we welcome students of all experience levels!

Dates: Sept 21-Dec 7, Jan 4-Mar 11, Mar 29-June 11

Register here: <http://www.riseartscompany.com/theatre-companies>

INTRO TO PROGRAMMING & DESIGN WITH PYTHON: LEARN TO CODE THROUGH FUN GAMES!

In this 8-week course, students in Grades 6–8 will learn the fundamentals of Python programming & design by building a new hands-on project every week.

Through fun and interactive games, students will explore key coding concepts while bringing their ideas to life.

Each week, students will tackle exciting projects such as (examples): Creating an interactive quiz game to test their friends, Designing a simple adventure game using loops and conditionals, Building a virtual pet simulation with animations, Programming a rock-paper-scissors game with user input

By the end of the course, students will have built multiple Python games and interactive projects while gaining the confidence to continue coding. Join us and start creating your own games with Python!

***Students will bring their own laptop to class.

***No prior coding experience needed – Just creativity and desire to explore!



Day	Grades	Time	Dates	# of sessions	Price	location
Thurs	Gr 6–8	3–4pm	Sept 24–Nov 12	8	\$145	Learning Commons

BASKETBALL!

At RIZE Athletic Academy our mission is to help the next generation unlock their potential, whether you are a beginner or an experienced basketball player, we have specialized coaches dedicated to providing a skills training program that focuses on building foundational basketball skills as well as mentoring the youth.

We will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills and exercises as well as help them fall in love with the game while having fun. RIZE to your potential!

No programs on Sept 25 and Oct 23



Day	Grades	Time	Dates	# of sessions	Price	Room
Fridays	Gr 6–8	245–415pm	Oct 2–Nov 13	6	\$110	GYM

**Minnekhada Middle School
After School Programs | FALL 2026**



MPOWERED BEAUTY INSIDE & OUT-GIRLS



Discover how beautiful you can feel on the inside and out with these empowering sessions. Build self-esteem, confidence, resiliency, and self-love in these empowerment training and beauty sessions. You will learn basic martial arts/self-defense techniques, mental and physical awareness skills, social media safety strategies, healthy relationship communication, positive body image awareness and anxiety-reducing self-regulation techniques.

No class on Pro D Days: Sept 25th and Oct 23

Day	Grades	Time	Dates	# of sessions	Price	Room
Fridays	Gr 6-8	245-415pm	Oct 2-Dec 11	10	\$75	MPR

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:

[CLICK HERE FOR LINK TO REGISTRATION PAGE](#)

**Any questions, please email Silvia Jorge at sjorge@sd43.bc.ca
Refund/Cancellation Policy: Refunds will only be available, for any reason, within the registration period. No refunds will be issued after the program starts date.**



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

