

# MINNEKHADA MIDDLE SCHOOL

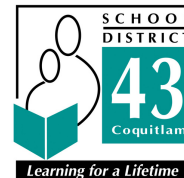
## WINTER 2024 AFTER SCHOOL PROGRAMS

**Registration Starts: Dec 20th, 2023 at 8am**

**Program Dates: January 15–Mar 8, 2024**

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

\*\*\* No Class Jan 29, Feb 19 or Feb 23



### Oxygen Yoga

Join us for an introductory class to Yoga. Learn basic poses, breathing techniques and more! Sign up today.

**\*\* NO CLASS JAN 29, FEB 19 OR FEB 23**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	6-8	3-4pm	Jan 15-Mar 4	6	\$110	MPR



### BEYOND THE BELL: COOKING

Beyond the Bell: Cooking 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!

**\*\* NO CLASS JAN 29, FEB 19 OR FEB 23**

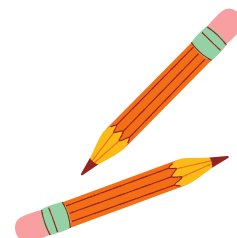
Day	Grades	Time	Dates	# of sessions	Price	Rm.
Monday	6-8	3-5pm	Jan 15-Mar 4	6	\$115	Healthy Living

**If you have any questions please contact:**

Silvia Jorge, Community Development Facilitator

📞 604-209-1424

✉️ [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)





## **SPECIAL FX MAKEUP: LEVEL 2!**

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: Frost bite, Healed scars, Dragon skin, Bullet holes, Exposed finger bone/muscle, Gravel rash/scabs/ scratches, Cut off finger, and Traiphobia.

**\*\* NO CLASSES ON FRIDAY, OCT 20TH AND NOV 10TH**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesdays	6-8	3-5pm	Jan 16-Mar 5	8	\$165	MPR



## **IMPROV WITH STEF**

Unleash your creativity and laughter in this weekly Improv Class where spontaneity meets hilarity. Discover the thrill of quick thinking, teamwork, and endless fun. No scripts, just pure, unfiltered imagination!

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesdays	6-8	3-4pm	Jan 16-Mar 5	8	\$115	Collab Space

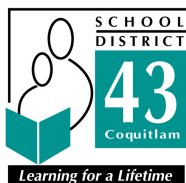


## **HipHop with Rise Art Company**

The hip hop program is made for kids who love to move and dance to a beat! Classes will include a dynamic warm-up, stretch and lead into across the floor exercises, learning short combinations & beginner choreography.

**\*\* NO CLASS JAN 29, FEB 19 OR FEB 23**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Wednesdays	6-8	3-4:30pm	Jan 17-Mar 6	8	\$145	MPR



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





## ASPIRE MARTIAL ARTS!

Aspire Martial Arts' MAK Curriculum (Martial Arts Kids) is a program specifically designed for students between the ages of 7 and 12. With a focus on life skills, self-defence, and having fun, participants will work to build confidence and gain the tools to become leaders both in and outside of the classroom.

Visit [aspiremartialarts.ca](http://aspiremartialarts.ca) for more details.

**\*\* NO CLASS JAN 29, FEB 19 OR FEB 23**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Thursdays	6-8	3-4pm	Jan 18-Mar 7	8	\$125	MPR



## INTRO TO MICRO:BIT!

Using the latest micro:bit chip, this beginner's program is the best way to get started on programming mini projects to understand the software and hardware components. Students will use block-coding for drag-and-drop formats. We may also get a chance to connect some wires. Students can borrow micro:bits. Bring your computer device.

**Students must bring their own device with internet access**

**\*\* NO CLASS JAN 29, FEB 19 OR FEB 23**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	6-8	3-4pm	Jan 11-Mar 7	6	\$140	MPR





## Pottery with Rise Art Company

A beginner ceramics after school program that has all the fun with clay & sculpting! 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. The program will include days with step by step processes by our instructor, and on other days students will have creative freedom in what they would like to create!

**\*\* NO CLASS JAN 29, FEB 19 OR FEB 23**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	6-8	3-4pm	Jan 19-Mar 8	6	\$155	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!**

**\*\* NO CLASSES ON FRIDAY, FEB 23RD**

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	6-8	3-5pm	Jan 19-Mar 8	7	\$140	Gym







# PRO-D BabySitters Course

Friday Feb 23, 2024

9:00 - 4:00 pm - Minnekhada Middle School-MPR

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter.

**\$70.00**

Scan QR code to Register!

Questions? Email Silvia: [sjorge@sd43.bc.ca](mailto:sjorge@sd43.bc.ca)

# UPCOMING PRO DAY CAMPS

**JANUARY 29TH**

**BASKETBALL**

**GIRLS ONLY 9-1130AM**

**BOYS ONLY 12-230PM**

**IN THE GYM**

**\$40**

**JANUARY 29TH**

**DIGITAL ART**

**9-1130AM**

**MPR**

**\$50**

**FEBRUARY 23**

**BABYSITTING COURSE**

**9AM-4PM**

**MPR**

**\$70**

**A CERTIFICATE WILL BE ISSUED AT THE END**

**FEBRUARY 23**

**COOKING WITH DEB**

**9-1130AM**

**HEALTHY LIVING**

**\$40**

Looking for something fun to  
do this Spring Break?  
Keep your eyes open for Spring Camp information  
coming soon



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 Minnehada School website or click on the direct link here:

<https://www.karelo.com/register.php?BID=549&BT=10&PrivEv=21576>

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.

