

# MINNEKHADA MIDDLE SCHOOL

## SPRING 2025 AFTER SCHOOL PROGRAMS

**Registration Starts: Monday, March 17th at 8am**

**Program Dates: April 7–May 30, 2025**

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



### COOKING CLUB

The cooking club is designed to teach middle school students essential cooking skills, from basic food preparation to understanding recipes and adjusting ingredients to suit their needs. Through hands-on cooking experiences, students will gain the confidence to create simple, delicious meals while learning the fundamentals of kitchen safety, nutrition, and creativity in the kitchen. **No class April 21 and May 19**

Day	Grades	Time	Dates	# of sessions	Price	location
<b>Mondays</b>	<b>Gr 6–8</b>	<b>3–5pm</b>	<b>April 7–May 26</b>	<b>6</b>	<b>\$132</b>	<b>Healthy Living</b>

### POTTERY LEVEL 1 & 2

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! **No class April 21 and May 19**

Day	Grades	Time	Dates	# of sessions	Price	Room
<b>Monday</b>	<b>Gr 6–8</b>	<b>245–415PM</b>	<b>Apr 7–May 26</b>	<b>6</b>	<b>\$140</b>	<b>Rm.141</b>

### SELF DEFENSE

Thrive Martial Arts Systems is a socially-minded organization with the goal of providing safe and accessible self-defence to the community. Specializing in empowerment and confidence building seminars, each session to be crafted with a mix of stand up and ground concepts. Students can expect to learn practical techniques in a fun and supportive environment lead by instructors with experience in multiple martial arts disciplines. Feel free to visit [www.thrive.ca](http://www.thrive.ca) for more information. **No class April 21 & May 19**

Day	Grades	Time	Dates	# of sessions	Price	Room
<b>Monday</b>	<b>Gr 6–8</b>	<b>3–4PM</b>	<b>Apr 7–May 26</b>	<b>6</b>	<b>\$100</b>	<b>MPR</b>



### SPECIAL FX MAKEUP: LEVEL 3

"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": Witch nose, Zombie mouth, Severed finger, Split head, Rotten fingers and nails (gangrene), Spider bites, Laceration, Glass thru hand.

Day	Grades	Time	Dates	# of sessions	Price	Room
Tuesdays	Gr 6-8	245-445pm	Apr 8-May 27	8	\$165	MPR

### ROBOTICS

Children learn to build, code, and create while having fun. With upgraded host controller and motor, Robot Master(Premium) supports up to 200 robots from simple to complex, which contains scientific engineering and robot knowledge such as machinery, gears, structure, transmission, etc. Kids will learn to code and develop creative problem-solving skills as they play with this interactive educational toy featuring graphical programming, as simple as a drag and drop game. They can also bring this tech toy to life with APP control.

Day	Grades	Time	Dates	# of sessions	Price	Room
Wednesday	Gr 6-8	245-415pm	Apr 9-May 28	8	\$150	MPR

### BUBBLEBALL

Suit up in a giant inflatable bubbleball that covers everything down to your knees. Play soccer, British bulldog, King of the Ring, or choose from a range of fantastic games.

<https://stellarplay.ca/>



Day	Grades	Time	Dates	# of sessions	Price	location
Wed	Gr 6-8	3-430pm	Apr 9-May 28	8	\$140	Outside field

### COOKING CLUB

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Day	Grades	Time	Dates	# of sessions	Price	location
Wed	Gr 6-8	3-5pm	Apr 9-May 28	8	\$176	Healthy Living

## MINECRAFT CODING & 3D GAME DEVELOPMENT

This series offers G6-8 students an exciting, interactive way to explore game design and logic through the immersive world of Minecraft. This hands-on course introduces students to object-based programming by guiding them through the creation of their own 3D games and custom mods. As they progress, students will learn core game design principles, including level creation, gameplay mechanics, and storytelling, while developing their own mods, customizing objects, and even adding new game play features. Teacher: Samuel with Asteam Power Innovation

Day	Grades	Time	Dates	# of sessions	Price	Room
Thursday	Gr 6-8	3-4pm	Apr 10-May 29	8	\$135	MPR

## FOOTBALL

Our Youth Flag Football Program is designed to introduce kids in grades 6-8 to the basics of football in a fun, engaging, and non-contact environment. This program focuses on teaching essential skills, building confidence, and promoting teamwork through a mix of drills and game play. Participants will learn:

**\*\*Basic Football Knowledge\*\***: Understanding the fundamentals of the game, including rules, positions, and strategies. **\*\*How to Throw and Catch\*\***: Proper techniques for throwing a spiral pass and catching safely and effectively. **\*\*Agility and Speed\*\***: Agility ladder drills to improve footwork, coordination, and overall athleticism. **\*\*Flag Football Games\*\***: Non-contact, skill-focused games to practice what they've learned in a fun and safe setting.

Day	Grades	Time	Dates	# of sessions	Price	Room
Thursdays	Gr 6-8	3-430pm	Apr 10-May 29	8	\$145	Outside

## 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 class April 18, 25, May 16**

Day	Grades	Time	Dates	# of sessions	Price	Room
Fridays	Gr 6-8	245-415pm	Apr 11-May 30	6	\$110	GYM

## MPOWERED BEAUTY INSIDE & OUT-GIRLS

Discover how beautiful you can feel on the inside and out with these mpowering sessions. Build self-esteem, confidence, resiliency, and self-love in these mpowerment 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 April 18, 25 or May 16**

Day	Grades	Time	Dates	# of sessions	Price	Room
Fridays	Gr 6-8	245-415pm	Apr 11-June 20	8	\$25	MPR



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



## PRO-DAY OPPORTUNITIES

**APRIL 25, 2025**  
**AT MINNEKHADA MIDDLE**

**BASKETBALL**  
**12-3PM**  
**\$60**

**SELF DEFENSE PROGRAM**  
**1230-230PM**  
**\$30**

**KIDS KITCHEN COOKING**  
**9AM-12**  
**\$40**

**Scan to  
Register**



**MAY 16, 2025**  
**AT MINNEKHADA MIDDLE**

**PAINTING 101**  
**11AM-2PM**  
**\$45**

**SELF DEFENSE PROGRAM**  
**1230-230PM**  
**\$30**

**BABYSITTING COURSE**  
**930AM-430PM**  
**\$75**

### 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](mailto: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.



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