

# CENTRAL ELEMENTARY SCHOOL

## FALL 2024 AFTERSCHOOL PROGRAMS

**Registration Dates: Saturday, September 28 at 9:00 am**

**Program Dates: Monday, October 7 – Friday, November 29, 2024**

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



### AFTERSCHOOL CREW!

Join the Afterschool Crew for a fun and safe environment to play active games, get creative, ask for homework help, and much more! Afterschool snack is included.

**\*No Programs on October 14, October 25 and November 11\***

Day	Grades	Time	Dates	# of sessions	Price	Room
Monday	K - 5	3 - 4:30 pm	Oct 7 - Nov 25	6	\$60	138
Tuesday	K - 5	3 - 4:30 pm	Oct 8 - Nov 26	8	\$80	138
Wednesday	K - 5	3 - 4:30 pm	Oct 9 - Nov 27	8	\$80	138
Thursday	K - 5	3 - 4:30 pm	Oct 10 - Nov 28	8	\$80	138
Friday	K - 5	3 - 4:30 pm	Oct 11 - Nov 29	7	\$70	138



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



## MPOWER: YOUR INNER YOGI

This empowerment program will give your child the exploration of yoga with fun creative poses to calm the mind, body, and spirit. A variety of relaxation skills, breathing techniques, and fun games will give your child the social and emotional tools to navigate anxiety, low self-esteem, and a lack of confidence. Feel strong and confident by finding your "Inner Yogi"!

**\*Please wear comfortable clothing.**

**\*This is a lunch time Program\***

**\*No programs on October 14 and November 11\***

Day	Grades	Time	Dates	# of sessions	Price	Room
Mondays	K - 5	12 - 12:51 pm	Oct. 7 - Nov. 25	6	\$56	Gym



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.

**\*No programs on October 14 and November 11\***

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Mondays	3 - 5	3 - 4:30 pm	Oct. 7 - Nov. 25	6	\$75	Gym

If you have any questions please contact:  
Neelofar Nurani; Community Development Facilitator

778 879 3193



nnurani@sd43.bc.ca

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### RISE ART COMPANY: POTTERY

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
Tuesdays	K - 2	3 - 4:30 pm	Oct. 8 - Nov. 26	8	\$184	Music Room



### SEWING WITH MS. ANNA

Students will learn and practice basic hand-sewing sewing skills to create multiple projects, may include: finger puppets, embroidered magnets, stuffed animals, and fingerless gloves.

Day	Grades	Time	Dates	# of sessions	Price	Room
Tuesday	3 - 5	3 - 4 pm	Oct. 8 - Nov. 26	8	\$75	137

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## MPOWER: YOUR INNER NINJA

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

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

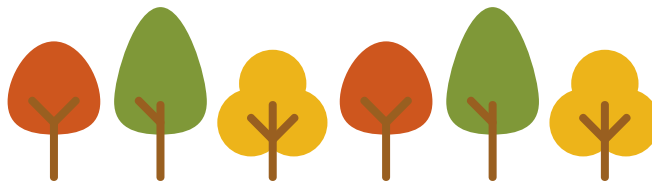
Day	Grades	Time	Dates	# of sessions	Price	Rm.
Tuesdays	K - 5	3 - 4 pm	Oct. 8 - Nov. 26	8	\$85	Gym



## STELLAR PLAY – ARCHERY AND PLAY

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.

Day	Grades	Time	Dates	# of sessions	Price	Room
Wednesdays	2 - 5	3 - 4:30pm	Oct. 9 - Nov. 27	8	\$120	Gym



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## BASKETBALL

RIZE Athletic Academy's basketball program will focus on developing fundamental basketball skills such as dribbling, shooting, passing and footwork through various drills. 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 program encourages participants to set goals and work towards achieving them, promoting a growth mindset and a drive for continuous improvement.

Sessions will be geared towards athletes that are looking to excel in basketball. Students will be split up according to skill level. Our coaches have high level experience playing and coaching thus have a very diverse coaching style.

RIZE to your potential

**Remember to wear comfortable clothing and bring water**

Day	Grades	Time	Dates	# of sessions	Price	Room
Thursdays	3 - 5	3-4 pm	Oct. 10 - Nov. 28	8	\$84	Gym



## SPOTLIGHT THEATRE

Sing, dance, and act in this eight week musical theatre class where students learn performing arts skills through rehearsals of a musical. Show off your new skills on the last day when you perform for family and friends.

**The show this season will be Elf**

Day	Grades	Time	Dates	# of sessions	Price	Room
Thursdays	1 - 5	3-4pm	Oct. 10 - Nov. 28	8	\$100	Gym





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**SOCCER SHOTS**

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.

**\*No programs on October 25\***

Day	Grades	Time	Dates	# of sessions	Price	Rm.
Fridays	K - 2	3 - 4:30 pm	Oct. 11 - Nov. 29	7	\$84	Gym



**RISE ART COMPANY: ART CLUB**

Calling all youth who have a love for art! Students will have a go at various visual arts disciplines. Projects will include painting, water colours, drawing , sculpting ,crafting , sticker making and more.

**\*No programs on October 25\***

Day	Grades	Time	Dates	# of sessions	Price	Room
Fridays	3 - 5	3 - 4:30 pm	Oct. 11 - Nov. 29	7	\$140	Music Room



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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 to receive your confirmation number and 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.sd43.bc.ca/school/central/CommunitySchool/Pages/After-School-Programs.aspx#/=>

### **Refund/Cancellation Policy:**

Full refunds are available until the program has started. Partial refund will be refunded when withdrawal occurs between the 1st and 2nd day of programming. No refunds will be made after the 2nd day of programs. A service fee of \$10 will be applied to any withdrawals after program has started.