

# Afterschool Programs

WINTER  
2017

## Super Snacks & Sports (5-9yrs)

Join us for a healthy snack and then we'll hit the gym to play all different kinds of sports. Join in the fun!

**Mondays Jan 15 - March 12** (8 sessions)

3:00 - 5:00pm

\$81.44 Barcode 467785

**No program Feb 12**

## Babysitter's Basics (11yrs +)

Children learn valuable skills, emergency procedures and tips on childcare. Certificates are awarded to those who successfully complete the course, which uses Canada Safety Council Babysitter's Guidelines. These recommend that children under 12 not babysit without adult supervision.

**Mondays Jan 22 - March 5** (6 sessions)

3:00 - 5:00pm

\$75.00 Barcode 467611

**No program Feb 12**

## Active Sports & Games (5-8yrs)

Join us for an opportunity to sample various sports and games.

**Wednesdays Jan 24 - March 14** (8 sessions)

3:00 - 5:00pm

\$75.20 Barcode 467615

## Muffins & Cookies Galore (9-12yrs)

Enjoy making and eating a variety of wonderful baked goodies. Each week there's a new recipe to try.

**Wednesdays Jan 24 - Feb 14** (4 sessions)

3:00 - 4:30pm

\$37.50 Barcode 467616

## Lego & Games Club (5-8yrs)

Space to play, create, learn and use your imaginations while playing various board games and using LEGO®.

**Fridays Jan 19 - March 16** (8 sessions)

3:00-5:00pm

\$42.40 Barcode 467617

**No program Feb 16**

## Open Gym (9-12yrs)

Children can get together for floor hockey, soccer, basketball or whatever sport they'd like to play. We'll also enjoy some fun group games. On nice days we may go outside.

**Fridays Jan 19 - March 16** (8 sessions)

3:00-5:00pm

\$75.20 Barcode 467618

**No program Feb 16**

*Did you know that Burnaby Parks, Recreation & Cultural Services also offers preschool programs at University Highlands? Check out the Burnaby Parks & Recreation Preschool Guide for more information!*



## University Highlands Elementary School



To register, call Cameron Recreation Centre 604-297-4456  
Or online at [www.burnaby.ca/webreg](http://www.burnaby.ca/webreg)  
Questions? Please call Justine Henderson at 604-294-7390

# Shadbolt at your School

# Evening

**WINTER  
2018**

## Creative Artworks

Each class brings a new theme especially chosen to stimulate a child's imagination.

### 5-8yrs

**Tuesdays Jan 16 - March 13** (9 sessions)

3:00 – 4:30pm

\$101.95 Barcode **464199**

### 9-12yrs (\*new day)

**Thursdays Jan 18 - March 15** (9 sessions)

3:00 – 4:30pm

\$101.95 Barcode **464908**

### 5-8yrs (\*new day)

**Fridays Jan 19 - March 16** (8 sessions)

3:00 – 4:30pm

\$90.60 Barcode **464909**

## Creative Dance

Children are introduced to the joy of dance in a positive and encouraging environment.

### 5-7yrs

**Wednesdays Jan 17 - March 7** (8 sessions)

3:15-4:15pm

\$60.40 Barcode **457686**

### Preschool (3-5yrs)

**Wednesdays Jan 17 - March 7** (8 sessions)

4:30-5:15pm

\$45.30 Barcode **446005**

## First Steps - Creative Dance

Help build your toddlers brain through movement & play!

### 12months - 2yrs (with an adult)

**Wednesdays Jan 17 - March 7** (8 sessions)

5:20-5:50pm

\$30.20 Barcode **445996**

## Family Yoga

A relaxing way for members of your family to have fun together while practicing yoga. We introduce breath work, focus, asana (postures) and relaxation as we play with yoga in some very creative ways. Children must attend with an adult. Each person must register.

**Tuesdays, 6:30 - 7:30pm**

**Dates TBA**

## Adult Hatha Yoga

This classical form of yoga includes postures and breathing to revitalize the body physically and mentally. Improve and develop muscle tone, flexibility and concentration and experience a state of deep relaxation. Variations of poses (asanas) are taught from beginner to advanced. Open to all levels.

**Tuesdays, 7:45 - 8:45pm**

**Dates TBA**

## Youth Connect Drop-In

Participants in grades 5-7 spend fun-filled Thursday evenings at University Highlands Elementary School engaging in recreational activities ranging from sports, cooking, crafts, and games. Come hang out after dinner with your friends and make some new friends in a safe and social environment!

**Thursdays** from 7:00-8:30pm

**FREE**

**Dates TBA**

## Family Open Gym (all ages with an adult)

We provide the space and the gear for families to run, kick, throw and tumble together. Or, if they'd prefer, a spirited game of hockey, soccer or basketball. We have a large variety of toys for our youngest athletes. All toys and equipment are provided.

**Fridays, Jan 19 - March 16**

5:30-7:30pm

**\$1 per person (drop-in)**

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