

Afterschool Programs

**SPRING
2018**

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, April 9 - June 11 (7 sessions)

3:00 - 5:00pm

\$71.26 Barcode 476804

No program Apr 23, May 14 & 21

Ultimate Survivor (9-13yrs)

This adventure related program will challenge participants physically and mentally while teaching skills like teamwork, orienteering, geocaching and its all about survival and having fun.

Mondays, April 30 - June 11 (5 sessions)

3:15 - 4:45pm

\$35.25 Barcode 476803

No program May 14 & 21

Active Sports & Games (5-8yrs)

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

Wednesdays, April 11 - June 13 (10 sessions)

3:00 - 5:00pm

\$94.00 Barcode 476807

LEGO® Challenge (9-13yrs)

More challenging projects for the advanced builders! Mindcraft, Technic and more.

Wednesdays, April 11 - May 02 (4 sessions)

3:00 - 4:30pm

\$15.90 Barcode 476811

Mother's Day Chocolates & Crafts (5-12yrs)

Join us and create special crafts and chocolate treats to give your mother for Mother's Day!

Wednesday, May 9 (1 session)

3:00 - 4:30pm

\$13.50 Barcode 476808

Food on a Stick (6-10yrs)

Join us for this creative food program where we put everything on a stick...See what delicious creations we can come up with!

Wednesdays, May 16 - June 13 (5 sessions)

3:00 - 4:30pm

\$46.88 Barcode 476809

Lego & Games Club (5-8yrs)

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

Fridays, April 6 - May 4 (5 sessions)

3:00 - 5:00pm

\$26.50 Barcode 476810

Nature Club (5-8yrs)

Join us as we explore and examine plants, trees, insects and animals that you might find in your backyard.

Fridays, May 11 - June 8 (5 sessions)

3:00 - 5:00pm

\$41.63 Barcode 476812

Open Gym (9-12yrs)

Get together for floor hockey, soccer, basketball or whatever sport you would like to play. We'll also enjoy group games.

Fridays, April 13 - June 15 (10 sessions)

3:00 - 5:00pm

\$94.00 Barcode 476813

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

Questions? Please call Justine Henderson at 604-294-7390



Shadbolt at your School

Evening

**SPRING
2018**

Young Tunes (6-9yrs)

NEW !!

Young singers develop their voices and listening skills with poems, finger plays, musical games and action songs. Percussion instruments and movement help them understand music rhythms and beats.

Thursdays, April 5 - May 24 (no class May 17)

3:00 – 4:30pm

\$56.35 Barcode 474425

Creative Artworks

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

3:00 - 4:30pm

\$113.25 10 sessions

5-8yrs

Tuesdays, April 10 - June 12

Barcode 464204

Thursdays, April 12 - June 14

Barcode 464908

9-12yrs

Fridays, April 13 - June 15

Barcode 474422

Creative Dance

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

5-7yrs

Wednesdays, April 4 - June 6 (10 sessions)

3:15 - 4:15pm

\$75.50 Barcode 474424

Preschool (3-5yrs)

Wednesdays, April 4 - June 6 (10 sessions)

4:30 - 5:15pm

\$56.65 Barcode 446007

First Steps - Creative Dance

Help build your toddlers brain through movement & play!

12months - 2yrs (with an adult)

Wednesdays, April 4 - June 6 (10 sessions)

5:20 - 5:50pm

\$37.75 Barcode 446068

*Please call the Shadbolt Community Arts
Programmer at 604-205-3013 if you have any
questions or concerns about any arts programs at UHE.*

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, April 10 - June 12 (10 sessions)

6:30 - 7:30pm

Adult: \$72.00

Child: \$58.50

Barcode 476805

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, April 10 - June 12 (10 sessions)

7:45 - 8:45pm

\$72.00 Barcode 476806

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, May 3 - June 7

7:00-8:30pm

FREE

Family Open Gym

(all ages with a participating 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, April 13 - June 15 (10 sessions)

5:30-7:30pm

Drop in: \$1 per person

(Max 4 children per supervising adult)

University Highlands Elementary School

To register, call Cameron Recreation Centre 604-297-4456

Or online at www.burnaby.ca/webreg

Questions? Please call Justine Henderson at 604-294-7390

