

# Afterschool Programs

WINTER 2019

## All Sports ages 9-13 yrs

Join us for an opportunity to sample various sports and games such as: badminton, soccer, floor hockey, cooperative games and much more. Bring a water bottle and plenty of energy.

**Mondays**, Jan 14 to March 11,

3:00-4:30pm

7 sessions \$54.10

498797

*(No Program Jan 28 & Feb 18)*



## LegoMania & Healthy Snacks

ages 6-8 yrs

Children are given the space to play, create, learn and use their imaginations while playing LEGO® and they'll also be making healthy snacks!

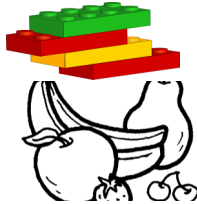
**Mondays**, Jan 21 to March 11,

3:00-4:30pm

6 sessions \$40.95

498798

*(No Program Jan 28 & Feb 18)*



## Food on a Stick ages 9-13yrs

Join us as we use our imaginations to travel the world while we make snacks and creative crafts from a different country each week.

**Wednesdays**, Jan 23 to Feb 27, 3:00-4:30pm

5 sessions \$48.00

499589

*(No Program Feb 13)*

*(Feb 27 program starts at 2pm)*



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## Valentine's Chocolates & Crafts

ages 5-12 yrs

Join us and celebrate Valentine's Day making yummy treats and festive crafts that you can keep or give to family and friends.

**Wednesday**, Feb 13, 3:00-4:30pm

1 session \$13.80

499593



## Babysitter's Basics ages 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. They recommend that

children under 12 not babysit without adult supervision.



**Thursdays**, Jan 31 to March 7, 3:00-5:00pm

*(Feb 28 Program runs 2-4pm)*

6 sessions \$76.80

499594

## LEGO® & Games Club ages 5-9yrs

Children are given the space to work together to build, create, learn and use their imaginations while playing various board games and using LEGO®.

**Friday**, Jan 18 to March 8

3:00 - 4:30pm

7 sessions \$28.35

499595

*(No program Feb 22)*



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 Maria Bamba at 604-294-7390



# Evening Programs Winter 2019

## **Yoga for Youth** ages 11-15 yrs

A relaxing way for 11-15 year olds 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.

**Tuesdays, Jan. 22 - March 5** (7 sessions) ★

6:15- 7:15pm

Child: \$41.65

Barcode: **499585**

## **Yoga - Hatha (Adults)** ages 16+ yrs

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, Jan. 22 - March 5** (7 sessions) ★

7:30-8:30pm

\$54.60

Barcode: **499588**

## **UHE Connect - Youth Drop-in**

*In partnership with Creekside Youth Centre*  
For Grades 5 - 7

**Thursdays, Jan 17 to Feb**

21, 7:00-8:30pm

Drop-in No Charge



## **Family Open Gym**

*(Child w/participating adult)*

We provide the space and the gear for families to run, kick, throw and tumble together. 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. An adult must accompany children.

**Fridays, Jan 18 to Mar 8, 5:30-7:30pm**

**Drop-in** \$1.00 per family member

**(No program Feb. 22)**

# *SHADBOLT PROGRAMS* *Winter 2019*

## **FINE ARTS PROGRAMS**

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

### **Creative Artworks** ages 5 - 8 yrs

**Tuesdays, Jan. 15 - March 12, 3:00-4:30pm**

9 sessions \$103.95 497462

### **Modern Dance for Beginners** ages 6 - 9 yrs

**Wednesdays, Jan. 16 - March 6, 3:25-4:25pm**

8 sessions \$61.60 486662

*(Feb. 27 class will start at 2:25pm)*

### **First Steps Dance w/ caregiver**

*ages 12m - 2y with caregiver*

**Wednesdays, Jan. 16 - March 6, 4:30-5:00pm**

8 sessions \$30.80 478532

### **Creative Dance Preschool** ages 3 - 5 yrs

**Wednesdays, Jan. 16 - March 6, 5:05-5:50pm**

8 sessions \$46.20 478512

### **Creative Artworks** ages 5 - 8 yrs

**Thursdays, Jan. 17 - March 14, 3:00-4:30pm**

9 sessions \$103.95 497463

*(Feb. 28 class will start at 2:00pm)*

### **Creative Artworks** ages 9-12 yrs

**Fridays, Jan. 18 - March 8, 3:00-4:30pm**

7 sessions \$80.85 497464

*(No class Feb. 22)*

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