

Afterschool Programs

SPRING
2019

Sports Zone (10-13yrs)

Enjoy a variety of your favourite high-energy sports and games!

Mondays, April 8 - June 3 (6 sessions)

3:00 - 4:30pm

\$46.35 Barcode 500138

No program Apr 22 & 29, May 20



Games Galore (7-9yrs)

We'll foursquare, battleship, chess, cards, checkers, Jenga, parachute games and other fun activities. Come play with us.

Mondays, April 15 - June 3 (5 sessions)

3:00 - 4:30pm

\$20.25 Barcode 500168

No program Apr 22 & 29, May 20

Super Snacks (8-10yrs)

This program is all about making nutritious and delicious snacks and doing fun activities- you don't want to miss out on this one!

Mondays, May 13 - June 10 (4 sessions)

3:00 - 4:30pm

\$38.40 Barcode 500167

No program May 20



Nature Club (6-8yrs)

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

Wednesdays, April 17 - May 8 (4 sessions)

3:00 - 4:30pm

\$36.60 Barcode 500170



Nature Club (9-13yrs)

Wednesdays, May 15 - June 5 (4 sessions)

3:00 - 4:30pm

\$36.60 Barcode 500171

Lego & Games Club (8-10yrs)

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

Wednesdays, April 24 - May 29 (6 sessions)

3:00 - 4:30pm

\$24.30 Barcode 500173



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 8 (1 session)

3:00 - 4:30pm

\$13.80 Barcode 500176



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, April 25 to May 30, 3:00-5:00pm

6sessions \$76.80

Barcode 500177

Science Discoveries

(8-11yrs)

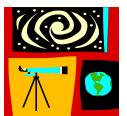
The children will have lots of opportunities to explore different aspects of science in this hands-on class. They will try experiments and discuss how science is an important part of our everyday world.

Friday, April 26 - May 24 (5 sessions)

3:00 - 4:30pm

\$45.75 Barcode 506182

No program May 17



University Highlands Elementary School

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

Or online at www.burnaby.ca/webreg

Questions? Please call Maria Bamba at 604-294-7390



NEW!

Yoga for Kids (6 - 13 yrs)

Through regular practice of yoga poses, children develop strength, flexibility, inner discipline and self-awareness. Basic poses are learned that can help develop other sporting skills.

Tuesdays, April 23 - June 4

(7 sessions)

3:15 - 4:15pm

\$41.65 Barcode **506329**



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Shadbolt at your School

Evening

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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 18 - June 6 (8 sessions)

3:00 – 4:30pm

\$65.50 Barcode 499925

Creative Artworks

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

3:00 - 4:30pm

\$115.50 10 sessions

5-8yrs

Tuesdays, April 9 - June 11

Barcode 500181

Thursdays, April 11 - June 13

Barcode 500182

9-12yrs

Fridays, April 12 - June 7

Barcode 500183

Modern Dance for Beginners

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

6-9yrs

Wednesdays, April 10 - June 12 (10 sessions)

3:25 - 4:25pm

\$57.75 Barcode 499351

First Steps - Creative Dance

Help build your toddlers brain through movement & play!

12months - 2yrs (with an adult)

Wednesdays, April 10 - June 12 (10 sessions)

4:30-5:00pm

\$38.50 Barcode 478680

Creative Dance - Preschool (3-5yrs)

Wednesdays, April 10 - June 12 (10 sessions)

5:05 - 5:50pm

\$57.75 Barcode 478496

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

Adult Hatha Yoga (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, April 23 - June 4 (7 sessions)

7:00 - 8:00pm

\$54.60 Barcode 506330

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, April 18-May 23

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 26 - June 7 (6 sessions)

5:30 - 7:00pm

Drop in: \$1 per person

(Max 4 children per supervising adult)



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