

CHILDCARE PROGRAMS

AM PROGRAM and PM PROGRAM:

Children are greeted by the same staff each day, which allows a sense of stability and familiarity to develop. Program staff prepare in advance, fun and stimulating activities for the children to enjoy. In addition to active play, children have the opportunity to socialize with their friends.

GENERAL PROGRAM

HOMEWORK CLUB: A quiet place to do homework. Resource materials and French supervision provided.

JUNIOR Grade 2–Grade 4

SENIOR Grade 5–Grade 8

RECREATION PROGRAMS

FLOOR GAMES: Develop your skills and have fun playing a variety of different floor games. (Floor Hockey, Soccer, Dodge Ball, etc.)

Age: All

YOGA: Children will learn basic yoga positions and form. Each class will engage in technique and practice.

Age: All

CHESS CLUB: Learn chess strategies, prepare for and compete in Chess tournaments.

JUNIOR Grade 1–Grade 3

SENIOR Grade 4–Grade 8

BLUEPRINT FITNESS FOR CHILDREN AND YOUTH PROGRAM:

The Health Institute Blueprint Program© is designed introduce healthy concepts and more importantly habits that are age appropriate and applicable to everyday life. Children and youth will participate in an interactive exercise routines and activities ranging from fitness testing to eating habits to support activity. The main objective of the program is stress the importance of prevention of injury, illness and to highlight that Exercise is Medicine!

JUNIOR Grade 1–Grade 3

INT Grade 4–Grade 6

SENIOR Grade 7–Grade 8

LANGUAGE PROGRAMS

READING STARS (ENGLISH): Children will build and improve their reading and vocabulary skills through various activities.

JK/SK

READING STARS (FRENCH): Children will build and improve their reading and vocabulary skills through various activities.

JK/SK

Grade 1–Grade 2

MANDARIN: Children will be introduced to correct pronunciation Mandarin tones, vocabulary and phrases. The class is taught and based on practical language and everyday life including greetings, numbers, colours, shape, food, time and date, family titles, etc.

Age: All

JUDO/SELF DEFENSE PROGRAMS

KINDER JUDO: Students will receive the basic technique of sitting, posture, breakfall, throwing, grappling and striking.

JUNIOR JK/SK

SENIOR SK–Grade 1

JUDO: Students will receive the basic technique of sitting, posture, breakfall, throwing, grappling and striking.

Levels: WHITE, WHITE-YELLOW, YELLOW-ORANGE, ORANGE-GREEN

SELF DEFENSE: Awareness skills, assertiveness skills, physical tools to deal with situations.

Grade 4–Grade 8

DANCE PROGRAMS

JAZZ: Learn to dance and exercise to modern and dance music.

JUNIOR Grade 1–Grade 3

SENIOR Grade 4–Grade 8

DANCE PROGRAMS

BOYS HIP HOP: Dance to your favourite hip hop music and learn all the current dance steps from today's popular music videos! This program is a high-energy dance experience that is fun for dancers of all ages! Hip Hop teachers cover the newest Hip Hop and Street moves.

JUNIOR Grade 1–Grade 3

SENIOR Grade 4–Grade 8

GIRLS HIP HOP: Dance to your favourite hip hop music and learn all the current dance steps from today's popular music videos! This program is a high-energy dance experience that is fun for dancers of all ages! Hip Hop teachers cover the newest Hip Hop and Street moves.

JUNIOR Grade 1–Grade 3

SENIOR Grade 4–Grade 8

IRISH DANCE: Exciting and energetic dance form for both boys and girls. Intercity competitions offered.

NEW/BEG Grade 1+ (0-1yrs. exp.)

JUNIOR Grade 2+ (2+yrs. exp.)

BALLET: Children will learn classical ballet and gain an appreciation for music and movement.

JK/SK

BEG/INT Grade 1–Grade 3

GYMNASTIC PROGRAMS

RHYTHMIC GYMNASTIC: Children will develop control, coordination and elevation as they increase the dance vocabulary. Body awareness, proper posture and awareness of space are all developed. Response to music, dynamics and expression are encouraged using balls, hoops, ribbons, etc.

JK/SK

JUNIOR Grade 1–Grade 2

INT Grade 3–Grade 4

SENIOR Grade 5–Grade 8

ART GYMNASTIC (for girls/boys):

Children will learn basic of gymnastics. Boys and girls at all fitness levels can participate in for this class! It is a great opportunity to get your child active and bring their fitness level up a notch or two. Your child will learn things like rolls, cartwheels, basic trampoline, bars, vault, and rings skills. The main focus would be on improving strength, coordination and agility while still having fun

JK/SK

DRAMA PROGRAM

DRAMA: Learn the elements of drama, creative self-expression, improvisation and musical theatre.

JUNIOR Grade 1–Grade 4

FILM PROGRAM

FILM-MAKING: Learn how to create a short film from the idea to finished movie. Writing for Cartoons (create cartoons by using different media such as Clay, Lego, Paper figures, blocks and additional elements. Children will learn how to write their own scenarios for cartoons, prepare all materials, stages and props, manage the flow of their productions, etc...Photography Kids will be enhanced with new topics, techniques, materials and themes..
JUNIOR Grade 2–Grade 4
SENIOR Grade 5–Grade 8

COOKING PROGRAM

COOKING CLUB: Additional \$55 materials fee. Children will learn the basics of kitchen safety, proper food handling, and food preparation, cooking techniques, presentation and so much more! Children will have the uses of kitchen tools.
JUNIOR Grade 1–Grade 3
INT Grade 4–Grade 5
SENIOR Grade 6–Grade 8

MUSIC PROGRAMS

VOCAL: Children will learn the basics to singing pitch, rhythm, breathing, voice and diction through familiar songs. Songs learned will be presented in a small performance.
JUNIOR Grade 1–Grade 4

PIANO: Learn to play this popular keyboard instrument. **It is strongly recommended that students own piano or keyboard at home to practice.**
BEG Grade 1–Grade 2
BEG/INT Grade 2–Grade 3
INT Grade 4–Grade 5
INT/ADV Grade 6–Grade 8

GUITAR: Child must provide own guitar. Additional \$15 materials fee Learn to play classical guitar, read music and learn music theory.
BEG Grade 3+
BEG/INT Grade 3+
INT/ADV Grade 3+
ADV Grade 3+

INTRO TO MUSIC: Student will gain the love of music through creative movement and without knowing it, our kids are being introduced to piano and music theory,

rhythmic skills, syllable identification and more while singing and dancing.
JK/SK
BEG Grade 1–Grade 2

SCIENCE AND TECHNOLOGY PROGRAMS

COMPUTER CLUB: Additional \$40 materials fee. Key Activities including keyboarding, animation, video comic books and video game creator
JUNIOR Grade 1–Grade 3
SENIOR Grade 4–Grade 8

LEGO ROBOTICS: Additional \$40 materials fee. A step-by-step progression from beginner to advanced level, accommodating individual abilities. With the aid of Lego®'s and NXT® programmable brick along with sensors, motors, cameras, and more your child can create robots limited only by their imagination. The class will focus on the following elements, learning the different parts of Lego robotics, how to program on Lego mind storms and how to overcome obstacles using Lego. Participant will also compete in a minor competition held near the end of the school year.
JUNIOR Grade 2–Grade 4
SENIOR Grade 5–Grade 8

SCIENCE CLUB: Additional \$40 materials fee. Children will engage in exciting hands-on activities, experiments, watch amazing demonstrations and participate in challenging discussions. Science Clubs offer children a chance to see just how cool science can be!
JK/SK
JUNIOR Grade 1–Grade 3
SENIOR Grade 4–Grade 8

ART and CRAFT PROGRAMS

ART: Additional \$18 materials fee. Our art classes inspire children to explore Visual Arts. Our youngest students discover, create, and have fun, all while making their first steps in self-expression. The early years are a key point in cognitive development, a time to investigate problem-solving, nurture curiosity, and develop self-confidence. This makes an adventure in visual arts – be it Drawing & Painting or Mixed Media & Sculpture– all the more important.

JK/SK
Grade 1–Grade 3
Grade 4–Grade 8

CRAFT: Additional \$18 materials fee. Is your child budding with enthusiasm for creating crafts? The very young greatly benefit from visual arts! Our kids' art classes are a wonderful way to introduce lessons to your children by style, process, culture, media and subjects. Keeping Craft activities easy to understand offers children the ability to explore their creativity and have LOTS OF FUN!
JK/SK
BEG Grade 1–Grade 3

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