

CHILDCARE PROGRAMS

AM 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 PROGRAMS

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

JUNIOR Grade 1–Grade 8

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

JUNIOR Grade 1–Grade 3

CREATIVE PLAY - Creative Team Building, Fun with Nature, Leadership, Creative

Discoveries: A play place for the children to play and interact in a social environment participating in activities geared to their needs.

ALL AGES

BOOK CLUB: Children will be asked to read a specific book, discuss and express their thoughts.

SENIOR Grade 4–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.)

JUNIOR JK–Grade 3

SENIOR Grade 4–Grade 8

DANCE FITNESS: Children and youth will participate in interactive exercise routines, activities, and dance movements. Using various props, having fun right through the class.

Exercise is Medicine!

JUNIOR Grade 1 – Grade 3

MUSIC & MOVEMENT:

Children and youth will participate in an interactive class of various dance routines, activities of guided movements. Using various materials, having fun exercising their bodies.

JUNIOR Grade 1–Grade 4

LANGUAGE PROGRAMS

READING STARS (ENGLISH):

Children will build and improve their reading and vocabulary skills through various activities.

JUNIOR JK/SK

SENIOR Grade 1–Grade 3

READING STARS (FRENCH):

Children will build and improve their reading and vocabulary skills through various activities. That is based in French language.

JUNIOR JK/SK

SENIOR Grade 1–Grade 3

JUDO/SELF DEFENSE /TAEKWANDO PROGRAMS

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

JUNIOR JK/SK

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

Levels: Beginner or Advanced

Levels: ALL BELTS (White, White-Yellow, Orange, Orange-Green)

TAEKWONDO: Students will receive the basic techniques of stance, blocks, hand attack and kicks (Chagi).

ALL AGES

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

SENIOR Grade 3–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

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

INTRODUCTION TO DANCE:

Children will learn basic dance, rhythm movements and gain an appreciation for music

JUNIOR JK/SK

GYMNASTIC PROGRAMS

GYMNASTICS: 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.

SENIOR Grade 2–Grade 8

GYMNASTICS – for girls/boys:

Children will learn the basics of gymnastics. Boys and girls at all fitness levels can participate in 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.

JUNIOR JK–Grade 1

FILM PROGRAMS

FILM-MAKING: Learn how to create a film from scratch. Children will be involved in every step of filmmaking process from paper to screen: scriptwriting, storyboarding, photography, set design, shooting, acting directing, and editing. Short films made by kids were nominated and awarded at TIFF Jump Cuts over past several years. The program includes 3 semesters: photography (Fall), stop motion animation (Winter) and live action filmmaking (Spring).
JUNIOR JK–Grade 3
SENIOR Grade 4–Grade 8

ART CARTOONING: Illustrate your story book, make postcards, poster, comic book, auto portrait, caricatures, and more!!! Create your own art while exercising hand to eye coordination skills, composition, colour balance, proportions, visual storytelling. Learn how to make powerful statements with graphic design.
ALL AGES Grade 1–Grade 8

COOKING PROGRAM

COOKING CLUB: Additional \$60 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 use of kitchen tools.
JUNIOR Grade 1–Grade 3
SENIOR Grade 4–Grade 8

MUSIC PROGRAMS

MUSIC: 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 3
SENIOR Grade 4–Grade 8

PIANO: Learn to play this popular keyboard instrument. It is strongly recommended that students own piano or keyboard at home to practice.

Levels: *BEGINNER OR ADVANCED*

GUITAR: Child must provide own guitar. Learn to play classical guitar, read music and learn music theory.
JUNIOR Grade 1–Grade 3
SENIOR Grade 4–Grade 8

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.
JUNIOR JK/SK

FREE STYLE RAP: This exciting new program lets students get creative and work on story telling through the art of rap. Create and perform their own music under the guidance of an international musical artist.
SENIOR Grade 4–Grade 8

SCIENCE AND TECHNOLOGY PROGRAMS

COMPUTER & IPAD CREATIONS: Additional \$45 equipment fee. Children are guided to express their creativity via computers and iPads. Creating things like comics, animations, slideshows etc.
JUNIOR Grade 1–Grade 3
SENIOR Grade 4–Grade 8

LEGO ADVENTURES & LEGO CREATIONS: Additional \$45 equipment fee. Fun and interactive Lego building. Participants are led through various Lego building challenges each week based on different themes. Participants will also compete in a minor competition held near the end of the school year.
JUNIOR JK–Grade 3
SENIOR Grade 4–Grade 8

ENGINEERING, ROBOTICS & CODING: Additional \$45 equipment fee. Children are encouraged to explore the world of engineering, robotics and coding by participating in various activities that are both fun and educational.
JUNIOR Grade 1–Grade 4

SCIENCE CLUB: Additional \$45 materials fee. Children will engage in exciting hands-on activities, experiments, watch amazing demonstrations and participate in challenging discussions. Science Club offers children a chance to see just how cool science can be!
JUNIOR JK/SK
SENIOR Grade 1–Grade 3

GAME SCHOOLED:

Includes quick and fun strategic games with a high replay value that lend well to quiet, thoughtful play. These games appeal to children because of their simple rules, attractive design and interactive nature.
JUNIOR Grade 1 – Grade 3
SENIOR Grade 4–Grade 8

ART and CRAFT PROGRAMS

ARTS and CRAFTS, CREATIVE ART: Additional \$20 materials fee. Is your child budding with enthusiasm for creating arts and crafts? Our youngest students greatly benefit from visual arts! Our kids' art and craft classes are a wonderful way to introduce lessons to your children by style, process, culture, media and subjects. It helps in the cognitive development, a time to investigate problem-solving, nurture curiosity, and develop self-confidence. Keeping Arts and Craft activities easy to understand offers children the ability to explore their creativity and have LOTS OF FUN!
JUNIOR JK/SK
SENIOR Grade 4–Grade 8