



**Abbotsford** CENTRAL  
COMMUNITY SCHOOL



**WEST ABBOTSFORD**  
*Community School Society*

# Winter 2019



**Winter Online Registration Begins on December 1, 2018**

**Visit our website to register!**

Sweeney Neighbourhood Centre  
P208 33355 Bevan Avenue, Abbotsford, BC  
V2S 0E7  
Phone (604) 853-2221

Regular Hours: Mon-Thurs 9:00am-4:00pm  
[www.abbycommunity.com](http://www.abbycommunity.com)



# Winter Community Programs



WEST ABBOTSFORD  
Community School Society

Abbotsford CENTRAL  
COMMUNITY SCHOOL



## Parent and Baby Yoga (CACS)

This program is geared to accommodate babies aged six weeks to crawling. This will be a 45 min. session of beginner level yoga where the focus will be on breathing exercises, mindfulness and simple yoga postures. The Parent Yoga Program will bring fun and learning at all levels.

**\*\*Parent participation is required.**

8 sessions First Year (not walking) FREE  
Jan 16 Wed 1:00pm-2:00pm  
Sweeney Neighbourhood Centre - Room B

## Toddler Music Program (CACS)

This program hopes to teach children that music is all around us. Students will experience different instruments, sounds and learn about rhythm.

**\*\*Parent participation is required.**

8 sessions Ages 2 - 4 yrs FREE  
Jan 15 Tues 9:30am-10:30am  
Sweeney Neighbourhood Centre - Room B



## Ballet & Creative Movement (CACS)

Classes will incorporate stretching and various dance exercises. We will teach children the fundamentals of ballet including basic positions and the necessary skills to get started.

**\*Ballet shoes are required ("nylon gym slippers" are approximately \$15 at Jazz-Ma-Tazz in Abbotsford).**

7 sessions Ages 3 - 6 yrs \$40.00  
Jan 24 Thurs 5:00pm-5:45pm  
Abbotsford Senior School - Dance Studio  
(No session Feb 14, 2019)

## Jazz and Hip-Hop (CACS)

This fun mix of Jazz and Hip Hop will challenge students to explore creative dance through music and choreography. Classes will include a warm-up and short dance combinations.

7 sessions Ages 7 - 12 yrs \$40.00  
Jan 24 Thurs 6:00pm-7:00pm  
Abbotsford Senior School - Dance Studio  
(No session Feb 14, 2019)

## Hooked on Crocheting (CACS)

This beginner crocheting class is a great hobby and skill set to acquire. It encourages students to use their math skills and fine motor skills. It is also a wonderful way to relax and reduce stress!

**\*Yarn is not included. Please purchase weighted 4 yarn. Needles will be provided.**

7 sessions Age 8 + yrs \$40.00  
Jan 21 Mon 6:00pm-7:30pm  
Abbotsford Middle School - MPR  
(No session on Feb 18, 2019)

## Comic Book Club (WACSS)

This after school program is designed for children who are interested in creating their own comic book. Instructors will assist students step-by-step on how to create a comic book. Lessons will include planning, scriptwriting, layout, drawing, lettering and inking.

7 sessions Ages 8 - 11 yrs \$40.00  
Jan 21 Mon 3:00pm-4:30pm  
Dr. Roberta Bondar Elementary, Library  
(No session on Feb 18, 2019)



## Character Design (CACS)

This program will focus on "Anime Style" Art. Students will have fun drawing, while learning artistic tips and tricks to create "Anime Style" characters.

7 sessions Ages 8+ yrs \$40.00  
Jan 22 Tues 6:30pm-8:00pm  
Abbotsford Middle School - MPR

## Mixed Media Art Class (WACSS)

Whether your child is a beginner or has years of practice, this art program is for them. Our highly qualified instructor will teach students professional drawing and painting techniques. Students will learn to work with both watercolour and acrylic paints. They will create one of a kind mixed media projects.

7 sessions Ages 8 - 11 yrs \$65.00  
Jan 22 Tues 4:30pm-6:00pm  
Prince Charles Elementary School - Room 37

7 sessions Ages 8 - 11 yrs \$65.00  
Jan 22 Tues 6:30pm-8:00pm  
Prince Charles Elementary School - Room 37

7 sessions Ages 8 - 11 yrs \$55.00  
Jan 23 Wed 3:00pm-4:30pm  
John Maclure Community School - MPR



\*\*\*\*\*

Please note that program dates are subject to change as the School District has priority of facility bookings.

## Design Studio (CACS)

Curiosity and creativity come alive in the Design Studio at Abby Senior. This after-school, academic enrichment program will immerse your child in a STEAM-rich learning environment. While working in engineering teams, participants will learn how to break down problems and design solutions to hands-on STEAM-based challenges.

7 sessions Ages 8 - 14 yrs \$90.00  
Jan 18 Fri 3:30pm-4:30pm  
Abbotsford Senior School - Maker Space  
Room A 104  
(No session Jan 25 & Feb 15, 2019)

## Game Design Program (WACSS)

This program introduces student to computer programming and game design. It focuses on improving problem solving skills and connecting math with real world applications. Students will learn how to create their own video games from scratch.

7 sessions Ages 10+ yrs \$50.00  
Jan 22 Tues 4:00pm-5:30pm  
John Maclure Community School - MPR



## 2D Animation (WACSS)

2D animation club will teach students character and prop design for the 2D world. Students will use professional software to learn about the processes involved in character development, drawing movement, colouring, bone structures and animation.

7 sessions Ages 10+ yrs \$50.00  
Jan 23 Wed 4:45pm-6:15pm  
John Maclure Community School - MPR

## Computer Adventures (CACS)

Each class, students will learn how to type efficiently and with proper form and speed. In addition to this students will learn how to navigate programs such as Excel, Power Point and Word.

7 sessions Ages 10+ yrs \$40.00  
Jan 22 Tues 6:00pm-7:30pm  
Abbotsford Middle School - Computer Lab

## Turbo Typists (WACSS)

Learn how to type like a pro! Join turbo typist and play fun typing games and make new friends. Learn proper posture and be able to type like a professional at Turbo Typist.

7 sessions Ages 8+ yrs \$40.00  
Jan 17 Thurs 4:45pm-5:45pm  
John Maclure Community School - MPR  
(No session Jan 24 & Feb 14, 2019)



# Winter Community Programs



WEST ABBOTSFORD  
Community School Society

Abbotsford  
COMMUNITY SCHOOL



## Basketball Stars (WACSS)

Basketball Stars is designed to improve children's dribbling and shooting skills. This program encourages team work and will incorporate drills and games in every session.

7 sessions Ages 5 - 7 yrs \$35.00  
Jan 24 Thurs 5:00pm-6:00pm  
Clearbrook Elementary- Gym  
(No session Feb 14, 2019)

7 sessions Ages 8 - 10 yrs \$35.00  
Jan 24 Thurs 6:15pm-7:15pm  
Clearbrook Elementary - Gym  
(No session Feb 14, 2019)

## Basketball Skills & Drills (CACS)

This program is designed to develop fundamental basketball skills and promote the love of basketball. We emphasize sportsmanship and team play.

7 sessions Ages 7 - 9 yrs \$35.00  
Jan 24 Thurs 6:00pm-7:00pm  
Abbotsford Middle School - Gym  
(No session Feb 14, 2019)

7 sessions Ages 10 - 13 yrs \$35.00  
Jan 24 Thurs 7:00pm-8:00pm  
Abbotsford Middle School - Gym  
(No session Feb 14, 2019)

## Little Sneakers (CACS)

Sometimes it's hard to know what sport you like, in this program students can try a bunch of different sports, such as dodgeball, soccer, basketball and much more!

7 sessions Ages 4 to 6 yrs \$35.00  
Jan 23 Wed 6:00pm-6:45pm  
Abbotsford Middle School - Gym

## Soccer Skills (CACS)

Participants will learn basic soccer skills (dribbling, passing, trapping & scoring) while gaining confidence for the game. Games to be played in a pressure-free environment.

7 sessions Ages 7 + yrs \$35.00  
Jan 23 Wed 7:00pm-8:00pm  
Abbotsford Middle School - Gym

## Soccer Stars (WACSS)

Join us at Terry Fox to learn the skills required to play soccer in a non-competitive environment. Play some games, learn basic drills and have fun with your friends!

7 sessions Ages 5 - 7 yrs \$35.00  
Jan 18 Fri 3:00pm-4:00pm  
Terry Fox Elementary - Gym  
(No session Jan 25 & Feb 15, 2019)

7 sessions Ages 8 - 10 yrs \$35.00  
Jan 18 Fri 4:15pm-5:15pm  
Terry Fox Elementary - Gym  
(No session Jan 25 & Feb 15, 2019)

## Multi-Sports Family Edition (CACS)

Families are encouraged to come out for an evening of recreational play. We will have sports such as volleyball, basketball, dodgeball and more. Invite other families to join you for a friendly game against each other. Who will win?

7 sessions Ages 8yrs-Adults \$15.00 each  
Jan 22 Tues 6:00pm-7:30pm  
Abbotsford Middle School - Gym



## Skiping Stars (WACSS)

Children will have fun learning skipping routines and making new friends.

7 sessions Ages 7+ yrs \$35.00  
Jan 24 Thurs 5:00pm-6:00pm  
Terry Fox Elementary School - Gym  
(No session Feb 14, 2019)

## Tennis Aces (WACSS)

If you are between the ages of 9 and 13 and want to learn a new sport, why not try tennis? Learn the basic rules and plays made in tennis while making new friends at Tennis Aces. Open to all skill levels.

7 sessions Ages 9 - 13 yrs \$45.00  
Jan 21 Mon 4:00pm-5:00pm  
Prince Charles Elementary School - Gym  
(No session Feb 18, 2019)

## Comfort Foods (CACS)

Winter time calls for comfort and easy one pot meals. Join us as we prepare 7 delicious and easy main meals to satisfy your cravings for a taste of homemade hearty soup, stews and other family favourites.

\*Adult registration required with student.

7 sessions Ages 6 -12 yrs/Adult \$85/pair  
Jan 22 Tues 6:00pm-7:30pm  
Abbotsford Senior School - Foods Room  
(Rm 302)

## \*\*\*\*\* Cancellation Policy

Please be advised that in order to receive a full refund you must withdraw from the program 7 days prior to the start date. If you withdrawal within the 7 days prior to the start date there will be a \$5.00 administration fee. If you withdraw once the program has begun there will be no refund.

\*\*\*\*\*

## Book Club (WACSS)

Our instructors will support your child's specific interests. Engaging activities will keep kids reading and potentially increase your child's literacy skills. The program will include a healthy snack and recreation time. Students are welcome to bring their favourite novel to share their opinions with the rest of the class.

7 sessions Ages 8 - 11 yrs \$35.00  
Jan 17 Thurs 3:00pm-4:30pm  
John MacLure Community School - MPR  
(No session Jan 24 & Feb 14, 2019)

## Homework Helpers (WACSS)

This program will provide time and support for children 8 to 11 that may need help with homework. In a classroom, students will be given time to do their homework and ask questions, as well as be rewarded for their hard work with some games and snacks.

7 sessions Ages 8 - 11 yrs \$35.00  
Jan 23 Wed 3:00pm-4:30pm  
Clearbrook Elementary - MPR

## CACS Boot Camp

Are you ready to get active, feel better and look great? Our Boot Camp program gives you the perfect opportunity! Taking place three days a week, Boot Camp includes a great mix of strength-training, cardio and flexibility exercises through activities such as walking, jogging, drills, stability balls, yoga, Pilates and much more. This Boot Camp Program is run mostly outdoors, so please ensure that you dress for the weather!

## For Ages 16+, at Abbotsford Middle School

### Mornings

Jan 7 - Feb 1 \$51.00  
Mon, Wed, Fri 6am - 7am  
Feb 11 - Mar 15 \$59.50  
Mon, Wed, Fri 6am - 7am  
\* (No session Feb. 18, 2019)

Apr 1 - 26 \$38.25  
Mon, Wed, Fri 6am - 7am  
\* (No session Apr. 19 & 22, 2019)

### Evenings

Jan 7 - Jan 31 \$51.00  
Mon, Wed, Thurs 5:30pm - 6:30pm  
Feb 12 - Mar 15 \$59.50  
Mon, Wed, Thurs 5:30pm - 6:30pm  
\* (No session Feb 18, 2019)

Apr 4 - 26 \$38.25  
Mon, Wed, Thurs 5:30pm - 6:30pm  
\* (No session Apr 19 & 22, 2019)

**\*\* Participants will need to bring a yoga mat, stability ball and two 5 pound weights. Please be sure to dress appropriately for the weather.**



## Free Drop in Programs!

### Alexander Family Playtime

Family time is so important, this is a great way to spend time together. Come on out and play soccer, basketball, skip rope, hula hoop and some days we will even play some parachute games or story time.

6 sessions All Ages FREE  
Jan 23 Wed 6:00pm - 7:30pm  
Alexander Elementary School - Gym  
(No session on Feb 27, 2019)

### Parent & Tot Drop-In Gym

Get ready to play! Play stations include slides, rolling mats, Lego, possibly story time and parachute games. A fun and safe place to bring your toddler on a rainy night to burn off that energy!

**\*Parent participation required.**



7 sessions Ages 0 - 6 yrs + Adult FREE  
Jan 22 Tues 6:00pm - 7:30pm  
Blue Jay Elementary Gym

## Winter Camp (WACSS)

Sign up your kids now for our amazing Winter Camps this holiday season! In the "Winter Fun Camp" kids will be doing different crafts, games and watching child friendly movies. In the "Winter Art Camp", your kids will be making one of a kind and exciting works of art!!

### Winter Day Camp

Ages: Children from Kindergarten to Grade 6  
When: Dec 31 to Jan 4, 2019  
Time: 9:00am - 3:00pm  
Where: John MacLure Elementary School  
Cost: \$75.00  
(No session January 1st, 2019)

### Winter Art Camp - Morning Session

Ages: 8+ yrs  
When: Dec 31 to Jan 4, 2019  
Time: 9:00am - 12:00pm  
Where: Prince Charles Elementary School  
Cost: \$75.00  
(No session January 1st, 2019)

### Winter Art Camp - Afternoon Session

Ages: 8+ yrs  
When: Dec 31 to Jan 4, 2019  
Time: 1:00pm - 4:00pm  
Where: Prince Charles Elementary School  
Cost: \$75.00



## Pre-Teen Drop In Free Programs

Looking for something fun to do on a Monday or Friday night? Come on out to an open gym time to play your favourite sports and games. This is a drop-off-program. Students MUST be signed in/out by a parent/guardian. Please print off the Medical/Photo Release Form on our website and bring it with you for the first day of this program.

### Pre-Teen Drop In - Abby Middle School (CACS)

7 sessions Ages 8 - 13 yrs FREE!  
Jan 18 Fri 6:30pm - 8:00pm  
Abbotsford Middle School - Gymnasium  
(No sessions on Jan 25 and Feb 15, 2019)

### Pre-Teen Xtreme - Chief Dan George Elementary School (WACSS)

5 sessions Ages 9 - 12 yrs FREE!  
Jan 21 Mon 5:30pm - 7:00pm  
Chief Dan George Elementary School - Gymnasium  
(No sessions on Feb 18, 2019)

### Pre-Teen Drop In - Eugene Reimer Middle School

6 sessions Ages 8 - 13 yrs FREE!  
Feb 1 Fri 6:30pm - 8:00pm  
Eugene Reimer Middle School - Gymnasium  
(No sessions on Feb 15, 2019)



## Volunteer Opportunities!

Do you love working with children & youth? We are always looking for volunteers to help in our programs and special events!

We have daytime, afterschool and evening programs available.

Volunteers are required to complete an application and informal interview. Anyone over 16 must have a criminal record check completed.

This is a great opportunity for high school students to gain experience and complete their high school community hours.

For more information check out our website or come see us in our office!



## ~ Better Together ~

Have you heard the news? The West Abbotsford Community School Society (WACSS) and Central Abbotsford Community School Society (CACS) will be joining together in the new year to form the Abbotsford Community School Society! We are so happy and excited about coming together as a team and continuing to offer your favourite community programs while expanding our services throughout Abbotsford. Our new partnership will surely help us enhance and enrich all of our programs, camps, drop-ins and special events.

We are looking forward to this new partnership and serving the community!