



ABBOTSFORD
Community School



Spring 2019



Spring Online Registration Begins on March 1, 2019

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



Spring Community Programs

Ballet & Creative Movement

Classes will incorporate stretching and various dance exercises. Children will be taught 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
Apr 11 Thurs 5:00pm-5:45pm
Abbotsford Senior School - Dance Studio
(No session Apr 18 & May 2, 2019)

6 sessions Ages 5 - 7 yrs \$40.00
Apr 15 Mon 2:45pm-3:30pm
Prince Charles - Room 37
(No session Apr 22 & May 20, 2019)



Stage/Musical Theatre

A great introduction into the art of dance and musical theatre. This class involves expression with your body and facial movements. We will develop tricks to help project stage presence through lip singing with various dance moves to emphasize the song and its meaning.

7 sessions Ages 7 - 12 yrs \$40.00
Apr 11 Thurs 6:00pm-7:00pm
Abbotsford Senior School - Dance Studio
(No session Apr 18 and May 2, 2019)

Straight up Hip Hop

An exciting introduction to Hip Hop artistry! Classes will include a warm-up and short dance combination that will allow students to explore creative dance through music and choreography.

6 sessions Ages 8 - 10 yrs \$40.00
Apr 15 Mon 3:45pm-4:20pm
Prince Charles - Room 37
(No session Apr 22 & May 20, 2019)



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



Yoga for General Conditioning

In this program, clients will practice asanas (body postures), yoga nidra in shavasana and end with namaste Q&A. Yoga helps to unlock the bodies' extraordinary potential and strengthen the mind. This program creates self awareness and mindfulness in your personal space. Additionally, each session will encourage people to practice yoga at any age and level.

7 sessions Age 11+ Adults \$40.00
Apr 8 Mon 6:00pm-7:30pm
Abbotsford Middle School - Gym
(No session on Apr 22 and May 20, 2019)

Comic Book Club

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, scripting, layout, drawing, lettering and inking.

7 sessions Ages 8 - 11 yrs \$40.00
Apr 29 Mon 3:00pm-4:30pm
Dr. Roberta Bondar Elementary - Library
(No session on May 20, 2019)



Character Design

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
Apr 16 Tues 6:30pm-8:00pm
Abbotsford Middle School - MPR

Mixed Media Art Class

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 water colour and acrylic paints. They will create one of a kind mixed media projects.

7 sessions Ages 8 - 11 yrs \$65.00
Apr 23 Tues 5:30pm-7:00pm
Prince Charles Elementary School - Room 37

7 sessions Ages 8 - 11 yrs \$55.00
Apr 24 Wed 3:00pm-4:30pm
John Maclure Community School - MPR

Game Design Program

This program introduces students 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
Apr 23 Tues 4:00pm-5:30pm
John Maclure Community School - MPR

2D Animation

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
Apr 24 Wed 4:45pm-6:15pm
John Maclure Community School - MPR



Computer Adventures

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 Google Docs, Slides, and keyboard shortcuts. Once learned, these skills will hopefully give students the confidence to approach school projects with ease and a professional touch. *****Students need a School District 34 email to take this program.**

7 sessions Ages 9+ yrs \$40.00
Apr 9 Tues 6:00pm-7:30pm
Abbotsford Middle School - Computer Lab
(No session May 7, 2019)

Turbo Typists

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

7 sessions Ages 8+ yrs \$40.00
Apr 25 Thurs 4:45pm-5:45pm
John Maclure Community School - MPR

***** 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 withdraw 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.

Spring Community Programs

Basketball Stars

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. We emphasize sportsmanship and team play.

6 sessions Ages 5 - 7 yrs \$30.00
Apr 30 Tues 3:00pm-4:00pm
Prince Charles Elementary - Gym

6 sessions Ages 8 - 10 yrs \$30.00
Apr 30 Tues 4:15pm-5:15pm
Prince Charles Elementary - Gym

7 sessions Ages 5 - 7 yrs \$35.00
Apr 24 Wed 5:00pm-6:00pm
Clearbrook Elementary - Gym

7 sessions Ages 8 - 10 yrs \$35.00
Apr 24 Wed 6:15pm-7:15pm
Clearbrook Elementary - Gym

7 sessions Ages 7 - 9 yrs \$35.00
Apr 11 Thurs 6:00pm-7:00pm
Abbotsford Middle School - Gym
(No session Apr 18, 2019)

7 sessions Ages 10 - 13 yrs \$35.00
Apr 11 Thurs 7:00pm-8:00pm
Abbotsford Middle School - Gym
(No session Apr 18, 2019)

Skipping Stars

This program is for those of you who are eager to keep practicing their jump roping skills. Skipping is not only a great activity for cardiovascular health, it is amazing for coordination too. Jump rope is more than a great way to stay healthy its awesome way to have fun, learn tricks, rhythm (music), and games. This will be a fun 60 minutes, skipping to the beat!

7 sessions Ages 7+ yrs \$35.00
Apr 25 Thurs 5:00pm-6:00pm
Terry Fox Elementary School - Gym



Dodgeball

Come and have a stress free, fun time with us practicing the 5 D's of dodgeball: dodge, duck, dive, dip and dodge. Each week will have a fun and creative way to get your target mastered. Teams will be formed and a different style of dodgeball will be played each week. This is a great way to get in that cardio!

7 sessions Ages 6 - 8 yrs \$35.00
Apr 10 Wed 7:00pm-8:00pm
Abbotsford Middle School - Gym
(No session April 17, 2019)

Ultimate Frisbee

Are you tired of traditional sports? Come and try our new program! It's the perfect game for summer and it's easily played at a park, lake or the beach! Ultimate Frisbee will challenge students to be agile, to improve their hand eye coordination and to throw with precision. This non-contact sport is so much fun!

7 sessions Ages 9 - 11 yrs \$35.00
Apr 9 Tues 6:00pm-7:30pm
Abbotsford Middle School - Gym



Soccer Stars

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. Play some games, learn basic drills and have fun with your friends!

7 sessions Ages 4 - 5 yrs \$35.00
Apr 10 Wed 6:00pm-6:45pm
Abbotsford Middle School - Gym
(No session Apr 17, 2019)

5 sessions Ages 5 - 7 \$25.00
May 2 Thurs 3:00pm-4:00pm
Prince Charles Elementary - Gym

5 sessions Ages 8 - 10 \$25.00
May 2 Thurs 4:15pm-5:15pm
Prince Charles Elementary - Gym

6 sessions Ages 5 - 7 yrs \$30.00
Apr 26 Fri 3:00pm-4:00pm
Ten Broeck Elementary - Gym

6 sessions Ages 8 - 10 yrs \$30.00
Apr 26 Fri 4:15pm-5:15pm
Ten Broeck Elementary - Gym

Tennis Aces

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.

5 sessions Ages 9 - 13 yrs \$35.00
Apr 29 Mon 5:00pm-6:00pm
Prince Charles Elementary School - Gym
(No session May 20, 2019)



Lunch Box Treats

Lunch Box Treats is designed to encourage our clients to develop a love for baking while learning the skills of what it takes to make a homemade tasty treat.

This program will provide snacks for students' lunches for Wednesday to Friday. This is a great opportunity to spend time and enjoy creating together.

****Adult registration required with student.**

7 sessions Ages 6 -12 yrs/Adult \$85/pair
Apr 16 Tues 6:00pm-7:30pm
Abbotsford Senior School - Room 302

Reading Rascals

Join us for some crafts, stories and fun! This program is designed to get young children and their parents excited about reading. Come and join Reading Rascals and see what other parents read to their kids, swap ideas and meet new people. Reading Rascals; where we make reading fun!

****Parents participation is required.**

7 sessions Ages 5 - 7 yrs/Adult \$35.00
Apr 23 Tues 3:15pm-4:15pm
Clearbrook Elementary School - MPR



Run & Read

Run and Read is an after school program designed to exercise, improve literacy and have fun with friends! Come out to Run & Read where we will be going outside for exercise and then coming in to relax with a good book and new friends.

7 sessions Ages 8 - 11 yrs \$35.00
Apr 25 Thurs 3:00pm-4:30pm
John Maclure Community School - Library

Homework Helpers

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 FREE
Apr 24 Wed 3:00pm-4:30pm
Clearbrook Elementary - Library

Please Register Early!

We unfortunately have to cancel some of your favourite classes due to low registration numbers. To avoid disappointment, please sign up at least 2 weeks before the course start date.

Spring Community Programs

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

Apr 1 - 26 \$42.50
Mon, Wed, Fri 6am - 7am

* (No session Apr. 19 & 22, 2019)

May 6 - May 31 \$46.75
Mon, Wed, Fri 6am - 7am

*(No session May 20, 2019)

Jun 10 - Jun 28 \$38.25
Mon, Wed, Fri 6am - 7am

Evenings

Apr 1 - 25 \$46.75
Mon, Wed, Thurs 5:30pm - 6:30pm

* (No session Apr 22, 2019)

May 6 - May 30 \$46.75
Mon, Wed, Thurs 5:30pm - 6:30pm

* (No session May 20, 2019)

Jun 10 - Jun 27 \$38.25
Mon, Wed, Thurs 5:30pm - 6:30pm

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



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

7 sessions Ages 8 - 13 yrs **FREE!**
Apr 5 Fri 6:30pm - 8:00pm
Abbotsford Middle School - Gymnasium
(No sessions on Apr 19 and May 31, 2019)

Pre-Teen Drop In - Chief Dan George Elementary School

5 sessions Ages 9 - 12 yrs **FREE!**
Apr 15 Mon 5:30pm - 7:00pm
Chief Dan George Elementary School - Gymnasium
(No sessions on May 13 & May 20, 2019)

Pre-Teen Drop In - Prince Charles Elementary School

5 sessions Ages 9 - 12 yrs **FREE!**
May 2 Thurs 5:30pm - 7:00pm
Prince Charles Elementary School - Gymnasium

Volunteer and Work 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!

We are always looking to hire new instructors. Please feel free to email us at info@abbycommunity.com and/or contact our office for more information.



Summer Camp Registration will open on April 1st, 2019.



Please visit our website at www.abbycommunity.com

