



Fall 2019



Fall - Online Registration Begins on September 5, 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
Summer Hours: Mon - Thurs 11:00am - 3:00pm
www.abbycommunity.com



Fall 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 - 5 yrs \$45.00
Oct 10 Thurs 5:00pm-5:45pm
Abbotsford Senior School - Dance Studio
(No session Oct 17, 31 & Nov 21, 2019)

7 sessions Ages 5 - 7 yrs \$45.00
Sept 30 Mon 2:45pm-3:30pm
Prince Charles Elementary School - Room 22
(No session Oct 14, 21 & Nov 11, 2019)



Hip Hop Dance Program

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

7 sessions Ages 6 - 10 yrs \$45.00
Oct 10 Thurs 6:00pm-7:00pm
Abbotsford Senior School - Dance Studio
(No session Oct 17, 31 & Nov 21, 2019)

7 sessions Ages 8 - 10 yrs \$45.00
Sept 30 Mon 3:45pm-4:30pm
Prince Charles Elementary School - Room 22
(No session Oct 14, 21 & Nov 11, 2019)



Master Study Class

Learn about your favourite famous artists that shaped the art we create today. Each class will be learning about and recreating your own rendition of a master's work. Learn fun new techniques, create beautiful projects all while you learn about the interesting world of art history.

7 sessions Ages 8+ yrs \$55.00
Oct 3 Thurs 3:00pm-4:30pm
John Maclure Community School - Portable
(No session Oct 17, 31 & Nov 21, 2019)

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

Calligraphy & Journaling

Learn the basics of cursive, calligraphy, poetry, design, abstract, collage and different typography styles to enhance your sketchbook. We will look at different ways of creating art with words, using pencils, pens, ink, water colours and much more!

7 sessions Ages 8+ yrs \$55.00
Sept 30 Mon 4:00pm-5:30pm
John Maclure Elementary - Portable
(No session on Oct 14 & Nov 11, 2019)

Character Sketch

An Introduction to capture emotions in order to make your characters come to life! We will be focussing on more than just facial expressions by working on sketching body language as well. The first couple of weeks of this program we will teach the basic sketching for a character. Each week thereafter, the instructor will challenge individuals, at their level, to go deeper in their character development. By the end of this program, every student will walk away feeling confident in their sketching.

7 sessions Ages 8+ yrs \$65.00
Oct 15 Tues 6:00pm-7:30pm
Abbotsford Middle School - MPR



Jr. Nature Sketch Club

The Bateman Foundation was founded to inspire a lasting relationship with nature through the lens of art, and is currently one of the only non-profits in Canada primarily using artwork to promote a connection to nature and the environment.

Robert Bateman's vision for the *Junior Nature Sketch Club* is designed to rebuild children's relationship with nature.

Students will focus on sketching and observing wildlife habitats in unique Ecosystems. This program is guided by a sketch artist and a naturalist.

The cost of the program includes outings, sketching instruction, a special Nature Sketchbook, and all sketching materials. This program will also include a final exhibition, where the children's sketches will be framed and put on display at a local venue.

6 sessions & Art Show (TBA)
Ages 5 - 8 \$95.00
Oct 5 Sat 9:00am-10:00am
Abbotsford - Local parks TBA each week

6 sessions & Art Show (TBA)
Ages 9 - 12 \$95.00
Oct 5 Sat 10:30am-11:30am
Abbotsford - Local parks TBA each week

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+ yrs \$65.00
Oct 9 Wed 6:00pm-7:30pm
Prince Charles Elementary School - MPR
(No session Oct 16, 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
Oct 9 Wed 4:00pm-5:30pm
John Maclure Community School - Portable
(No session Oct 16, 2019)

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 \$60.00
Oct 8 Tues 4:00pm-5:30pm
John Maclure Community School - Portable

French Club

Join our French Club for a taste of France. Our instructor is fluent in French and is a "well seasoned" chef. This program will be taught in both English and French. Students will cook/ bake French inspired dishes for the first hour. The next hour will be dedicated to building vocabulary and helping students with their homework. This program is sure to strengthen their foundation in a second language.

7 sessions Ages 10 - 14yrs \$55.00
Oct 21 Mon 6:00pm-8:00pm
Eugene Reimer Middle School - Room 150
(No session Nov 11, 2019)

Math and Movement

Math can be a challenging subject, well... challenge accepted! Our Math and Movement Program will encourage students to learn math in a fun and educational environment. Our instructor will teach math through worksheets, group activities, and games related to math. Our goal is to help students feel confident and build a strong foundation in addition, subtraction, multiplication and division.

7 sessions Ages 8 - 11yrs \$55.00
Oct 23 Wed 6:00pm-7:30pm
Abbotsford Middle School - MPR

Fall Community Programs

Design Studio

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 (STEAM = Science, technology, engineering, art and math) 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
Oct 4 Fri 3:30pm-4:30pm
Abbotsford Senior School Maker Space A104
(No session Oct 25 & Nov 22, 2019)

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.

7 sessions Ages 5 - 7 yrs \$35.00
Oct 9 Wed 5:00pm-6:00pm
Clearbrook Elementary - Gym
(No session Oct 16, 2019)

7 sessions Ages 8 - 10 yrs \$35.00
Oct 9 Wed 6:15pm-7:15pm
Clearbrook Elementary - Gym
(No session Oct 16, 2019)

7 sessions Ages 6 - 9 yrs \$35.00
Oct 24 Thurs 6:00pm-7:00pm
Abbotsford Middle School - Gym
(No session Oct 31 & Nov 21, 2019)

7 sessions Ages 10 - 12 yrs \$35.00
Oct 24 Thurs 7:00pm-8:00pm
Abbotsford Middle School - Gym
(No session Oct 31 & Nov 21, 2019)

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.

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 - 6 yrs \$35.00
Oct 15 Tues 6:00pm-6:45pm
Abbotsford Middle School - Gym

7 sessions Ages 5 - 7 yrs \$35.00
Oct 4 Fri 3:00pm-4:00pm
Ten Broeck Elementary - Gym
(No session Oct 25 & Nov 22, 2019)



Soccer Skills

This program will encourage students to strengthen agility. The instructor will challenge students with many agility based activities. In addition to this, students will also focus on the importance of foundation soccer skills such as: dribbling, passing, trapping, scoring.

7 sessions Ages 7 - 10 yrs \$35.00
Oct 15 Tues 7:00pm-8:00pm
Abbotsford Middle School - Gym

7 sessions Ages 8 - 10 yrs \$35.00
Oct 4 Fri 4:15pm-5:15pm
Ten Broeck Elementary - Gym
(No session Oct 25 & Nov 22, 2019)

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.

7 sessions Ages 9 - 13 yrs \$45.00
Sept 30 Mon 4:45pm-5:45pm
Prince Charles Elementary School - Gym
(No session Oct 14, 21 & Nov 11, 2019)

7 Weeks of Sweets

Would you like to get ahead on your holiday baking this year? In this program you will bake an assortment of sweet holiday treats.

When you arrive, the Instructor will have all the main ingredients measured out. You just need to mix and bake!

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

7 sessions Ages 6+ yrs and Adult \$85/pair
Oct 22 Tues 6:00pm-7:30pm
Abbotsford Senior School - Home Ec. Rm 302

ACSS 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

Sept. 9 - Oct. 4 \$51.00
Mon, Wed, Fri 6am - 7am

Oct. 16 - Nov. 8 \$46.75
Mon, Wed, Fri 6am - 7am

Nov. 18 - Dec. 20 \$63.75
Mon, Wed, Fri 6am - 7am

Evenings

Sept. 9 - Oct. 3 \$51.00
Mon, Wed, Thurs 5:30pm - 6:30pm

Oct. 16 - Nov. 7 \$42.25
Mon, Wed, Thurs 5:30pm - 6:30pm
* No session Thursday, Oct. 31, 2019

Nov. 18 - Dec. 19 \$63.75
Mon, Wed, Thurs 5:30pm - 6:30pm

Prices do not include taxes.

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



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.

Community Breakfast with Santa!



Start off your holidays right! Please join us for a delicious pancake breakfast, sponsored by the Kiwanis Club, make some crafts, and visit with Santa himself - all completely **FREE** of charge! **Registration opens November 4th, 2019.** In order to attend you must register! Please visit our website at www.abbycommunity.com for registration and event details.

