



Winter 2020



Winter Online Registration Begins on December 2, 2019

Visit our website to register!

Sweeney Neighbourhood Centre
P208 33355 Bevan Avenue, Abbotsford, BC
V2S 0E7

Regular Hours: Mon - Thurs 9:00am - 4:00pm
www.abbycommunity.com
Phone (604) 853-2221



Winter Community Programs



Ballet & Creative Movement

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" available at Jazz-Ma-Tazz and Walmart in Abbotsford).**

7 sessions Ages 3 - 5 yrs \$45.00
Jan 23 Thurs 5:00pm-5:45pm
Abbotsford Senior School - Dance Studio

Hip Hop

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

7 sessions Ages 6 - 10 yrs \$45.00
Jan 23 Thurs 6:00pm-7:00pm
Abbotsford Senior School - Dance Studio

Kung Fu Focus -Yin Yoga for Young Minds

This is a restorative style yoga class sequenced to present children the coping tools they have within their bodies, minds and spirit! This has been designed specifically for students who have trouble focussing, may be forgetful or simply have tons of energy. This program will allow them to be themselves, while learning new strengths and coping mechanisms, which will promote a stillness within their minds that they will learn to call on at any moment they choose.

7 sessions Ages 6 - 10 yrs \$50.00
Jan 21 Tues 6:00pm-6:45pm
Prince Charles Elementary School - Gym



Yoga for Cheer & Dance Artists

This Yoga Program has been sequenced to restore and maintain performing artists through body, mind and spirit! Cheer and dance students will be educated on how to prevent injuries, protecting spinal health, as well as sustaining joints and muscles. This is also a program which will advocate for a healthy mindset towards their body and the discipline that often accompanies the world of being an artistic performer. All with the goal of maintaining the necessary form cheer and dance artists require to continue soaring in the development of their talents.

7 sessions Ages 10+ yrs \$50.00
Jan 21 Tues 7:00pm-8:00pm
Prince Charles Elementary School - Gym

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 watercolour and acrylic paints as they create one of a kind mixed media projects.

7 sessions Ages 8+ yrs \$65.00
Jan 21 Tues 3:00pm-4:30pm
Prince Charles Elementary School - MPR

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 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 17 Fri 3:30pm-4:30pm
Abbotsford Senior School - Room A 104
(No session Jan 31 & Feb 14, 2020)

Game Design Club

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
Jan 21 Tues 3:30pm-5:00pm
John Maclure Community School - Portable

Sketching and Drawing

This program will introduce you to everything you need to know about drawing and sketching! Students will refine their drawing skills, as they learn basic techniques and clever tricks. In addition to this, they will study the masters of art, realism and much more, while developing the skills they need to succeed in their future art of all mediums.

7 sessions Ages 6 - 8 yrs \$65.00
Jan 21 Tues 6:00pm-7:00pm
Abbotsford Middle School - MPR

7 sessions Ages 9+ yrs \$65.00
Jan 21 Tues 7:00pm-8:00pm
Abbotsford Middle School - MPR

Hooked on Crocheting

Learn to crochet with our beginners crocheting class! You will learn the basics to get you started with this wonderful hobby. Crocheting is a fun and relaxing activity so, come and get started with us!

***Yarn is not included. Please purchase worsted weight 4 yarn. Needles will be provided.**

7 sessions Age 8+ yrs \$65.00
Jan 23 Thurs 6:00pm-7:30pm
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 mainly in French but in English where necessary. Students will cook dinner for the first hour under the Chef's instruction. The next hour will be dedicated to building vocabulary and helping students with their French homework/projects. This program is sure to strengthen their foundation in a second language.

7 sessions Ages 10+ yrs \$55.00
Jan 20 Mon 6:00pm-8:00pm
Eugene Reimer Middle School - Room 150
(No session February 17, 2020)

Public Speaking

Public speaking can be a challenging topic for many people. Fear of public speaking is very real and can hold one back, if you let it! This program will look at five areas: writing a speech, overcoming the fear of speaking, practicing the speech, introducing appropriate tone to the topic and of course presenting the speech. By the end of this program, we hope you will be more confident speaking in public, just in time for public speaking at school! So, go ahead and register for this enriching program. You will be glad you did!

7 sessions Ages 10+ yrs \$55.00
Jan 20 Mon 6:00pm-7:30pm
Abbotsford Middle School - MPR
(No session February 17, 2020)



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
Jan 22 Wed 6:00pm-7:30pm
Abbotsford Middle School - MPR/Gym

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

Please note that for any unforeseen cancellations (i.e., poor weather conditions) we will not reimburse any session(s) missed. However, we will try our best to make up the time that has been missed.

Winter Community Programs

Basketball Programs

This program is designed to develop fundamental basketball skills and promote the love of the game. We will incorporate drills and games in every session and always emphasize sportsmanship and team play.

7 sessions Ages 5 - 7 yrs \$35.00
Jan 22 Wed 5:00pm-6:00pm
John Maclure Community School - Gym

7 sessions Ages 8 - 10 yrs \$35.00
Jan 22 Wed 6:15pm-7:15pm
John Maclure Community School - Gym

7 sessions Ages 6 - 9 yrs \$35.00
Jan 23 Thurs 6:00pm-7:00pm
Abbotsford Middle School - Gym

7 sessions Ages 10 - 13 yrs \$35.00
Jan 23 Thurs 7:00pm-8:00pm
Abbotsford Middle School - Gym



Soccer Stars

Participants will learn basic soccer skills (dribbling, passing, trapping & scoring) while gaining confidence for the game. Play some games, learn basic drills and have fun with your friends in a pressure-free environment.

7 sessions Ages 4 - 6 yrs \$35.00
Jan 21 Tues 6:00pm-6:45pm
Abbotsford Middle School - Gym

Soccer Skills

This program will encourage students to strengthen their skills through many agility based activities. In addition to this, students will also focus on the importance of foundational soccer skills such as dribbling, passing, trapping, and scoring.

7 sessions Ages 7 - 10 yrs \$35.00
Jan 21 Tues 7:00pm-8:00pm
Abbotsford Middle School - Gym

***** 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.

FAMILY PROGRAMS



Comfort Foods

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

*Adult registration required with student. The cost is \$45.00 per person.
*Maximum 2 students per adult.

7 sessions Ages 6+ yrs & Adult \$45/person
Jan 21 Tues 6:00pm-7:30pm
Abbotsford Senior School - Foods Room
(Rm 302)

Art of Calligraphy

Learn the basics of cursive, calligraphy, 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+ \$45/person
Jan 22 Wed 6:00pm-7:30pm
Prince Charles Elementary School - MPR

Coding Together

This program introduces participants to problem solving, coding, digital art, and game design. Build a strong and lasting problem solving relationship with your child by taking part in this STEAM Program. Parents and their child will work together doing pair programming and solving engineering challenges as they build a video game from scratch.

*Adult registration required with student. Cost is \$45.00 per person.

7 sessions Ages 10+ yrs & Adult \$45/person
Jan 21 Tues 5:15pm-6:45pm
John Maclure Community School - Portable



*Sometimes you will never know
the value of a moment until
it becomes a memory*

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, our boot camp includes a great of strength-training, cardio and flexibility exercises. We train with a variety of activities such as walking, jogging, drills, stability balls, weights, 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 6 - Jan 31 \$63.00
Mon, Wed, Fri 6am - 7am
(12 sessions)

Feb 10 - Mar 6 \$57.75
Mon, Wed, Fri 6am - 7am
* (No session Monday, Feb. 17, 2020)
(11 sessions)

Mar 16 - Apr 8 \$52.50
Mon, Wed, Fri 6am - 7am
(10 sessions)

Evenings

Jan 6 - Jan 30 \$63.00
Mon, Wed, Thurs 5:30pm - 6:30pm
(12 sessions)

Feb 10 - Mar 5 \$57.75
Mon, Wed, Thurs 5:30pm - 6:30pm
* No session Monday, Feb 17, 2020
(11 sessions)

Mar 16 - Apr 9 \$57.75
Mon, Wed, Thurs 5:30pm - 6:30pm
(11 sessions)

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



Winter Camp

Sign up your kids now for our amazing Winter Camp this holiday season! This 4 day camp will be running at John Maclure Community School from December 30th to January 3rd, 2020. All participants will have a great time making crafts, playing games and creating new friendships.

****Please note that this is a 4-day camp as January 1st is a holiday.**

Winter Day Camp

Ages: 6 - 10

When: Dec 30 to Jan 3, 2020

Monday, Tuesday, Thursday & Friday

***No session Wednesday, January 1, 2020**

Time: 9:00am - 3:00pm

Where: John Maclure Community School—Portable 100-91

Cost: \$90.00



Spring Camps

Looking for something to do this Spring Break? Look no further than our Spring Break Day Camp! Each day will feature fun games, activities, crafts and sports. This is a great way to get a glimpse of what is to be expected for our All Star Summer Camps and Summer Slam Camps. Make new friends and share great memories at our fantastic Spring Break Day Camp! Registration for Spring Camps opens on January 6, 2020. Register quickly as space is limited and these camps will fill up.

WEEK 1 - March 16 - 20, 2020

Ages: 6 - 11

When: March 16th - March 20th (Mon through Fri)

Time: 8:30am – 3:30pm

Where: Abbotsford Middle School - MPR

Cost: \$100.00

Ages: 6 - 11

When: March 16th - March 20th (Mon through Fri)

Time: 8:30am – 3:30pm

Where: John Maclure Community School - Portable

Cost: \$100.00

WEEK 2 - March 23 - 27, 2020

Ages: 6 - 11

When: March 23rd - March 27th (Mon through Fri)

Time: 8:30am – 3:30pm

Where: John Maclure Community School - Portable

Cost: \$100.00

Ages: 6 - 11

When: March 23rd - March 27th (Mon through Fri)

Time: 8:30am – 3:30pm

Where: Prince Charles Elementary School—Room 37

Cost: \$100.00

Volunteer Opportunities!

Volunteering is a great way to get active, try something new, make new friends and get involved in the community. We are always looking for volunteers to help with community 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 visit us at our office!

