



COLLINGWOOD
SCHOOL

Junior School Co-Curricular Guide

TERM 1 | 2024/2025



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EXPANDED LEARNING AT COLLINGWOOD SCHOOL

We have put together this Co-Curricular Guide to help you navigate all of the incredible offerings that we have for your children to get involved in for Term 1.

Co-curricular activities go hand-in-hand with academics. They provide meaningful and challenging experiences outside the classroom that spark curiosity and increase the feeling of belonging. Students are able to find their passions and interests, learn to communicate effectively with their peers, engage in meaningful community service and embrace experiences that allow them to be their best selves. Participation in co-curricular activities, service initiatives, social events and our house system are all integral parts of student life that foster a caring and inclusive culture at our school.

Our students have the ability to add to or extend their day to expand their horizons with our co-curricular activities. The catalogue of options varies throughout the school year, and students can choose from a wide variety of Athletics, Explore Zone (formerly known as Intramurals), teacher-led Clubs, as well as Beyond the Bell after school programmes.

Our specific offerings are always evolving and changing each term.

Athletics

At Wentworth we offer a variety of sports throughout the year. We have three athletic seasons; Fall, Winter and Spring.

The Fall season starts in September until early November. All information regarding specific team details can be found on the [Wentworth Athletics website](#). The passkey is: CWsports.

Grade 6 & 7 Explore Zone

Formerly known as 'Intramurals', these activities are offered to grade 6 & 7 students during late start on Wednesday mornings from 9:30am to 10:30am. An email is sent to parents every four to five weeks so students can register for their desired activity. Activities represent the Four Strands (arts, athletics, academics and service learning) which include some friendly competitive house games.

Clubs

Clubs are run by our faculty and staff to allow students in K-7 the opportunity to pursue special interests, develop new talents and foster their leadership potential. These activities are usually offered at recess or after school. Kindie clubs will begin in Term 2.

Beyond the Bell

Collingwood's after school program 'Beyond the Bell' provides students with engaging learning opportunities across the Four Strands to further their development in the classroom. These programs are offered by our trusted 3rd party providers and vary by term and age groups. Beyond the Bell programs are not included in tuition and are subject to an extra fee.

IMPORTANT DATES

Athletics:

- Term 1 Athletics (Fall season): Begins in September until early November
 - All information regarding specific team details can be found on the [Wentworth Athletics website](#). The passkey is: CWsports.

Beyond the Bell:

- Term 1 Registration: Friday, September 6, 2024
 - All registration is done through www.collingwood.org/beyondthebell
- Most programs begin: Week of October 7, 2024
- Programs end: Week of November 25, 2024
 - *no classes Oct 14, 25, Nov 1, 8, 11 (Pro D, Non-Instructional, and Stat Holidays)

Clubs:

- Term 1 clubs announced: Week of October 1
 - Students will express their interest with the club-lead teacher at that time. The list will be confirmed with the homeroom teachers based on availability and involvement in other clubs to ensure we can have as many students involved as possible. Some session may be 4 weeks instead of the full 8 week session.
- Clubs start the week of October 7, 2024
- Clubs end the week of November 25, 2024
 - *no Clubs Oct 14, 25, Nov 1, 8, 11 (Pro D, Non-Instructional and Stat Holidays)

Grade 6 & 7 Explore Zone:

- Grade 6 & 7 parents will receive an email every few weeks from Lindsay McKnight with information on the upcoming Explore Zone activities and sign-up information. First session starts Wednesday, September 11 from 9:30-10:30am.



Term 1 Co-Curriculars Schedule

LEGEND: **K-3** **Grade 4-7** **Beyond The Bell**

TERM 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL	Volleyball Gr. 6 7:15-8:15am	CAIS Soccer Gr. 7 Blue + Gr. 6 7-8am Ambleside Volleyball Gr. 5 & 7 7:15-8:15am Soccer Gr. 5 7:15-8:15am	Explore Zone Gr. 6 & 7 9:30-10:30am	CAIS Soccer Gr. 7 Blue + Gr. 6 Soccer 7-8am Volleyball Gr. 7 Blue & Gr. 7 Gold 7:15-8:15am Soccer Gr. 5 7:15-8:15am	Volleyball Gr. 5 & 6 7:15-8:15am
FIRST RECESS					
LUNCH RECESS	EDI Ambassadors Gr. 6 & 7 DROP IN Chess Gr. 6 & 7 DROP IN Table Tennis Gr. 6 & 7 House Leaders Gr. 6	Whistler Band Gr. 6 & 7 DROP IN Chess Gr. 6 & 7 DROP IN Table Tennis Gr. 6 & 7 Move + Groove Dance Club Gr. 2	Allies Club Gr. 6 & 7 Int. Choir Gr. 3-5 DROP IN Chess Gr. 6 & 7 DROP IN Table Tennis Gr. 6 & 7 Friendship Bracelet Club Gr. 4 Games Club Gr. 3	Chamber Choir Gr. 6 & 7 DROP IN Chess Gr. 6 & 7 DROP IN Table Tennis Gr. 6 & 7 Friendship Bracelet Club Gr. 2	DROP IN Chess Gr. 6 & 7 DROP IN Table Tennis Gr. 6 & 7 House Leaders Gr. 7 Games Club Gr. 1 Knitting & Sewing Club Gr. 6 & 7 Drawing Club Gr. 1

Cont'd on next page...

TERM 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AFTER SCHOOL	Volleyball Gr. 7 Blue & Gold 3:30-4:45pm	Volleyball Gr. 6 3:15-4:15pm	Drum Line Gr. 6 & 7 3:30-4:15pm	Cross Country Gr. 3 2:55-4pm	TABLE TENNIS Gr. 5-7 3:05-4:15pm
	Cross Country Gr. 4 & 5 3:15-4:15pm	Volleyball Gr. 7 Blue 3:15-4:15pm	Cross Country Gr. 4 & 5 3:15-4:15pm	Cross Country Gr. 6 & 7 3:30-4:30pm	
	Games Club Gr. 4 3:20-4:15pm	Cross Country Gr. 3 2:55-4pm	PETIT ARCHITECT Gr. 4 & 5 3:10-4:15pm	French Culture Club Gr. 5 3:10-3:50pm	
		Cross Country Gr. 6 & 7 3:30-4:30pm		BREAKDANCING Gr. 1-2 3-4pm	
		LITTLE KITCHEN ACADEMY Gr. 3-5 + Gr. 1-3 3-4:30pm		GIRLS WELLNESS SUMMIT Gr. 1-4 3-4:30pm	

Term 1 Co-Curricular Overview

ARTS	ACADEMICS	ATHLETICS	SERVICE/WELLBEING/ LEADERSHIP
<ul style="list-style-type: none"> Whistler Band Gr. 6 & 7 Intermediate Choir Gr. 3-5 Chamber Choir Gr. 6 & 7 Knitting & Sewing Club Gr. 6 & 7 Drum Line Club Gr. 6 & 7 Move + Groove Club Gr. 2 Friendship Bracelets Club Gr. 2 & 4 Drawing Club Gr. 1 	<ul style="list-style-type: none"> Games Club Gr. 1, 3, 4 Drop in Chess Club Gr. 6 & 7 French Culture Club Gr. 5 	<ul style="list-style-type: none"> Drop-in Table Tennis Club Gr. 6 & 7 Volleyball <ul style="list-style-type: none"> Gr. 5 Gr. 6 Gr. 7 BLUE Gr. 7 GOLD Cross Country <ul style="list-style-type: none"> Gr. 3 - 7 Soccer <ul style="list-style-type: none"> Gr. 5 Gr. 6 Gr. 7 BLUE Gr. 7 CAIS 	<ul style="list-style-type: none"> House Leaders Gr. 6 & 7 EDI Ambassadors Club Gr. 6 & 7 Allies Club Gr. 6 & 7 Admission Ambassadors Gr. 6 & 7 Junior First Aid Volunteers Gr. 7

Arts

MOVE + GROOVE CLUB

Do you like to move and groove to the beat of the music? If you said yes, then Grade 2 Move + Groove Dance Club is for you! Please join Ms. Hadley in the FSC to learn dance routines, play movement games and meet new friends. You are guaranteed to have fun and enjoy getting your heart pumping to some fun tunes!

Grade 2	Ms. Hadley	Tuesday - Lunch Recess FSC
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WHISTLER BAND

Every year, students in grade 6 and 7 band classes are given an opportunity to create a competitive band with the intent of attending the Con Brio Music Festival in April in Whistler, BC. This band is by audition only and is recommended for students who would like to play music above their current grade level. Every band member must commit to a rehearsal each week plus practice their parts at home. Auditions are held in the fall.

Grade 6 & 7	Ms. Prichard	Tuesday - Lunch Recess Band Room <i>* practices end after the festival</i>
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INTERMEDIATE CHOIR

The Intermediate Choir is the perfect place for students who love singing to learn more about their voice, meet new friends, and gain valuable performance opportunities. Students in choir will perform at concerts, assemblies, and the Kiwanis Music Festival. Choir runs all year, but new students are welcome to join in September and again in January.

Grade 3, 4 & 5	Ms. Deighton & Ms. Taylor	Wednesday - Lunch Recess FSC
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CHAMBER CHOIR

The Chamber Choir is an exciting opportunity for grade 6 and 7 students to take their singing to the next level! Students will have several performance opportunities throughout the year at concerts, assemblies, and the Kiwanis Music Festival. Choir runs all year, but new students are welcome to join in September and again in January.

Grade 6 & 7	Ms. Deighton	Thursday - Lunch Recess Beedie Music Room
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KNITTING & SEWING CLUB

Knitters and sewers of all experience levels are welcome! Learn a new skill, start a new project, or dust off that scarf you forgot you were knitting. This is a great space to meet new friends while working towards creating your very own scarf, toque, bag, or anything else you can think of!

Grade 6 & 7	Ms. Flannelly & Ms. Kelly	Friday - Lunch Recess Sci Lab 2
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DRUM LINE CLUB

The Wentworth Drumline focuses on reading percussion music and playing on professional drums that are used in marching bands and drumlines. Our small but loud group of grade 6 and 7 students will perform in assemblies, music concerts and help bring up the energy during basketball competitions such as the CAV Classic. This club runs all year (until after the Spring Concert) so the students can learn and grow together to become a cohesive ensemble. Students may join this club each year in September.

Grade 6 & 7	Mr. Shaw	Wednesday - 3:30-4:15pm FSC
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FRIENDSHIP BRACELETS CLUB

Come join us and learn how to make different friendship bracelets that we will be giving out to those in our school community.

Grade 2	Ms. Klintworth & Ms. Williamson	Thursday - Lunch Recess 2K
Grade 4	Ms. Campbell	Wednesday - Lunch Recess TBA

DRAWING CLUB

The Drawing Club is a fun space where you can explore your creativity through art! Come learn new drawing skills, try different materials, and make amazing pictures with your friends. It's all about having fun and expressing yourself!

Grade 1	Ms. Gradin and Ms. Byrom	Friday - Lunch Recess 2G
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Academics

CHESS DROP-IN CLUB

The Grade 6/7 Chess Club is a lunchtime drop-in club for students interested in learning and playing chess. For those interested, a chess ladder is provided to track player rankings. A term three tournament is an option for those players who are interested. Boards and pieces provided although students may bring their own sets.

Grade 6 & 7	Mr. Parker	Everyday - Lunch Recess Science Lab 1
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FRENCH CULTURE CLUB

Come join our French Culture Club...and Vive le francais! We will be learning about French-speaking countries, people, food, celebrations, music and art activities. Our gatherings are full of fun interactive games and immersed in the French language!

Grade 5	Ms. Keiser & Ms. Politakis	Thursday - 3:10-3:50pm 4/5 Break Out Room
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GAMES CLUB

Games Club offers students the opportunity to play a variety of games with their peers. Not only is this a fun activity, but it also provides students with a chance to practice their interpersonal skills through play. Activities include board games, puzzles, brain teasers and some friendly completion!

Grade 1	Ms. Stuart & Ms. Okurano	Friday - Lunch Recess 1C
Grade 3	Ms. Edmonds & Ms. Stringer	Wednesday - Lunch Recess 3E
Grade 4	Mr. Dowd	Monday - 3:20-4:15pm 4D

Athletics

TABLE TENNIS DROP-IN CLUB

The Grade 6 and 7 Table Tennis Club is a lunchtime drop in club for students interested in learning and playing table tennis. A Term 3 tournament is an option for those players who are interested. Rackets and balls provided although students may bring their own rackets/balls.

Grade 6 & 7	Mr. Parker	Everyday Lunch Recess outside Science Lab 1
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BOYS SOCCER

Starts early September

Grade 5 Boys

All players need to commit to the practice/game schedule. Players will be divided into teams for games. At this level we play 7 players aside and games run approximately 25-30 minutes in length. We compete in the local ISEA league as well as the ISEA Playday. Games will be held around the lower mainland including from the North Shore to Surrey.

Grade 6 Boys

All players need to commit to the practice/game schedule. Players will be divided into teams for games. At this level we play 8 players aside and games run approximately 25-30 minutes in length. We compete in the local ISEA league as well as the ISEA Playday. Games will be held around the lower mainland including from the North Shore to Surrey.

Grade 7 BLUE Boys

The BLUE team only runs if there is enough interest to field a team. We need at least 14 players to make it work. Games are played with 11 players and are approximately 50 - 60 minutes in length. We host our home games at Ambleside

Turf Fields. We also travel to other ISEA schools around the lower mainland. The year ends with an ISEA tournament held at Southridge School.

Grade 7 CAIS Boys

The CAIS soccer team competes in the highest level of competition between ISEA schools in the lower mainland as well as at the CAIS national tournament. The CAIS team will be traveling to Toronto in October. Grade 6 & 7 student-athletes are eligible to tryout for this team.

- If a grade 6 student-athlete does not make the CAIS soccer team they will then play for the Grade 6 soccer team.
- If a grade 7 student-athlete does not make the CAIS soccer team they will then play for the Grade 7 Blue team, assuming there are enough players to make a team.

All information regarding specific team details and try out times can be found on the [Wentworth Athletics website](#). The passkey is: CWsports.



CROSS COUNTRY TEAM - GR. 3-7

Starts early September

The Wentworth Cross Country Program is open to Grade 3 to 7 students. Practices will start the week of September 9. Training will be on campus and within the neighbourhood. Grades 6-7 will have the option to train off campus on Thursdays.

Competitions are held during the school day, after school and on weekends in various locations around Vancouver. The schedules will change depending on the event and competition. Athletes are asked to attend all practice sessions and are encouraged to attend as many competitions as possible to gain valuable experience and apply the skills practiced.

All information regarding specific team details can be found on the [Wentworth Athletics website](#). The passkey is: CWsports.

GIRLS VOLLEYBALL

Starts early September

Grade 5 Girls

The Grade 5 girls volleyball program practices twice a week. Our goal at this level is for players to work on skill development and participate in small sided games. This year we are introducing a new style of volleyball to these players. It is designed to create more movement, involvement and excitement for the players. It is called SMASHBALL! Here is [more information](#) so you can better understand what it is about.

Games will be played against other private schools from around the Lower Mainland. Teams will travel to and from games by a bus arranged through the school.

Grade 6 Girls

The Grade 6 volleyball program practices three times a week at Wentworth. Practices start the week of September 9. Our goal at this level is for players to continue to work on skill development, have a better understanding of spatial awareness and learn from small sided games. At this level, the girls play a developmental game called tripleball (rules/format with ISEA modifications).

Games will be played against other ISEA private schools from around the lower mainland. Teams will travel to and from games by a bus arranged through the school.

Grade 7 BLUE Girls

The Grade 7 Blue volleyball program practices three times a week at the Wentworth Campus. Practices will start the week of September 9. Our goal at this level is for players to continue to work on skill development, spatial awareness and learn offensive and defensive tactics used in game play. Girls will continue to play the developmental game called tripleball with ISEA rule modifications.

Games will be played against other ISEA private schools from around the lower mainland. Teams will travel to and from games by a bus arranged through the school.

Grade 7 GOLD Girls

The Gold team competes in the highest level of competition between ISEA schools in the Lower Mainland. The Gold Girls will travel to Calgary this year. Grade 6 & 7 student-athletes are eligible to tryout for this team in early September.

- If a grade 6 student-athlete does not make the Gold volleyball team they will then play for the grade 6 volleyball team.
- If a grade 7 student-athlete does not make the Gold volleyball team they will then play for the grade 7 Blue team, assuming there are enough players to make a team.

All information regarding specific team details can be found on the [Wentworth Athletics website](#). The passkey is: CWsports.

GO CAVS GO!

SEE CALENDAR ON PG. 4 & 5 FOR PRACTICE TIMES * Times are subject to change

Service/Wellbeing/Leadership

HOUSE LEADERS

House Leaders is the ultimate hub for Grade 6 and 7 students who are seeking to build community, raise school spirit, and forge connections across different grade levels. As a member, you'll have the chance to make new friends, hone your leadership abilities, and collaborate on planning exciting house challenges and school events. We believe that everyone can be a leader and our club is the ideal platform to unearth your strengths, while coming together to create an inclusive and spirited school environment. Students must commit for one full term and many join for all three!

Grade 6	Ms. Walters	Monday - Lunch Recess
Grade 7	Ms. Walters	Friday - Lunch Recess

EDI AMBASSADORS CLUB

Open to anyone in Grade 6 and 7 who is interested in contributing to an inclusive and diverse Wentworth community. Through student led initiatives, and leading assemblies, we share the message of belonging and commit to creating a caring and safe community for everyone who enters our school.

Grade 6 & 7	Ms. Gauthier	Monday - Lunch Recess 6/7 Breakout Room
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ALLIES CLUB

This club is a safe space for LGBTQ2+ students in Grade 6 and 7 and their allies to hang-out, support each other and have fun. An Ally is someone who speaks out and stands up for a person or group that is targeted or discriminated against. The Allies Club is for ANYONE in who wants to learn about or show support for the LGBTQ2+ community (hence the name Allies). Everyone is welcome.

Grade 6 & 7	Ms. Koop + Mr. Caspell	Wednesday - Lunch Recess 6/7 Breakout Room
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ADMISSION AMBASSADORS

Serving as an Admissions Ambassador is a great leadership opportunity that will allow you to represent the School, enhance your communication skills, grow your confidence, and share your knowledge and love of Collingwood with our Open House visitors and guests. It is both an honor and a great responsibility to serve as an Admissions Ambassador for Collingwood School. Admission Ambassadors is an opportunity for students in Grades 6 and 7, and applications open every September. Please contact junioradmissions@collingwood.org for more details.

JUNIOR FIRST AID VOLUNTEERS

This opportunity is for Grade 7 students to learn first aid and volunteer at Wentworth, fostering personal development, confidence, and furthering their leadership skills. Junior First Aid Volunteers will be on supervision duty approximately twice per month during primary recess breaks. JFAV's will be supervising in pairs to provide comfort care and first aid as per guidelines, and report all injuries to Nurses and/or supervision staff for medical care and treatment. Students in grade 6 may sign up in June 2025 for a September start. For more information, please contact wentworth.nurse@collingwood.org.



Beyond the Bell

Collingwood's after school program 'Beyond the Bell' provides students with engaging learning opportunities across the Four Strands to further their development in the classroom. These programs are offered by our trusted 3rd party providers and vary by term and age groups. Beyond the Bell programs are not included in tuition and are subject to an extra fee.

PROGRAM INFORMATION

Most Term 1 programs start the week of October 7 and end the week of November 25, 2024.

- No classes Oct 14, 25, Nov 1, 8, 11 (Pro D, Non-Instructional and Stat Holidays)

Registration opens on Friday, September 6 and is on a first come first served basis. **** NEW **** Please note that there is a \$50 cancellation fee. Please think carefully about your child's schedule before signing up. Registration closes on October 1. See below for our policy.

Registration Link: www.collingwood.org/beyondthebell

REGISTER NOW

FAQS

What is the cancellation/withdrawal/refund policy for 'Beyond the Bell' programs?

Refunds are given up until October 1 (with a \$50 admin fee). After that there are no refunds or credit for missed classes due to inclement weather or absenteeism. To request a refund, please email lindsay.mcknight@collingwood.org.

The program is full...is there a waitlist I can add my child to?

If the program is full and you'd like to be added to the waitlist, please email lindsay.mcknight@collingwood.org and let us know your child's name, class and program waitlist you'd like them to be added to.

What happens if the instructor will be absent for a 'Beyond the Bell' program?

If there isn't a replacement instructor then you will be emailed and notified of the cancellation.

If the class is cancelled, please let lindsay.mcknight@collingwood.org know if you are unable to collect your child at the regular pick up time.

For Beyond the Bell information, please contact Lindsay McKnight lindsay.mcknight@collingwood.org.

TERM 1 BEYOND THE BELL

BREAKING (BREAKDANCING) WITH B-BOY THAIYO

Join Thaiyo Seo, a world-famous b-boy from South Korea, as he teaches a beginning 'breaking' break dance program for grades 1-2. Thaiyo is also the coach to the Canadian Gold Medal Men's winner in Breaking this past summer at the Paris Olympics! This is a dynamic and engaging way to introduce young students to the world of breaking. This program covers essential elements of breakdancing, such as top rock, which involves rhythmic steps performed standing up, and intricate footwork that challenges balance and coordination. Students also learn power moves, showcasing athletic prowess and strength. Besides fostering a love for this expressive dance form, the program offers significant health benefits for kids, including improved physical fitness, agility, and coordination, making it an excellent choice for active and creative development. For more information about Breaking Canada and Thaiyo Seo: www.breakingcanada.ca



Grade 1 & 2

**B-boy Thaiyo Seo
Beginner Breaking**

**Thursday - 3-4pm
FSC**

\$200 - (7 sessions)
October 17 - November 28



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DESIGN + ARCHITECTURE WITH PETIT ARCHITECTURE

Embark on a journey of architectural discovery with our engaging and playful hands-on classes designed for children in grade 4-5! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making – just like real architects in the making! For more information about Petit Architect: <https://petitarchitect.com>



<p>Grade 4 & 5</p>	<p>Petit Architect Design + Architecture</p>	<p>Wednesday - 3:05-4:30pm TBD \$270 - (8 sessions) October 9 - November 27</p>
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GIRLS WELLNESS SUMMIT

The 'Girls Wellness Summit' was introduced this summer at camp and we'd like to bring it into our Beyond the Bell program. It is all about empowerment through building community, learning fun new things, and deepening skills that these girls already embody. Explore mindfulness through simple snack recipes with a certified nutritionist, set up a daily journal, create beautiful art, and learn some new yoga and breathing techniques with a yoga instructor. We'll also spend some time exploring outside. Join us for 8 sessions of wonder, friendship, and discovery.

<p>Grade 1-4</p>	<p>Girls Wellness Summit w/ Ms. Smith</p>	<p>Thursday - 3-4:30pm 6/7 Breakout Room \$294 - (8 sessions) October 10 - November 28</p>
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TABLE TENNIS WITH NORTH SHORE TABLE TENNIS CLUB

Table Tennis (otherwise known as ping-pong) welcomes all students in grade 5-7 who have had some experience in the sport and want to develop these skills. This activity improves hand-eye coordination and is a low impact whole body sport that engages everything from your brain to your feet. There is an emphasis on fun while learning the skills of table tennis through maximum participation. Come and join Luba Sadovska, a highly skilled coach, to improve your skills. For more information about North Shore Table Tennis Club: <https://nsttc.ca/>



<p>Grade 5-7</p>	<p>Table Tennis</p>	<p>Friday - 3:05-4:15pm Houssian Gym \$180 - (5 sessions) October 11, 18, November 15, 22, 29</p>
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LITTLE KITCHEN ACADEMY GOES TO COLLINGWOOD

Little Kitchen Academy is the leading Montessori-inspired cooking academy for children. The students will create a simple, no-bake, vegetarian recipe from scratch and practice safe knife skills during our hands-on 90-minute Montessori-inspired session. They will learn nutrition facts and practice real-world math skills as they get a "taste" of our program. Please bring a reusable container to bring the leftovers home...if there are any left after tasting your creation!



<p>Grade 3-5</p>	<p>Little Kitchen Academy</p>	<p>Tuesday - 3-4:30pm \$320 - (4 sessions) October 8, 15, 22, 29</p>
<p>Grade 1-3</p>	<p>Little Kitchen Academy</p>	<p>Tuesday - 3-4:30pm \$320 - (4 sessions) November 5, 12, 19, 26</p>