

Alouette Elementary: Spring 2019



MINDFUL MOVEMENTS YOGA (GR. K-7)

Yoga classes have far-reaching positive benefits both physically and mentally for children. Meet new friends as you improve your strength, flexibility, balance and focus in a non-competitive, non-judgmental environment. Gentle breathing exercises, calming techniques and relaxation designed for children form an integral part of each class.

*Mondays, 2:30pm – 3:30pm, Music Room
April 1 – May 27 (no class April 22, 29 & May 20)
Registration Fee: \$40*

To Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay

CREATIVE ARTS AFTER-SCHOOL (GR. 1-7)

Join Miss Janet as she guides you in fun, hands-on art activities each week. You will expand your creativity and curiosity by engaging in various drawing, painting and collage projects. Materials such as graphite, oil and chalk pastels, coloured pencils, watercolour, and acrylic paint will be explored and discussed as you begin to use your 'Artist's

Eyes' to express shape and form within your work.

*Mondays, 2:30pm – 4:00pm, Room TBA
April 1 – June 10 (no class April 22, 29 & May 20)
Registration Fee: \$85
Course Code: 4654*

To register for this program, please contact Maple Ridge Parks & Leisure at 604.467.7422 or mapleridge.ca/1484

BRICKS4KIDZ (GR K-7)

Brick City Engineers, let's build a city! In this fun, interactive class, students will build the structures and vehicles we see throughout our city: police cars, fire trucks, construction machinery, a library, park and houses. There will also be time for free building structures too.

*Tuesdays, 2:30pm – 3:45pm, in the library
April 16 – May 7
Registration Fee: \$36*

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