

Blue Mountain 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, on the stage
April 1 – May 27 (no class April 22, 29 & May 20)
Registration Fee: \$40
Register: <http://schooldistrict42.perfectmind.com>*

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.

*Tuesdays, 2:30pm – 4:00pm, on the stage
April 9 – June 4 (no class May 21)
Registration Fee: \$85
Course Code: 4655*

To register for this program please contact Maple Ridge Parks and 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!

*Wednesdays, 2:30pm – 3:45pm, on the stage
April 17 - May 22
Registration Fee: \$56*

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

WILD AND IMMERSIVE UBC RESEARCH FOREST (GR. K-7)

Life as a Tree: Get rooted in nature through tree exploration. Students will branch out their knowledge and learn about the different local trees, how trees grow to be big and tall and the important role trees play in the ecosystem. **Habitat Trackers:** Join us on a journey through the temperate rainforests of BC, tracking down some of the 50 different mammals.

Survive the Wild: What's in your hiking pack? Do you have what it takes to survive in the wild?

*Wednesdays, 2:30pm – 4:30pm
April 10, 24 & May 1*

Children will be walking to Cliff Park each week – please dress appropriately and note that pick-up for this program will be at Cliff Park by the playing fields. (11608 251st Street Maple Ridge.)

Registration Fee: \$30

Register: Please visit <http://schooldistrict42.perfectmind.com>

JIU-JITSU GRADE (GR. 3-7)

The Brazilian Jiu-Jitsu Functional Physicals Program designed for kids incorporates both physical and educational components in a fun, non-competitive environment. Children will have the opportunity to learn about the human body, mathematics and science while getting hands-on training for self-defence.

*Fridays, 2:30pm – 4:00pm, in the gym
April 5 – May 31 (no class April 19)*

Registration Fee: \$40

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