

Highland Park Elementary: Spring 2020



BRICKS4KIDZ (GR. K-7)

It's a zoo in here! Calling all animal lovers. We will build models of a spider, kangaroo, monkey and more! Some even walk by themselves. We will discuss fascinating facts about different creatures and celebrate the wonders of the animal kingdom. Students will use bricks to create a different animal each week.

Fridays, 2:30pm – 3:45pm, in the library

April 3 – May 1 (no class April 10)

Registration fee: \$40

To register: <http://schooldistrict42.perfectmind.com>

For more info: Drea Owen 604.346.9815 or drea_owen@sd42.ca

MINDFUL MOVEMENTS YOGA (GR. 1-7)

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.

Tuesdays, 2:30pm – 3:30pm, in the library

March 31 – May 5 (Session 1) \$45

May 26 – June 16 (Session 2) \$30

To register: <http://schooldistrict42.perfectmind.com>

More info: Drea Owen 604.346.9815 or drea_owen@sd42.ca

SOCCER (GR. 5-7)

At Premier Soccer Academy, we are passionate about training youth athletes in their pursuit of short and long-term goals. We utilize the best curriculum and methods from a variety of environments, including Ajax in Holland and Barcelona in Spain, and apply them at our academy. Our professional coaching staff teaches 14 key principles, divided into three chapters: Managing Oneself, Managing Space, and Managing the Ball. It is recommended that the student-athlete currently plays soccer with a local club (beginners will find it difficult). www.premieresocceracademy.ca

Mondays, 2:30pm – 3:30pm, in the gym

March 30 – June 1 (no class April 13 and May 18)

Registration fee: \$20

To register: <http://schooldistrict42.perfectmind.com>

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