

Pitt Meadows Elementary: Fall 2020

CAPOERIA (GR. 2-7)

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics and music. It is known for its acrobatic and complex maneuvers, often involving hands on the ground and inverted kicks.

Mondays, 2:20 pm – 3:30 pm, in the gym

October 19 – November 23

Registration Fee: \$30

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

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

SHOTOKAN KARATE (GR. 1-7)

Pitt Meadows Shotokan Karate's classes teach self-defence and build self-confidence. The primary goal of this program is to teach respect for one's self and others, as well as basic self-defence techniques. This program is taught in French, English and Japanese to allow students to develop basic language skills.

Tuesdays and Thursdays, 2:30 pm – 3:30 pm, in the gym

October 8 – December 17 (no class November 12)

Registration fee: \$210, payable to Shotokan Karate

To register: Contact Amy Shaw, 604.314.5852 or theninjalady@gmail.com

**If you require financial assistance, please contact Drea Owen, 604.346.9815 or drea_owen@sd42.ca*

I AM RESILIENT (GR. 3-7)

In this after-school program, students will learn about empathy, gratitude, conflict resolution and optimism through fun games and activities.

Tuesdays, 2:20 pm – 4:00 pm, in the library

November 24 – December 15

Registration Fee: \$40

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

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

WILD AND IMMERSIVE (GR. 3-7)

Wild and Immersive is a nature and science-based program created to help youth understand and appreciate the world around them. Wild and Immersive understands that in order for youth to care about and protect the environment, they need to enjoy spending time outdoors and be curious about nature.

Wednesdays, 2:30 pm – 3:30 pm, in the gym

October 14 – November 4

Registration Fee: \$40

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

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

Please note: All SD42 After-School Programs operate under the provincial COVID-19 Public Health Guidance for K-12 School Settings.

