



AFTER-SCHOOL FALL PROGRAMS 2026



Ćəsǵənelə Elementary



REGISTRATION IS OPEN FROM SEPTEMBER 15 AT NOON TO OCTOBER 6 AT 11 PM

KIDS YOGA AND MINDFULNESS (GRADES 1–5)

Join Jessica for playful games, calming yoga, creativity, and connection! This program blends fun yoga flows, breathing exercises, and mindful games to help little ones build confidence, body awareness, and emotional resilience. All levels welcome, no yoga experience needed!



Mondays
2:25 p.m. to 3:30 p.m.
Oct. 19 to Nov. 30
Location: Drama Room
\$125

**No session Oct. 12*

Students will go straight to the program at the bell.

All registrations are on a first come, first served basis. Programs could be cancelled due to low enrolment.

To register, go to schooldistrict42.perfectmind.com.

For more info: Shannon Brundrett, (604) 837 2384 or shannon_brundrett@sd42.ca.