



# Abbotsford CENTRAL COMMUNITY SCHOOL

Registration opens  
March 1, 2017

## Spring 2017

Call to register at  
604-853-2221

### Ballet & Creative Movement

A fun and exciting introduction to ballet and movement! Classes incorporate stretching and the fundamentals of ballet, including basic positions and the necessary skills to get started. \*Ballet shoes are required ("nylon gym slippers" are about \$15 at Jazz-Ma-Tazz in Abbotsford).  
8 sessions Ages 3-4 yrs \$35.00  
4039 April 6 Thur 5:00pm-5:45pm  
Abbotsford Senior - Dance Studio

### Jazz

A high energy introduction to the world of jazz. Students will learn about the different elements of movement. Classes include stretching, movement exercises and basic jazz techniques.  
8 sessions Ages 5-6 yrs \$35.00  
4040 April 6 Thur 6:00pm-6:45pm  
Abbotsford Senior - Dance Studio

### Hip-Hop & Acro

An exciting introduction to Hip-Hop artistry! This class is for students who love hip-hop movement, to practice art forms, and to express themselves freely in a safe, structured and inspiring environment.  
8 sessions Ages 7-11 yrs \$35.00  
4041 April 6 Thur 7:00pm-8:00pm  
Abbotsford Senior - Dance Studio

### Under the Sea

This exciting program will introduce aquatic animals and plant life to each student. This Summer they will know what to look for at the beach! Safety is always important, students will learn about how to be safe in a new location  
\*Parent Participation Required  
8 sessions 3-4 yrs \$40.00  
4042 April 3 Mon 5:15-6:00pm  
Sweeney Neighbourhood Centre - Room B

### Bedtime Story and Fun!

A bedtime story is very important, students can come dressed in their pjs and join us for an evening story, in addition children will enjoy a fun activity of either songs, games and crafts while learning the importance of a routine.  
8 sessions 4-5 yrs \$40.00  
4043 April 3 Mon 6:00pm-7:00pm  
Sweeney Neighbourhood Centre - Room B

### Brunch n' Munch

Learn how to create brunch items for that special someone. This program has a tasty menu and is a great way for parents and children to spend time together while learning how to cook and bake. Adult Participation is required.  
8 sessions 6-12yrs & Adult \$40/person \$80/pair  
4045 Apr 4 Tues 6:00pm-7:30pm  
Abbotsford Senior - Foods Room 3rd Level

### Dove Self Esteem Workshop

This 'girls only' workshop invites you to play a vital role in supporting and promoting a wider definition of beauty. Using the Dove Self Esteem Program model, girls will learn to love themselves while engaging in some exciting activities and games along the way. There are limited spaces available, so please register now to reserve your spot!  
6 sessions 10-12yrs \$40.00  
4044 April 6 Thurs 5:30pm-7:00pm  
Abbotsford Middle School - Multi Purpose Room

### Friends & Family Yoga

An all-levels Yoga class which begins with 15 minutes of games and warm-up and then 45 minutes of continuous yoga poses, standing positions and Shavasana (cool-down). It's an opportunity for bonding with family & friends while sharing the health and well-being that Yoga brings.  
8 sessions Ages 6+ & Parent/Adult \$25/person  
4046 April 12 Wed 6:15pm-7:15pm  
Abbotsford Middle School - Gym

### Introduction to Watercolour Techniques

Clients will receive instruction in basic colour theory, proper mixing techniques, brush handling and paint layering while moving into more advanced techniques such as capturing light, composition and colour. This is an intermediate to advance class with all skill levels welcomed!  
8 sessions 10+yrs \$45.00  
4049 April 4 Tues 6:30pm-8:00pm  
Abbotsford Middle School - MPR

### Ultimate Frisbee

Are you tired of traditional sports? Come and try our new program, it's the perfect game for summer, you can easily play this at a park, lake or the beach! This non-contact sport is so much fun!  
8 sessions Ages 7-11 \$40.00  
4048 April 3 Mon 6:00-7:30pm  
Abbotsford Middle School - Gym

### Basketball Skills & Drills

This program is designed to develop fundamental basketball skills and promote the love of basketball. We emphasize sportsmanship and team play.  
8 sessions Ages 7-11 yrs \$45.00  
4047 April 6 Thu 6:00pm-7:30pm  
Abbotsford Middle - Gym

### Free Programs

Bring the whole family for an evening filled with play stations that may include soccer, hula hoops, basketball, Lego and more! No registration required. \*Parent participation required.

#### Parent & Tot Drop-In Gym

8 sessions Ages 0-5 yrs FREE  
April 4 Tue 6:00pm-7:30pm  
Abbotsford Middle - Gym

#### Alexander Family Playtime

8 sessions All Ages FREE  
April 5 Wed 6:00pm-7:30pm  
Alexander Elementary - Gym

#### Jackson Family Playtime

8 sessions All Ages FREE  
March 30 Thur 6:00pm-7:30pm  
Jackson Elementary - Gym (no session May 11)

### Pre-Teen X-treme

Looking for something fun to do on a Friday night? Come on out and the gym will be available for you to play your favorite sports and games. No registration required.

7 sessions 8-12yrs FREE!  
March 31 Fri 6:30pm- 8:00pm  
Abbotsford Middle School - Gym  
(No sessions on April 14,28 and May19)

Sponsored by:



### CACS Boot Camp

Are you ready to get active, feel better and look great? Our Boot Camp program gives you the perfect opportunity! Taking place three days per week, Boot Camp includes a great mix of strength-training, cardio and flexibility exercises through activities such as walking, jogging, drills, stability balls, yoga, Pilates and much more. This Boot Camp Program is run mostly outdoors, so please ensure that you dress for the weather!

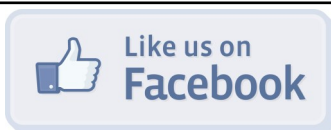
#### For Ages 16+, at Abbotsford Middle School

##### Mornings

**March 13** \$53.55  
Mon, Wed, Fri 6am - 7am  
**April 19** \$51.54  
Mon, Wed, Fri 6am - 7am  
**May 24 (6weeks)** \$75.86  
Mon, Wed, Fri 6am - 7am

##### Evenings

**March 13** \$53.55  
Mon, Wed, Thurs 6pm - 7pm  
**April 19** \$51.54  
Mon, Wed, Thurs 6pm - 7pm  
**May 24 (6 weeks)** \$75.86  
Mon, Wed, Thurs 6pm - 7pm



Search - Central Abbotsford Community School

The Central Abbotsford Community School presents...



Looking for an exciting summer camp to fill your days with fun? Look no further than the CACS All Stars Summer Day Camps.

Each week will feature a different theme and include sports, crafts, games, special guest presenters and a trip to the pool/water park and more. Make this a summer to remember with the CACS!

## 2017 SUMMER DAY CAMPS

Time: 8:30 am - 3:30 pm Ages 6-10

Registration opens March 1, 2017.

### Week 1

#### Canada 150

My Canada is a great country to live in! Canada 150 is a week of celebrating Canada, students will learn about the different regions across our nation, through fun activities, songs, crafts and food.

4030

July 4 - July 7 (4 days)

Abbotsford Middle School

Cost per child: \$65.00

### Week 2

#### Police Week

Take this opportunity to interact with local Police and learn basic police skills. Children will spend their days learning about crime scene investigations, police equipment, vehicles, K9 units and more. This camp is offered in partnership with the Abbotsford Police Department.

4031

July 10 - July 14

Abbotsford Middle School

Cost per child: \$80.00

### Week 3

#### Harry Potter

Enroll in Hogwarts School of Wizardry this Summer Break! Leaders will do a live book reading each day of "Harry Potter and the Philosophers Stone." Learn how to make your very own Harry Potter inspired glasses and magic wands to take home! This week will be full of crafts, foods, games and the movie on the last afternoon of the week, where kids will see the characters come to life!

4032

July 17 - July 21

Abbotsford Middle School

Cost per child: \$80.00

### Week 4

#### Mini Chefs

This is for the Mini Chefs out there! Students will learn simple and healthy recipes that can be made at home all summer long! There will be three opportunities to build a skill set, learn to be safe, and the importance of cleanliness, while having fun in the kitchen!

4033

July 24 - July 28

Abbotsford Middle School

Cost per child: \$80.00

### Week 5

#### Everything Sports

For kids who love sports, working on skills, and being on a team, come experience a sports camp that is fun, team-oriented, and action packed! This week the campers will work on skills and compete in traditional sports like basketball, soccer, handball and more. Campers will also run relay races, play capture the flag, play Frisbee golf, take basic yoga, participate in team building exercises, all with a strong emphasis on the importance of sportsmanship.

4034

July 31 - Aug 4

Abbotsford Middle School

Cost per child: \$80.00

### Week 6

#### Mad Science Skills

Discover the how's and why's of science in this exciting camp. We'll have special guest visits, make some flubber, send your balloon rockets soaring into the sky and much more.

4035

August 8 - August 11 (4 days)

Abbotsford Middle School

Cost per child: \$65.00

### Week 7

#### A week of the Arts

This program is a mixture of art and play. Students will spend some time exploring free play and movement through exercise, and then experience Art History and techniques such as Jackson Pollock, O'Keeffe and Emily Carr.

4036

Cost per child: \$80.00

August 14 - August 18

Abbotsford Middle School

### Week 8

#### The Best of the Best

This camp week will consist of all the best moments and experiences you had in the last 7 weeks. Campers will choose those moments and experiences at the end of week 7, and will vote on what The Best of the Best will be for this week's awesome camp. Re-visit the best games, snacks, art and crafts. \*Please note special visits and guests may not be a part of the voting process.\*

4037

August 21 - August 25

Abbotsford Middle School

Cost per child: \$80.00

Please call 604-853-2221 to register!

Sweeney Neighbourhood Centre  
P207 33355 Bevan Avenue, Abbotsford, BC  
www.abbycommunity.com

Regular Hours: Mon-Thurs 9:00am-4:00pm  
Summer Hours: Mon-Thurs 11:00am-3:00pm  
(July 1-Aug 31)



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