



To register please visit our website at www.abbycommunity.com.
For more information call the CACS office at 604-853-2221.

Bhangra

Come out and learn the traditional South Asian dance - Bhangra! Students will learn by practicing different types dance movements and dance routines.

Who: Ages 8 - 13 year olds
When: Tuesdays, January 22 - March 5, 2018 (7 sessions)
Time: 3:00 pm - 4:30 pm
Where: Eugene Reimer Middle School - Fitness Room 170
Cost: FREE

Indoor Soccer

Our Soccer Skills Program is designed to teach children the basic skills of soccer (dribbling, passing, trapping, scoring, etc.), while gaining confidence for the game. Children will have the opportunity to play soccer in a pressure-free environment. Soccer Skills will also teach the importance of teamwork and sportsmanship.

Who: Ages 7 - 9 year olds
When: Wednesdays, January 23 - February 27, 2018 (6 sessions)
Time: 3:00 pm - 4:30 pm
Where: Dave Kandal Elementary School - Gym
Cost: FREE

Lunch Box Treats

Lunch Box Treats is designed to encourage children to develop a love for baking while learning the skills of what it takes to make a homemade tasty treat. This program will provide snacks for students' lunches. This is a great opportunity to spend time and enjoy creating in the kitchen. The main ingredients will be measured out for you. All you will have to do is mix, bake and tidy your station.

Who: Ages 6 - 9 year olds
When: Mondays, January 21- March 11, 2019 (7 sessions) No sessions on February 18, 2019
Time: 4:30 - 6:00 pm
Where: Eugene Reimer Middle School - Foods Room 150
Cost: FREE

Fresh Tastes

Do you ever see foods in the grocery store and wonder: What is that? Would it taste good? Where is it from? If you answered YES, then this program is for you!

Students will be introduced to new and different foods and recipes. Come on out to this program and challenge your taste buds.

Who: Ages 10 - 13 year olds
When: Mondays, January 21 - March 11, 2019 (7 sessions) No sessions on February 18, 2019
Time: 7:00 - 8:30 pm
Where: Eugene Reimer Middle School - Foods Room 150
Cost: FREE

Pre-Teen Drop In

Looking for something fun to do in the evenings? Come on out and the gym will be available for you to play your favorite sports and games. This is a drop-off-program. Students MUST be signed in and out by a parent/guardian. Please print off the Medical/Photo Release Form on our website and bring it with you for the first day of this program.

Who: Ages 8 - 13 year olds
When: Fridays, February 1 - March 15, 2019 (6 sessions)
No session February 15, 2019
Time: 6:30 pm - 8:00 pm
Where: Eugene Reimer Middle School - Gym
Cost: FREE