

Mondays: Yoga & Mindfulness

Time: 4:00-5:00 p.m.
Grades: 1-8
Sessions: 8
Dates: April 1st, April 8th,
April 15th, April 29th, May 6th,
May 13th, May 27th, June 3rd
Cost: \$160.00 for whole term

Welcome to our special Kids' Yoga Program, which is entirely dedicated to making a difference in the lives of children. It doesn't matter how young a child is, like adults they need ways to release stress and yoga and mindfulness are a perfect outlet! Not only do they provide a way to channel negative energy, it allows the child to develop greater strength of mind and body. This specialized kids' program interwinds the foundation of the Yoga practice with stories, music and props with great emphasis on health awareness, self-confidence, compassion and tolerance for others. We also help children find relaxation through techniques involving understand their own breath, and developing a better awareness of their own bodies. For them, the journey to discovery is off to a great start!

Tuesdays: Zoology

Time: 4:00-5:00 p.m.
Grades: JK- Grade 2
Sessions: 10
Dates: April 2nd, April 9th,
April 16th, April 23rd, April 30th,
May 7th, May 14th, May 21st May
28th, June 4th
Cost: \$340.00 for whole term

Did you know that an Ostrich's eye is bigger than its brain?
Introducing our newest program for 4-6 year olds, Zoology! Over the course of this class, your kid researcher will learn facts about animals, interact with specimens, and design projects related to the animal kingdom.
Whether your child is a budding entomologist, palaeontologist or wildlife ecologist, this program will get their brains thinking, their hands moving, and their bodies jumping, as they delve deep into the world of creatures on land and in water.
Sign up today! Spots fill up as fast as Cheetahs runs!

Tuesdays: Wilderness Detective

Time: 4:00-5:00 p.m.

Grades: Grade 2-4

Sessions: 10

Dates: April 2nd, April 9th,
April 16th, April 23rd, April 30th,
May 7th, May 14th, May 21st, May
28th, June 4th

Cost: \$240.00 for whole term

Why is that tree lumpy? How do insects stay alive in the winter? What are tides, anyway? In this hands-on, engaging program, we'll answer these and many more questions. Wilderness Detective is the perfect program for budding naturalists. Science and nature have never been more fun!

Wednesdays: Logistics Academy

Time: 4:00-5:00 p.m.

Grades: Grade 1-3

Sessions: 10

Dates: April 3rd, April 10th,
April 17th, April 24rd, May 1st,
May 8th, May 15th, May 22nd,
May 29th, June 5th

Cost: \$240.00 for whole term

Join Dash and Dot, the world's greatest explorers! Learn how to program Dash and Dot to discover treasure, dodge booby traps, and make maps using an intuitive graphical coding language! Learn about sequences by creating a travel story. Use loops and "if statements" to solve puzzles and react to the unexpected. Create art, dance and play music in different countries around the world. Come put your coding knowledge and adventure training to the ultimate test!

Wednesdays: Mandarin

Mandarin is a full year program that runs from **4-5:30 p.m.** every Wednesday. If your child is interested in this program, please feel free to contact Rebecca at rmadarasz@montcrest.ca with questions. Registration will open in the summer for the 2019-2020 school year.

Looking to give your kids a unique cultural experience? Enrol them for Mandarin Classes with Panda Mandarin at Montcrest School THIS Fall! Panda Mandarin is a dynamic language school that offers **fun, engaging, and authentic** Mandarin classes for learners of all ages. Our programs are **highly interactive** through **music, games and art** but also with a strong focus on **practical** applications of Mandarin. Your child could have a chance to learn the most widely spoken language RIGHT HERE at your school!

Thursdays: Home Baked

Time: 4:00-5:00 p.m.
Grades: Grade 1-3
Sessions: 10
Dates: April 4th, April 11th,
April 18th, April 25th, May
2nd, May 9th, May 16th, May
23rd, May 30th, June 6th
Cost: \$240.00 for whole term

Do you have a sweet tooth aching for freshly made yummys? In Home Baked, students will learn the importance of locally-grown, in-season ingredients as they create delicious desserts from scratch! Home Baked is a unique desserts program with the goal of creating more discerning and knowledgeable chefs in the kitchen and beyond. Satisfy that sweet tooth in Home Baked!

Note to parents: This program is 100% nut free and vegetarian friendly.

Thursdays: Jumping Clay

Time: 4:00-5:00 p.m.

Grades: Grade 1-3

Sessions: 10

Dates: April 4th, April 11th,
April 18th, April 25th, May 2nd,
May 9th, May 16th, May 23rd,
May 30th, June 6th

Cost: \$290.00 for whole term

Jumping Clay is a fun and easy tool for children to use to bring out their creativity. Jumping Clay is non-toxic, water-soluble, wheat and gluten free, and mess free! Children will build beautiful creations by learning to make basic geometric shapes and then put them together into truly authentic and creative sculptures. Each week the children will create a work of art that they will be able to bring home with them. Come join Jumping Clay, and let your imagination soar! Check out a brief introductory video about Jumping Clay from our UK location at <http://www.youtube.com/watch?v=jqhlxZ4tuTY>