

Mondays: Yoga & Mindfulness

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

Grades: 1-8

Sessions: 7

Dates: January 14, January 21,
January 28, February 4, February 11,
February 25, March 4

Cost: \$140.00 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, they allow the child to develop greater strength of mind and body. This specialized kids' program combines 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!

Mondays: Chess

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

Grades: 1-6

Sessions: 7

Dates: January 14, January 21,
January 28, February 4, February 11,
February 25, March 4

Cost: \$91.00 for whole term

The Chess Institute of Canada is bringing its popular and rewarding lunchtime chess club to Montcrest School! All levels of chess players are welcome. Beginners will be gifted with the universal language of chess knowledge, while advanced players will be challenged and raised to new levels. While learning or expanding their chess knowledge, students also gain important values and life skills such as goal setting, creative analysis, resilience, respect for others and responsibility for decisions.

As this strong, respectful and resilient mindset is nourished, players will have a lot of fun with our experienced and engaging instructors, who will appeal to and elevate their natural abilities. Chess is an amazing activity for children of all ages, where focus and skills are gained with surprising speed.

Tuesdays: Babysitting Course

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

Grades: 6-8

Sessions: 8

Dates: January 15, January 22,
January 29, February 5, February 19,
February 26, March 5

Cost: \$88.00 for whole term

This babysitting course is designed for youth. Participants will learn how to run a small babysitting business and how to supervise younger siblings or other children in a safe and responsible manner. Aspiring babysitters also learn basic first aid, leadership, and problem solving skills.

Tuesdays: Knitting

Time: 10:20-10:50 a.m.

Grades: 1-5

Sessions: 8

Dates: January 15, January 22,
January 29, February 5, February 19,
February 26, March 5

Price: \$64.00 for whole term

Anyone can knit! Learn how to make a soft knitted scarf, a cosy hat, or funky wrist warmers. Each participant will learn the basic knitting skills and complete at least one project. Knitting needles, yarn and encouragement will be supplied!

Wednesdays: Mandarin

Time: 4:00-5:30 p.m.

Grades: 1-3

Sessions: 7

Dates: January 16, January 23,
January 30, February 6, February 20,
February 27, March 6

New registrants will be accepted for September 2019

Looking to give your kids a unique cultural experience? Enrol them for Mandarin Classes with Panda Mandarin at Montcrest School! 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!

To learn more about this program, email yollanda@pandamandarin.ca.

Thursdays: Mix Dance

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

Grades: 1-4

Sessions: 7

Dates: January 17, January 24,
January 31, February 7, February 21,
February 28, March 7

Cost: \$105.00 for whole term

Back by popular demand professional dancer and choreographer, Nikki Johnson, will be returning to Montcrest to teach students a variety of dance styles in the Mix Dance program! Mix Dance is a co-curricular 7-week program offered to students in Grades 1-4 who want to learn a variety of dance styles. Students will learn skills and routines in styles ranging from hip hop to contemporary to breakdance and more. All in a fun and non-competitive environment.

Students will also have the option to create their own dances with friends. The program focuses on fostering a love of dance and developing each student's self expression and confidence all while grooving to their favourite songs! On the last day of class, friends and family are invited to watch the students perform the skills and routines they have learned and created.

Thursdays: Cooking with Science

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

Grades: 1-3

Sessions: 7

Dates: January 17, January 24,
January 31, February 7, February
21, February 28, March 7

Price: \$168.00 for whole term

Ever wondered how to make homemade mac 'n' cheese that is as satisfying, gooey, and velvety-smooth as the blue box stuff, but far tastier? What about exploring the temperamental wonders of chocolate to make decadent treats? Or perhaps you'd like to learn about your five senses and how they can help to make you a master chef in the kitchen? In Food Lab: Cooking with Science, we'll focus on the science behind our most beloved dishes, delving into the interactions between heat and molecules that create great food. And - of course we'll eat our delicious delicacies each week!

Note: all food will be 100% nut free and vegetarian friendly.