



St. Lambert Community Learning Center Extra- Curricular Activities - Fall 2009



Dear Parents,

Our fall activity program includes many long-time favourites and some new activities. All lunch and after school activities are listed on the following three pages. Our goal is to provide students with opportunities to try a variety of optional activities that give them a chance to express themselves, to discover new interests and talents, and to have some fun! We offer most of our programs at lunch – the children eat their lunches while the animator begins explaining the activity and then they get to work as quickly as they can. Offering programs at lunch ensures all of our students can participate and learn. That said, we have limited space and certain programs fit in better after school.

We are actively working to find more options for our students to expand their talents at little or no cost to parents. Our cycle 3 students, in particular, will have a number of opportunities to develop leadership skills through other programs, including Acti-Midi recreation leadership, student council, school band, and website and photography groups. We also hope to develop more activities involving seniors in our community and to develop more physical activity programming in collaboration with our city. We'll keep you updated on new developments throughout the year.

Please return completed registration forms with payment by Tuesday, September 22nd.

Important Reminder: Students need a **packed lunch** (no cafeteria tickets or purchases) on days when they have lunch activities so that all of the students get to learn for the **maximum amount of time**. We understand that you may have ordered lunch for your child for the last three days of September – we'll make an exception to the packed lunch preference for those days.

Registration and Payment Instructions: To register your child for all Lunch and After School Activities, please complete the St. Lambert Extra-Curricular Registration Form that is included with this brochure. Please attach your payment in the form of cash or **cheque payable to St. Lambert Elementary**. The only **exception** is the *Conservatoire's music lessons*, please use their form and payment instructions, also included.

In each of our activities, we reserve a space for a child in need of a subsidy to cover the cost of the program. To apply for a subsidized place, please complete the registration form and return it without payment in an envelope addressed to the CLC Coordinator.

*If you have questions or concerns at any time about your child's activities, please contact me.
Best regards,*

Christie Huff
Community Learning Center Co-ordinator

450-550-8002
clcstlambert@rsb.qc.ca

Registration is first-come, first-serve. Classes may be cancelled if not enough students register.



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Lunch Activities (12:35-1:35 Daily)



Chess 'n Math

Learn to play chess with an animator from the Chess'n Math Association, Canada's National Scholastic Chess Organization, a non-profit whose goal is to help youngsters develop their chess playing abilities in a fun and disciplined environment. The learning program has 9 levels from Pawn to Advanced. Certificates are awarded at the end of the course.

Fridays, Grades 1 - 6, \$65



Introduction to Instruments:

Guitar - Thursdays

Keyboard - Tuesdays

Violin - Tuesdays



Please see the separate page from the Conservatoire Etudes Musicales (CEM) for details. Small group classes with experienced instructors. Students may rent an instrument for the session – an affordable option for trying out a new musical instrument!

Zumba Dance for K-2 Students

Try a NEW and exciting workout for kids. They will follow easy dance steps and movements to fun, popular Latin pop music. This course is intended for students to build up a sweat while they bounce around. The students will follow the instructor's lead and have a ball!

Mondays, K - 2, \$55



Dynamix Kidvivor

All new activities have been created for Dynamix' program designed to teach students teambuilding, leadership and sportsmanship skills through fun games and team challenges. Win prizes and rewards by working as a team in the Raging River, Lava Crossing, Amazing Maze and more!

Wednesdays, Grades K - 2, \$65



Hip Hop for Grades 3-6

Learn to hip-hop dance with your friends. Students will learn the basic steps and apply their skills to a routine with popular music. Build a strong dance skill foundation while having fun!

Thursdays, Grades 3 - 6, \$55

Make Your Own Gifts

Create personalized gifts for family and friends. Paint a jewellery box, personalize a t-shirt decal, make a necklace pendant, customize a picture frame – have fun and be creative! Students should bring a photo of themselves to the first class please.

Mondays, Grades 2 - 6, \$25





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Mad Science 'Mad Lab'

Young Mad Scientists are invited to the Mad Lab to answer questions like – ‘What is a wave motion modulator? and What force can defy gravity?’. All curious young scientists will enjoy this ‘mad’ program!



Mondays, Grades 2-6, \$83

Teddy Bear World

During this 6-week course, children hand-stuff plush animals and bring them to life, participating in fun-filled activities that celebrate the life of their new friend along the way. Fashion shows, scrapbooking, reading activities and a special birthday party –it will all be beary much fun!!!



Thursdays, K-6, \$70

MixArts Art & Painting Lessons.

Do you love to paint and create? Explore your creative side with MixArts – be inspired by the techniques of great artists to make your own original works of art!



Wednesdays, Grades 1-4, \$75

***Two Grade 5/6 students needed as helpers - will participate for free.**

Learn to Play Smash! Tennis

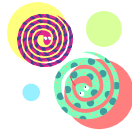
Develop skills including hand-eye coordination and agility while learning a new sport. The teacher makes learning tennis fun with games and drills kids love. All equipment is supplied.



Fridays, Grades 1-3, \$75

SHELTOONS "Cartoon Creator"

Sheltoons returns with Session E, Cartoon Creator - learn basic cartooning skills while creating cartoon projects. This session’s creations will include: awesome robots, manga art, cartoon animals in a wild jungle cel painting, 3-D Astro boy and favourite video game characters. Join us for cartoon fun!



Tuesdays, Grades 2-4, \$72

Theatrical Skills Class

Students will be participate in theatre games, improv exercises and camera work, allowing them to explore their imagination and creativity. All Montreal School of Performing Arts teachers are professional actors who have worked extensively in the acting industry



Tuesdays, Grades K-2, \$60

Wednesdays, Grades 3-6, \$60

Spanish OLÁ!

Based on Langmobile’s fun and creative approach to language learning this introduction to Spanish will be taught in an immersion environment using games, movement and music. Students will learn basic Spanish vocabulary and phrases.

Tuesdays, Grades 1-4, \$75

Yoga

This class is taught with a focus on overall wellness of the body, the mind and the spirit while encouraging environmental awareness. Yoga is proven to improve a child’s concentration, flexibility and self-confidence. Children have fun through guided movements, stretches and breathing exercises.



K-2 Thursdays, Grades 3-6 Fridays, \$65

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After School Activities Stay and Play!



Karate

Our new karate instructor, Alain Martin, will offer Shotokan-style karate for all grades. Learn discipline and self-control while building strength and physical skills.



Beginners: White Belts and Half-White/
Half-Yellow Belts

Mondays 3:45 – 5:00, **\$105** for 11 weeks
(Sept. 29 – December 14 *except* Thanksgiving
Monday, October 11th)

Experienced, returning students:

Yellow, Orange, & Green belts
Tuesdays & Thursdays 3:45 – 4:45, **\$135** for
10 weeks (Sept. 29 – Dec 10, *except* Thurs,
Nov. 19 Ped. Day)

Recycled Percussion

This dynamic, fun-filled program by Dêzam teaches students the basics of percussion using recycled instruments. Learn to keep the beat, play together as a group, and create your own rhythms. Be both leader and follower and express yourself throughout!



Mondays, 8 weeks, beginning Sept. 28th,
\$80 (no class Thanksgiving Mon.)

Rock Band

Learn everything you need to know to start your own rock band! Basic guitar and drum skills (understanding scales on 6-string and bass guitar, basic riffs, guitar maintenance and drum kit set-up) and working together as a band. Most importantly, have fun expressing yourself with music! Previous guitar knowledge would be an asset, but is not mandatory. 8-week class open to students in Grades 5 & 6 beginning **Tuesday Sept. 29th**, 5-6 p.m., in the Music Room, **\$25 materials fee.**



Tennis

**Intermediate level with Smash!
Tennis**

For students with prior tennis instruction, this class will further develop tennis skills through drills and games.



8-week class begins Oct. 2, **Fridays**, 3:45-4:45 in the gym, **\$75**