

Student Name: \_\_\_\_\_

Class: \_\_\_\_\_

## Casa Extra Curricular Activities – Winter 2020

If you are interested in any of the following Extra Curricular Activities, please check the appropriate box and return the form no later than **Thursday, December 12<sup>th</sup>** with a cheque made payable to **CMS or Central Montessori School**). All activities are held at Central Montessori Schools – Maplehurst Campus.

*\*Please write separate cheques for Elementary Students and any Casa siblings. \**

**Exclusion Policy:** CMS reserves the right to exclude any child from attendance, temporarily or permanently, who is deemed to be interfering with the health, safety or educational development of him/herself or any other child in the program.

→ **Please note, due to limited space we will accommodate students on a FIRST COME FIRST SERVE BASIS ONLY (within reception of the sign-up sheet with payment).**

### Class Dates

**Mondays, January 06 - March 30**

**Tuesdays, January 07- March 10**

**Wednesdays, January 08 - March 11**

**Thursdays, January 09 – March 12**

**Fridays, January 10 - March 27**

Note: There will be no classes on Monday, February 17<sup>th</sup>, Family Day, and March 16<sup>th</sup> to March 20<sup>th</sup> (Casa and Elementary March Break) and March 23<sup>rd</sup> to March 27<sup>th</sup> (Elementary March Break ONLY)

#### **Ballet** (Mondays or Wednesdays)

**Time:** Mondays 3:00-4:00 Wednesdays- 4:00 - 5:00

**Room:** Music Room

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

\*\*Requires special outfit, please see details at the back.

#### **Fitness & Wellness** (Mondays)

**Time:** 4:30 – 5:15 pm

**Room:** Gym

**Tuition Fee:** \$120/10wks. **For ages 5+**

#### **Obstacle Boot Camp with Ms. Laura** (Mondays)

**Time:** 3:00 - 4:00 pm

**Room:** Gym

**Tuition Fee:** \$140/10 wks. **For ages 3+**

#### **Shooting Star Sports-Multi Sports** (Tuesdays)

**Time:** 2:45 – 3:40 pm

**Room:** Gym

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

#### **Dance** (Mondays)

**Time:** 4:15 - 5:15 pm

**Room:** Music Room

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

#### **Shooting Star Sorts-Tennis/Badminton** (Tuesdays)

**Time:** 3:45 - 4:40 pm

**Room:** Gym

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

**Chess** (Tuesdays)

**Time:** 12:45 - 1:30 pm

**Room:** Art Foyer

**Tuition Fee:** \$ 110. **For ages 3+**

**\*\*Cheque for CHESS only payable to MR. GOLTS**

**Gymnastics** (Tuesdays)

**Time:** 4:00 – 5:00 pm

**Room:** Gym

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

**Mandarin** (Tuesdays)

**Time:** 3:00 – 4:00 pm

**Room:** Library

**Tuition Fee:** \$140/10wks. **For ages 3+**

**French with Mme Azari** (Wednesdays)

**Time:** 3:15 - 4:15 pm

**Room:** French Room

**Tuition Fee:** \$ 140 /10 wks. **For ages 3+**

**Soccer with Ms. Laura** (Wednesdays)

**Time:** 3:00 – 4:00 pm

**Room:** Gym

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

**Taekwondo** (Thursdays)

**Time:** 3:00 – 4:00 pm

**Room:** Gym

**Tuition Fee:** \$145/10 wks. **For ages 3.8+**

**Taekwondo** (Thursdays)

**Time:** 4:00-5:00 pm

**Room:** Gym

**Tuition Fee:** \$145/10 wks. **For ages 3.8+**

**Farsi** (Thursdays)

**Time:** 12:45- 1:30 pm

**Room:** Library

**Tuition Fee:** \$140/10 wks. **For ages 3+**

**D.D.Y.** (Dance, Drama & Yoga) (Thursdays)

**Time:** 3:00 - 4:00 pm

**Room:** Music Room

**Tuition Fee:** \$ 140 /10 wks. **For ages 3+**

**Spanish** (Friday) **NEW DATE**

**Time:** 4:00 – 5:00 pm class ends April 3<sup>rd</sup>

**Room:** Library

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

**Art** (Fridays)

**Time:** 4:00 - 5:00 pm

**Room:** Art Foyer

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**

**Soccer with Ms. Laura** (Fridays)

**Time:** 3:00 - 4:00 pm

**Room:** Gym

**Tuition Fee:** \$ 140/10 wks. **For ages 3+**



Get fit, have fun, learn martial arts.

Join us and learn Olympic Style Taekwondo. Not only is it a Martial Art, it's also a growing sport.

Through Martial Arts, you will gain discipline, self-confidence, control, leadership and teamwork.

### ***D.D.Y.***

***(Dance, Drama & Yoga)***

D.D. Y. is a combination of dance, rhythm, music, drama and yoga movements.

This course helps children to increase their happiness, energy and learning ability.

D.D.Y. teaches them how to relax, and reduce stress by concentrating on their breathing. It also improves concentration and the immune system.

Let's go and have lots of fun.

Ms. Vida



Due to popular demand CMS is pleased to offer Spanish classes as an extracurricular program. These classes are taught in a fun and interactive way for children to build interest and knowledge in the Spanish language. The classes are conducted by Ms. Olga Llovet who has several years of experience in teaching Spanish. The focus of the class will be on strengthening communication skills as well as reading and writing.



### ***Fitness & Wellness NEW***

Would you like to know which sports your child will succeed in the future? In a systematic way of talent scouting, there are various scientific tests to detect talent in individuals. These tests are used in a fun and interactive way to measure talent criteria (Psychomotor characteristics (skill), physical fitness and features of practicability). Our fitness class promotes fitness & wellness in general. For example, some health risks of prolonged bad posture include postural problems (rounded shoulder, abnormal inward and side curvature of spine, and knee problems, poor balance, fatigue, body aches). The fun and corrective exercises can help children to improve their posture.

Mehdi Mansouri who holds a Ph.D. in Exercise Sciences and has several years of experience as a Soccer and Volleyball coach and personal trainer conducts this class.



