



**CENTRAL**  
*Abbotsford*  
**COMMUNITY SCHOOL**

# Fall 2017



Welcome to another season of CACS Programs! We have some great new programs this Fall as well as many of your favourites returning. We are excited to announce that all registration can be done online, beginning August 1st, by visiting our website at [www.abbycommunity.com](http://www.abbycommunity.com). As always we are in the office if you have any questions or need further assistance,  
Monday - Thursday from 9:00 am to 4:00 pm .  
Our office has also moved, but don't worry, we are still in the Sweeney Neighbourhood Centre, 2nd Floor, just next door in P208. If you are in the centre feel free to come by and say Hello!  
Thank you so much for your continued support of Central Abbotsford Community School. We value you and your families. If you have any questions, concerns or compliments please don't hesitate to contact us!

# Fall Community Programs

## Ballet & Creative Movement

A fun and exciting introduction to ballet and movement! Classes will teach children the fundamentals of ballet, including basic positions and the necessary skills to get started. \*Ballet shoes are required ("nylon gym slippers" are approx. \$15 at Jazz-Ma-Tazz in Abbotsford).

8 sessions      Ages 3 - 5 yrs      \$38.00  
 Oct 5            Thurs            5:00pm-5:45pm  
 Abbotsford Senior School - Dance Studio

## Jazz

A high energy introduction to the world of Jazz. Classes will include stretching, movement exercises and basic jazz techniques. Students will also learn about the different elements of dance and will learn to move in many different ways!

8 sessions      Ages 6 - 8 yrs      \$38.00  
 Oct 5            Thurs            6:00pm-6:45pm  
 Abbotsford Senior School- Dance Studio

## Hip-Hop

An exciting introduction to Hip-Hop artistry! Classes will include a warm- up and short dance combination that will allow students to explore creative dance through music and choreography.

8 sessions      Ages 9 - 12 yrs      \$38.00  
 Oct 5            Thurs            7:00pm-8:00pm  
 Abbotsford Senior School - Dance Studio



## Story and Music

Children and a \*parent explore the musical world and create sound through activities, such as musical games and playing a variety of instruments while spending one on one time with parent or guardian.

8 sessions      Ages 2-3 yrs & Adult      \$40.00  
 Oct 2            Mon            5:00pm-5:45pm  
 Sweeney Neighbourhood Centre - Room B (First Floor)  
 (No session on Oct. 9 and Nov. 13, 2017)

## Little Picasso

Little Picasso's is a NEW Program for the little artists in our community. Students and a \*parent will use different mediums to create their own Picasso's. Engaging in the arts from an early age is a wonderful opportunity to enhance motor skills, socialization, development and expressive abilities of children.

8 sessions      Ages 4-5 yrs & Adult      \$40.00  
 Oct 2            Mon            6:00pm-6:45pm  
 Sweeney Neighbourhood Centre - Room B (First Floor)

## Manga Technique

Want to learn how to practice Manga? Manga is a Japanese comic book art. We emphasize on the term "practice" because if you ask any artist, the key to getting better is to practice. "Manga Techniques" is a NEW program that will consist of learning how to draw cartoons in the manga style and using ink and watercolour techniques to finish them.

8 sessions      Ages 8+ yrs      \$45.00  
 Oct 3            Tues            6:30pm-8:00pm  
 Abbotsford Middle School - MPR  
 (No Session on Oct. 31).



## Hooked on Crocheting

Students will build a strong understanding of how to create a foundation chain, single crochet and a half, double crochet by interlocking loops of yarn, with a crochet hook. These are the beginner skills required to make fun projects such as a bookmark, coffee/tea sleeve, and a scarf. Crocheting is a great hobby; it encourages students to use their math skills and fine motor skills. It is also a wonderful way to relax and reduce stress!

8 sessions      Age 8 - 11      \$45.00  
 Oct 2            Mon            6:00pm-7:30pm  
 Abbotsford Middle School - MPR  
 (No Session on Oct. 9 and Nov.13).



## Design Studio

Curiosity and creativity come alive in the Design Studio at Abby Senior. This after-school, academic enrichment program will immerse your child in a STEAM-rich learning environment. While working in engineering teams, participants will learn how to break down problems and design solutions to hands-on STEAM-based challenges.

8 sessions      Ages 8 - 14 yrs      \$90.00  
 Oct 4            Wed            3:15pm-4:15pm  
 Abbotsford Senior School- Maker Space  
 Room A 104

## Free Programs

Get ready to play! Play stations include soccer, hockey, ball toss, hula hoops, slide, rolling mats, and Lego. Some days we'll even play some parachute games and sit down for story time. We look forward to seeing you there!

\*Parent participation required.

Sponsored by Canadian Tire Jump Start



## Parent & Tot Drop-In Gym

8 sessions      Ages 0 - 5 yrs + Adult      FREE  
 Oct 3            Tues            6:00pm-7:00pm  
 Abbotsford Middle School Gym  
 (No Session Oct 31st)

## Alexander Family Playtime

8 sessions      All Ages      FREE  
 Oct 4            Wed            6:00pm-7:30pm  
 Alexander Elementary -School Gym

## Jackson Family Playtime

8 sessions      All Ages      FREE  
 Oct 5            Thurs            6:00pm-7:30pm  
 Jackson Elementary School- Gym

## Pre-Teen Drop In

Looking for something fun to do on a Friday night? 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/out by a parent. Please print off the Medical Form on our website and bring it with you for the first day of this program.

## Pre-Teen Drop In - Clayburn

8 sessions      Ages 8 - 12yrs      FREE!  
 Sept 29          Fri            6:30pm- 8:00pm  
 Clayburn Middle School Gymnasium  
 (No sessions on Oct. 20 and Nov. 24)

## Pre-Teen Drop In - Abby

8 sessions      Ages 8 - 12yrs      FREE!  
 Sept 29          Fri            6:30pm- 8:00pm  
 Abbotsford Middle School Gymnasium  
 (No sessions on Oct. 20 and Nov. 24)

## Daddy and Me

Every Wednesday evening, the gym comes alive with the shrieks and giggles of young kids, spending the evening with the full attention of their dad. This drop-in was created with father friendliness in mind, creating a comfortable and safe atmosphere for fathers to interact positively with their children.

8 sessions      All Ages      FREE  
 Oct 4            Wed            6:00pm-7:00pm  
 Abbotsford Middle School - Gym  
 Sponsored by Jump Start and partnered with Abby Dads.



# Fall Community Programs

## Cooking for Babies to Toddlers



Learn how to cook easy, healthy and nutritious meals for children from the age group of 0 – 6 yrs. Toddlers' first meals such as soups, fruit, veggie purees and snacks are just a few ideas, come and see what else will be on the menu!

8 sessions      Adults      \$25.00  
 Oct 5      Thurs      6:00pm-7:30pm  
 Abbotsford Senior School- Foods Room, RM 302

## 8 Weeks of Sweets

Would you like to get ahead on your holiday baking this year? In this program you will bake an assortment of sweet holiday baking. When you arrive, the Instructor will have the main ingredients measured out for you. You will just need to mix and bake! \* Parent participation is required, this is a great way to spend quality time together as well!

8 sessions      Ages 6 - 12 yrs/Adult      \$85/pair  
 Oct 3      Tues      6:00pm-7:30pm  
 Abbotsford Senior School - Foods Room (Rm 302)  
 (No Session on Oct. 31, 2017).

## Basketball Skills & Drills

This program is designed to develop fundamental basketball skills and promote the love of basketball. We emphasize sportsmanship and team play.

8 sessions      Ages 7 - 9 yrs      \$40.00  
 Oct 5      Thurs      6:00pm-7:00pm  
 Abbotsford Middle School- Gym

8 sessions      Ages 10 - 13 yrs      \$40.00  
 Oct 5      Thurs      7:00pm-8:00pm  
 Abbotsford Middle School - Gym

## Handball

Handball is a combination of Basketball, Soccer and Netball. This fascinating game will challenge students to build strength, agility, speed, skill and team work! Don't forget how fun it is to play!

8 sessions      Ages 8 - 10      \$40.00  
 Oct 2      Mon      6:00pm-7:00pm  
 Abbotsford Middle School - Gym  
 (No Session on Oct. 9 and Nov. 13)

8 sessions      Ages 11 - 14      \$40.00  
 Oct 2      Mon      7:00pm-8:00pm  
 Abbotsford Middle School - Gym  
 (No Session on Oct 9 and Nov 13).

### Please Register Early!

We unfortunately have to cancel some of your favourite classes due to low registration numbers. To avoid disappointment, please sign up at least 2 weeks before the course start date.

## Dodgeball

Come and spend an hour with us practicing the 5 D's of dodgeball: dodge, dive, duck, dip and dodge in a fun yet safe environment. Each week teams are formed and a different style of dodgeball will be played.

8 sessions      Ages 8 - 12 yrs      \$40.00  
 Oct 4      Wed      7:00pm-8:00pm  
 Clayburn Middle School - Gym

## Soccer Skills

Our Soccer Skill program is designed to teach beginning kids the importance of basic soccer skills (dribbling, passing, trapping, scoring) while gaining confidence for the game. Children will play a very basic game of soccer in a pressure - free environment. Soccer Skills will also teach the importance of teamwork and sportsmanship.

8 sessions      Ages 4 - 6 yrs      \$40.00  
 Oct 3      Tues      6:00pm-6:45pm  
 Jackson Elementary School- Gym/Outdoor Field  
 (No Session on Oct. 31)

8 sessions      Ages 7 - 9 yrs      \$40.00  
 Oct 3      Tues      7:00pm-8:00pm  
 Jackson Elementary - Gym/Outdoor Field  
 (No Session on Oct. 31)

## Little Kicks

8 sessions      Ages 5 - 7 yrs      \$40.00  
 Oct 4      Wed      6:00pm-6:45pm  
 Clayburn Middle School - Gym/Outdoor field

## Yoga for Athletes

Yoga can increase an athlete's strength, training potential and even recovery time. This program will help to improve flexibility, strength and focus towards integrated approach for performance in any sport.

This program is not limited to athletes. Everyone is welcome!

8 sessions      Ages 9+ - Adult      \$40.00  
 Oct 3      Tues      7:00pm-8:00pm  
 Abbotsford Middle School - Gym  
 (No Session on Oct. 31)

## Dove Self Esteem Workshop

This 'girls only' workshop invites you to play a vital role in supporting and promoting a wider definition of beauty. Using the Dove Self Esteem Program Model, girls will learn to love themselves while engaging in some exciting activities and games along the way. There are limited spaces available, so please register now to reserve your spot!

8 sessions      Ages 10 - 12yrs      \$40.00  
 Oct 5      Thurs      5:30pm-7:00pm  
 Abbotsford Middle School - Multi Purpose Room

## Abby Talks

This program is designed to challenge and motivate students on their personal journeys to success.

Abby Talks will focus on leadership skills, social skills, life skills, mental wellness and an introduction to educational options.

The goal is to empower students and to have them feel confident and excited to start making decisions for their future.

8 sessions      Ages 13-17 yrs      FREE  
 Oct 4      Wed      6:00pm-8:00pm  
 Abbotsford Middle School - MPR & Gym

Sponsored by *Coast Capital Saving* and partnered with *West Abbotsford Community School Society*.



## CACS Boot Camp

Are you ready to get active, feel better and look great? Our Boot Camp program gives you the perfect opportunity! Taking place three days per week, Boot Camp includes a great mix of strength-training, cardio and flexibility exercises through activities such as walking, jogging, drills, stability balls, yoga, Pilates and much more. This Boot Camp Program is run mostly outdoors, so please ensure that you dress for the weather!

### For Ages 16+, at Abbotsford Middle School

#### Mornings

**Sept 11 - 29**      \$38.25  
 Mon, Wed, Fri      6am - 7am  
**Oct 11 - Nov. 10**      \$59.50  
 Mon, Wed, Fri      6am - 7am  
**Nov 20 - Dec. 22**      \$63.75  
 Mon, Wed, Fri      6am - 7am

#### Evenings

**Sept 11 - 28**      \$38.25  
 Mon, Wed, Thurs      5:30pm - 6:30pm  
**Oct 11 - Nov. 9**      \$59.50  
 Mon, Wed, Thurs      5:30pm - 6:30pm  
**Nov 20 - Dec. 21**      \$63.75  
 Mon, Wed, Thurs      5:30pm - 6:30pm



Central Abbotsford Community School  
is presenting our Annual

# Winter Festival

## Saturday, January 13, 2018

9:00am - 12:00pm

Abbotsford Middle School / 33231 Bevan Avenue

### ACTIVITIES INCLUDE:

- Pancake Breakfast (9 am- 10 am)
- Balloon Artists & Face Painting
- Local Student Performances
- Science Experiments
- Sports Corner
- Community Partners Demonstrations
- Arts & Crafts
- And More!



Check out [www.abbycommunity.com](http://www.abbycommunity.com) or call 604-853-2221 for more details  
BREAKFAST WILL BE SERVED UNTIL 10AM OR AS SUPPLIES LAST



## Community Breakfast With Santa!

Start off your holidays right! Please join us for a delicious pancake breakfast, sponsored by the Kiwanis Club, make some crafts, and visit with Santa himself - all completely **FREE** of charge!

**Registration opens November 15th, 2017.** In order to attend you must register! Please visit our website at [www.abbycommunity.com](http://www.abbycommunity.com) for registration and event details.



## Volunteer Opportunities!

Volunteering is a great way to get active, try something new, make new friends and get involved in the community. We are always looking for volunteers to help with programs and special events. If you have some extra time on your hands or are looking for some extra volunteer hours for graduation and would like to help out in your community, then we are the right fit for you!

## Visit [www.abbycommunity.com](http://www.abbycommunity.com) to register!

Sweeney Neighbourhood Centre  
P208 33355 Bevan Avenue, Abbotsford, BC  
V2S 0E7  
Phone (604) 853-2221

Regular Hours: Mon-Thurs 9:00am-4:00pm  
Summer Hours: Mon-Thurs 11:00am-3:00pm  
(July 1-Aug 31)