

# PHECSA FALL PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

Follow us for updates on classes, programs and special events!

[www.phecsa.ca](http://www.phecsa.ca)

Facebook: Promontory Heights Community School Association-PHECSA

Instagram: \_PHECSA\_

## OFFICE HOURS

Monday-Thursday 8:30am - 8:00pm

Friday 8:30am - 4:30pm

Saturday 9:00am - 1:00pm

PHECSA provides educational, recreational and social opportunities for community members of all ages and abilities.

## PRESCHOOL (0-5 YEARS)

### Busy Bees Crafts and Coffee

THURSDAYS 9:00-10:30AM STARTING SEPTEMBER 19TH FREE DROP-IN

Join us for morning crafts, cuddles and coffee! Complete a craft, sing songs, and stories revolving around a weekly theme!

### Dandelion Fields Outdoor Preschool

A place for little ones who love to discover, explore, imagine and play in the dirt!

Email for information & registration package: [dandelionfieldspreschool@gmail.com](mailto:dandelionfieldspreschool@gmail.com)

Website: [www.dandelionfieldsoutdoorpreschool.com](http://www.dandelionfieldsoutdoorpreschool.com)

### Chilliwack Isshin-Ryu Karate Club

Little Dragons Ages 4-7 Mondays & Wednesdays

Learn about Karate and Self-Defense in a fun atmosphere.

For information and to register call 604-799-6504 or visit [www.chilliwackisshinryu.ca](http://www.chilliwackisshinryu.ca)

### Little Kickers Soccer

SATURDAYS: OCTOBER-MARCH

Learn through play! Little Kickers gives your child a positive introduction to sport by teaching high quality soccer skills in a friendly, pressure free environment. For more information call 604-791-3595 or visit [www.littlekickers.ca](http://www.littlekickers.ca)

## PANTHER PEN BEFORE AND AFTER-SCHOOL CARE

Need Before or After-School Child Care?

Panther Pen—Fully Licensed School Aged Program

Monday thru Friday from 7:00am-8:25am and 2:15pm-5:30pm.

Pro-D Day Camps  
Winter Break Camps  
Spring Break Camps

Sun-N-Fun Camps: 7 Weeks of Summer Fun!

Space is Limited - Must Pre-Register  
For Registration Information and Packages

Phone: 604-858-2999

Email: [pantherpen@phecsa.ca](mailto:pantherpen@phecsa.ca)

## SCHOOL AGED (6-12 YEARS)

### PRISM Studio Ceramics

WEDNESDAYS 3:00-4:00PM GRADES 1-5 PER SESSION \$25.00

Everything you need to complete a fun ceramics project. Join us to complete an Instructor led ceramics project using fun design ideas and techniques..

Session Dates: Wednesday, October 16th - Halloween Project  
Wednesday, November 13th - Winter Theme Project  
Wednesday, December 11th - Christmas Ornaments

### Floor Hockey

WEDNESDAYS OCTOBER 16TH-NOVEMBER 20TH 4:00PM-5:00PM GRADES 2-5 \$45.00

Join us for some Floor Hockey fun! Learn the fundamentals of hockey in a safe, fun and positive environment.

### Halloween Cookie Decorating Class

MONDAY OCTOBER 28TH 3:00-5:00 GRADES 1-5 \$40.00

Get spooky with creating your own Halloween themed sugar cookies. In this class we will be learning simple sugar cooking decorating. This is a foundational class that covers the basics of cookie decoration. No experience needed. Walk away with all the skills and basic knowledge to decorate your own cookies. You will learn: royal icing basics, piping, outline and flooding, wet on wet and tipless piping.

### Christmas Cupcake Decorating Class

MONDAY DECEMBER 16TH 3:00PM-5:00PM GRADES 1-5 \$45.00

Get ready to wow your friends and family this Christmas with your cupcake decorating skills! In this beginners level in-person cupcake decorating class, we will learn how to decorate 6 Christmas themed cupcakes with buttercream icing. At the end of the class, you will walk away with all the Christmas themed cupcakes you decorated and a recipe to try at home! This class is great for anyone looking to learn a new skill or just a fun activity. The class is perfect for beginners with little to no experience decorating. We will go through all the basics step by step.

### Art & Craft Workshop

TUESDAYS STARTS IN OCTOBER - MORE INFORMATION TO COME GRADES K-3

Join Carla for six-sessions to learn some new crafty skills! Every week participants will create at least one project to take home. We will get creative with clay, beads, wire, paint, paper, rocks and more! For registration forms contact the PHECSA office.

NO COST - SPACE IS LIMITED

### LEGO Club

THURSDAYS 2:30-3:45PM START DATE; TBA GRADES 1-5 FREE DROP-IN!

LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life! Parent/Guardian of all participants MUST complete a one time registration form for the 2024-2025 school year before attending

### At Home Alone+

DATE: FRIDAY (PRO-D DAYS) 10+ YEARS \$40.00

This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Next Course—Friday, October 25th from 1:00pm-5:00pm

### Canadian Red Cross Babysitting Course

DATE: SATURDAY 9:00AM-5:00PM 11+ YEARS \$60.00

Basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Participants will receive a Canadian Red Cross Babysitting certificate upon completion. Please contact the PHECSA office to be added to the wait list!

Next Course—Saturday, October 26th from 9:00am-5:00pm

### Chilliwack Isshin-Ryu Karate Club

MONDAYS AND WEDNESDAYS ALL AGES

Train with mixed age groups. Families have a chance to train together or grow in martial arts together. For more information call 604-799-6504 or visit [www.chilliwackisshinryu.ca](http://www.chilliwackisshinryu.ca)

IMPORTANT REGISTRATION INFORMATION:  
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999  
ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, DEBIT OR CREDIT CARD.

Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

Phone: 604-858-2999

EMAIL: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)

WEBSITE: [www.phecsa.ca](http://www.phecsa.ca)







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PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION



## YOUTH ZONE

### Promontory Tween Night Grades 4-5

FRIDAYS 6:30-9:00PM START DATE: TBA DROP IN \$5.00  
Looking for something to do on Friday nights? Check out the many activities offered...sports in the gym, movies, board games, concession, and dance parties. New theme nights each week!!! Join your friends for FUN, FUN, FUN!!

Tween Night Registration—Parents of ALL participants MUST complete a one time registration form for the current school year, with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants.

### Promontory Youth Crew 14+ years

Join the Youth Crew at Promontory! Get your work experience hours, help plan activities, special events, help out at Youth Night and qualify to apply for the PHECSA Scholarship. Call 604-858-2999 for information.

## WEEKLY DROP-INS

### Busy Bees Crafts and Coffee

THURSDAYS 9:00-10:30AM STARTING: SEPTEMBER 19TH FREE DROP-IN  
Join us for a morning of crafts, cuddles & coffee! Complete a craft, sing songs, stories revolving around a weekly theme

### LEGO Club

THURSDAYS 2:30-3:45PM GRADES 1-5 FREE DROP-IN!  
LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life! One-time registration form for the current school year is required to attend.

### Pickleball

TUESDAY AND THURSDAY 5:45-8:00PM DROP-IN \$3.00

### Primetimers Social

FRIDAYS 9:30-11:00AM STARTING: SEPTEMBER 20TH FREE DROP-IN!  
Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

### Promontory Tween Night Grades 4-5

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Tween Night Registration—Parents of ALL participants MUST complete a one time registration form for the current school year, with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants.

## FACILITY RENTALS

Our school facilities are used throughout the year for meetings, clubs, team practices, and many other social, recreational and educational community gatherings.

Contact us about your special event!

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## ADULT/SENIOR

### Primetimers Social

FRIDAYS 9:30-11:00AM STARTING: SEPTEMBER 20TH FREE DROP-IN!  
Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

### Pickleball

TUESDAY & THURSDAY 5:45-8:00PM STARTING: SEPTEMBER 17TH DROP-IN \$3.00

### Hatha Yoga

THURSDAYS 7:00-8:00PM OCTOBER 3RD-DECEMBER 5TH \$120.00 (10 SESSIONS)  
Relax as you practice Hatha Yoga, blending together the benefits of an active and receptive practice, woven and deeply connected by the breath. Class will include a dynamic, warming all levels sequence and be balanced with a quiet, cooling set of postures for an integrated and nourishing practice to help calm and relax the nervous system. Beginners welcome!  
Drop-In available for \$15.00 per session

### Cake Decorating Class

SATURDAY 9:00AM-12:00PM SATURDAY, NOVEMBER 2ND \$60.00  
Join Estelle in a cake decorating class with your friends or on our own and you will agree this is an awesome experience. This class includes a pre-baked cake for the chosen project. All tools and materials required to complete the cake will be prepared for you. You will be instructed through the cake decorating process from start to finish. At the end of the session you take your creation home to share with your friends and family. Space is limited so book your spot today. Session open to Adults & Teens.

## MUSIC PROGRAM

### Private Piano Lessons 6+ years

Monday-Thursday \$17.00 per 1/2 hour lesson

### Private Guitar & Ukulele Lessons 6+ years

Tuesday-Thursday \$24.00 per 1/2 hour lesson

Please contact PHECSA 604-858-2999 for lesson information and availability.

## SPECIAL EVENTS

### Meet the Teacher BBQ

THURSDAY, SEPTEMBER 12TH 5:00-6:30PM  
Join us to connect with your child's teacher & the admin team! Hot dogs & drinks provided! More information available in the school newsletter.

### Christmas Craft Fair

SATURDAY, NOVEMBER 23RD 10:00-3:00PM  
Presented by the Promontory PAC - Free admission, Food Bank Donations Welcome!  
Variety of Vendors, Raffle Baskets & a Christmas Concession.

FOLLOW US FOR UPDATES ON CLASSES, PROGRAMS AND SPECIAL EVENTS!

WWW.PHECSA.CA  
FACEBOOK: PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION-PHECSA  
INSTAGRAM: PROMCOMMUNITYSCHOOLASSOCIATION



### FUNDING ACKNOWLEDGEMENT

THIS VENTURE HAS BEEN MADE POSSIBLE DUE TO A PARTNERSHIP BETWEEN SCHOOL DISTRICT #33 AND THE CITY OF CHILLIWACK. PHECSA WOULD LIKE TO GRATEFULLY ACKNOWLEDGE FUNDING RECEIVED BY THE CITY OF CHILLIWACK AND SERVICE CANADA

Stay tuned for upcoming classes, programs & special events!

Have a program idea? We would love to hear about it! Send us an email at: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)



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