

PHECSA FALL PROGRAM GUIDE 2025

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

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

www.phecsa.ca

Facebook: Promontory Heights Community School Association-PHECSA

Instagram: promcommunityschoolassociation

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

FREE DROP-IN

Join us for some fun in a welcoming space where caregivers and little ones can connect, Free coffee and snacks provided, Open play, crafts, stories and songs with a weekly theme.

START DATE: SEPTEMBER 18

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

Website: www.dandelionfieldsoutdoorpreschool.com

Chilliwack Isshin-Ryu Karate Club

Little Dragons Mondays & Wednesdays: September-June

Ages 4-7

Learn about Karate and Self-Defense in a fun atmosphere while developing self discipline and self confidence.

For information and to register call 604-799-6504 or visit 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



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: 8 Weeks of Summer Fun!

Space is Limited - Must Pre-Register

For Registration Information and Packages

Phone: 604-858-2999

Email: pantherpen@phecsa.ca

SCHOOL AGED (6-12 YEARS)

PRISM Studio Ceramics

VARIOUS DATES 3:00-4:00PM

GRADES 1-5

PER SESSION -\$26.00

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 22nd ~ Halloween Theme

Wednesday, November 19th ~ Fall Theme

Tuesday, December 2nd ~ Christmas Theme

Floor Hockey

WEDNESDAYS OCT 22-NOV 26

4:00PM-5:00PM

GRADES 2-5

\$45.00

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

Art & Craft Workshop

Tuesdays

More information to come

2:30-3:30PM

Grades 3-5

Join Carla Swope for a nature-inspired art experience! Explore painting, clay work, jewelry making, gem and mineral identification while developing fine motor skills. This hands-on workshop blends creativity with nature for a fun and educational experience for all genders to enjoy.

LEGO Club

THURSDAYS - START DATE TBD

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! Monthly schedule posted!

All participants must have completed registration forms for the current school year on file to attend.

Halloween-Themed Cupcake Decorating Class

MONDAY, OCTOBER 20

3:00-5:00PM

GRADES 1-5

\$45.00

Learn how to create spooky and fun designs, including ghosts, pumpkins, and cobwebs using vibrant icing, fondant and creative toppings. Perfect for all skill levels, this hands on workshop provides all the materials needed. Bring your festive spirit and leave with a box of your delicious, decorated cupcakes!

At Home Alone+

DATE: FRIDAY (PRO-D) OCTOBER 24

1:00PM-4:00PM

10+ YEARS

\$40.00

This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone. A minimum registration is needed to run this course if requirement cannot be met the class will be postponed to next available date.

Canadian Red Cross Babysitting Course

DATE: SATURDAY -OCTOBER 18

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. A minimum registration is needed to run this course if requirement cannot be met the class will be postponed to next available date.

Chilliwack Isshin-Ryu Karate Club

MONDAYS AND WEDNESDAYS -SEPTEMBER -JUNE

ALL AGES

This all-ages training allows families to train, grow and live the Martial way. Build self-confidence through learning and achievement. Develop self-discipline through hard work and commitment. Gain self-defence skills through both.

Isshin-Ryu-Whole Heart Way

For more information call 604-799-6504 or visit 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,CHEQUE OR E-TRANSFER.



Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

PHONE: 604-858-2999

EMAIL: phecsa@phecsa.ca

WEBSITE: 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 TBD

DROP IN \$5.00

Looking for something to do on Friday nights? Enjoy a variety of activities, including sports, movies, board games, dance parties and more! Each week features a new theme. Join your friends and have some fun!

Concession is available at an additional cost.

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

START DATE: SEPTEMBER 18

FREE DROP-IN!

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

START DATE: SEPTEMBER 18

LEGO Club

THURSDAYS - 2:30-3:45PM

START DATE: TBD

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! Monthly schedule posted.

Must have completed registration forms for the 2024-2025 school year on file to attend.

Pickleball

TUESDAY & THURSDAY 5:45-8:00PM START DATE: SEPTEMBER 16 DROP-IN \$5.00

All skill levels welcome! Equipment is provided but you are welcome to bring your own.

Primetimers Social

FRIDAYS: 9:30-11:00AM

START DATE: SEPTEMBER 19TH

FREE DROP-IN!

Come connect with local seniors and enjoy coffee and conversation. Bring a friend or come meet new ones in a relaxed and welcoming space. We provide the coffee and Tea you provide the conversation!

Promontory Tween Night Grades 4-5

FRIDAYS 6:30-9:00PM

START DATE TBD

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.

FACILITY RENTALS

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

Contact us about your special event!

We do not do birthday party rentals

IMPORTANT REGISTRATION INFORMATION:
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999

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ADULT/SENIOR

Primetimers Social

FRIDAYS 9:30-11:00AM

FREE DROP-IN!

A friendly way to connect and meet local seniors. Bring a friend or come meet new ones in a relaxed and welcoming space. We provide the coffee and tea-just come and enjoy conversation, games, field trips and much more. START DATE: SEPTEMBER 19

Pickleball

TUESDAY AND THURSDAY 5:45-8:00

DROP-IN \$5.00

All skill levels welcome! Equipment is provided but you are welcome to bring your own. START DATE:SEPTEMBER 16

Hatha Yoga

TUESDAY 7:00-8:00PM -OCT 7- DEC 2

(8 SESSIONS) \$96.00

Relax as you practice Hatha Yoga, a blend of active movement and gentle stretching, deeply connected with the breath. This supportive and accessible class will help you release tension and build strength, with many variations and frequent use of props. Beginners are welcome!

No session November 11

Drop-In available for \$15.00 per session

Chilliwack Isshin-Ryu Karate Club

MONDAYS AND WEDNESDAYS

ALL AGES

This all-ages training allows families to train, grow and live the Martial way. Build self-confidence through learning and achievement. Develop self-discipline through hard work and commitment. Gain self-defence skills through both.

Isshin-Ryu~Whole Heart Way

For more information call 604-799-6504 or visit www.chilliwackisshinryu.ca

MUSIC PROGRAM

Private Piano Lessons ~ 6+ years

Monday-Thursday \$19.00 per 1/2 hour lesson



Private Guitar & Ukulele Lessons ~ 6+ years

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

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

SPECIAL EVENTS

FOLLOW US ON SOCIAL MEDIA FOR UPDATES ON CLASSES, PROGRAMS AND SPECIAL EVENTS

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



CITY OF
CHILLIWACK

FUNDING ACKNOWLEDGEMENT

Service
Canada

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

WE ACKNOWLEDGE THE FINANCIAL SUPPORT OF THE PROVINCE OF BRITISH COLUMBIA.

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

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