

PRESCHOOL (0-5 YEARS)

Busy Bees Crafts and Coffee Starts September 24th
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. Lead by : Kathy Murphy

Aloha Fit Hawaiian & Fun Dance Classes
Tuesdays October 6th-27th

Time: 9:30-10:00 Cost: \$60 (4 weeks)

Fun, interactive and educational classes designed for little movers! Builds confidence, coordination & creativity!

ADULT/SENIOR



Primetimers Social Starts September 18th
Fridays 9:30-11:00 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.

Pickleball Starts September 22nd
Tuesday & Thursday 5:45-8:00 Drop-In \$5

All skill levels welcome! Equipment is provided but you are welcome to bring your own. Punch cards available \$50 for 11 drop in sessions (buy 10 get 1 free!)

Hatha Yoga Starts September 15th
Tuesdays 7:00-8:00pm Drop-in \$12

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! Punch cards available \$72 for 6 drop in sessions
Instructor: Shaina McParlon

SCHOOL AGE (6-12 YEARS)

PRISM Studio Ceramics \$26 per session
Wednesdays: 3:00-400pm Grades: 1-6

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

Session Dates: Wednesday, October 14th
Wednesday, November 18th
Wednesday, December 9th

Floor Hockey Grades 2-5 \$45.00
Wednesdays: Oct 14th -Nov 18th 4:00pm-5:00pm

Join us for some Floor Hockey in a fun and positive environment.

November 11 - No Session

Little Bakers-Pop up Sessions
Saturdays: 10:00-12:00 Grades 1-6 price will vary
Join us for hands-on baking and or decorating! This class is sure to inspire them to bake again at home! We provide everything you need! Come and create then take home your creation to enjoy!!

Follow us on social media to find our next session or contact the PHECSA office to be added to our email list.

At Home Alone+
Friday October 23rd (Pro-D Day)
Time: 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.

Canadian Red Cross Babysitting Course
Saturday November 7th
Time 9:00am-5:00pm 11-15 years \$60.00

Basic first aid and caregiving skills. 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.

RENTAL PROGRAMS

CHILLIWACK ISSHIN-RYU KARATE CLUB

Monday and Wednesdays: September-July

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.

Little Dragons Ages 5-7 5:30-6:00pm

Kids Class Ages 8-12 6:00-7:00pm

Adult Class Ages 13+ 7:00-8:00pm



Isshin-Ryu~Whole Heart Way

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

LITTLE KICKERS INDOOR SOCCER

Saturdays: October-March
Ages: 18 months to 8 years



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. Spring registration now open

For more information call 604-791-3595 or visit
www.littlekickers.ca



MUSIC PROGRAM

Private Piano Lessons ~ 6+ years
Monday-Thursday \$19.00 per 1/2 hour lesson

Private Guitar & Ukulele Lessons ~ 6+ years
Monday-Friday \$24.00 per 1/2 hour lesson

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

Contact the office to be added to our waitlist

Promontory Tween Night Grades 4-5

Fridays 6:30-9:00pm

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 30 participants.

Fall Kick-Off~ November

Promontory Youth Crew 15+ years

Join the Youth Crew at Promontory! Get your work experience hours, help plan activities, special events, help out at Tween Night and qualify to apply for the PHECSA Scholarship. Contact your school WEX councillor to find out more.



PANTHER PEN BEFORE AND AFTER-SCHOOL CARE

Fully Licensed School Aged Program

Monday thru Friday

Time: 7:00am-8:25am and 2:15pm-5:30pm.

Pro-D Day, Winter Break, Spring Break Camps

Sun-N-Fun - Summer Camp

Space is Limited - Must Pre-Register

For Registration Information and Packages

Phone: 604-858-2999

Email: pantherpen@phecsa.ca

Contact the office to be added to our waitlist

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!

We Do Not Do Birthday Party Rentals

Registration may be done in person at the phecsa office or email for a registration form.

All Classes need the minimum required to run so register early to avoid disappointment!

Payments accepted cash or
Etransfer: payments@phecsa.ca

FOLLOW US ON SOCIAL MEDIA

Facebook:

Promontory Heights Community School Association-PHECSA

Instagram:

[_phecsa_](#)



GET INVOLVED

**PHECSA Board Members Wanted
Support Community School Programs**

Small Commitment, Big Community Impact

Community members, parents, and anyone interested in supporting local programs. No board experience needed

4-6 meetings per year including AGM 1 hour time commitment.

Help support programs for children and families, share your ideas and make a difference in your community.

Contact the PHECSA office for more information.



FUNDING ACKNOWLEDGEMENT

This venture has been made possible through a partnership between School District #33 and the City of Chilliwack. PHECSA gratefully acknowledges funding received by the City of Chilliwack, Service Canada and the Province of British Columbia



PHECSA

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION



**Fall
Program
Guide
2026**

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