

PHECSA SPRING PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

Great news - Our school facilities are open to the community!

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

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

FREE DROP-IN

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

Discover Dance - Twinkle Toes

WEDNESDAYS: MAY 3RD - JUNE 7TH 3-4 YRS OLD 3:30PM- 4:15PM \$60.00

Ms Kathie & Miss Kaitlyn will help your little "twinkle toes" explore the world of dance and movement in this fun class designed for young children.

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

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

SCHOOL AGED (6-12 YEARS)

PRISM Studio Ceramics

VARIOUS DATES 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: Tuesday, April 11th

Tuesday, May 2nd

Tuesday, June 6th

Discover Dance: Happy Feet

WEDNESDAYS MAY 3RD - JUNE 7TH 4:15PM-5:00PM 5-7 YRS OLD \$60.00

The world of dance and movement awaits in this dance class! Ms Kathie & Miss Kaitlyn will share their love of jazz, ballet & hip hop in this FUN class! No previous dance experience required.

Floor Hockey

SESSION UPDATE

WEDNESDAYS APRIL 19TH-MAY 31ST 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. (No Session - May 10th)

Basketball

SESSION UPDATE

TUESDAYS APRIL 18TH-MAY 30TH 2:30PM-3:30PM \$100.00 (INCLUDES T-SHIRT)

Join BC BOUNCE for six-sessions of After-School Basketball! Sessions will focus on learning and developing skill sets and movements as we progress to controlled games and competition in an encouraging and fun environment. (No Session - May 9th)

Indoor Junior Golf Academy

NEW SESSION DATES

MONDAYS MAY 1ST-MAY 29TH 2:30PM-3:30PM \$80.00

Join Atlas Performance Golf Academy for four-sessions. Students will learn the basic skills of grip, stance, chipping, putting and driving. Through group activities and games, students will have the opportunity to foster teamwork, honesty and patience while learning the fundamental rules of golf. (No Session: May 22nd)

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 required to attend

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, June 2nd 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!

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

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

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

WEBSITE: www.phecsa.ca



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PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

YOUTH ZONE

Promontory Tween Night Grades 4-6

FRIDAYS 6:30-9:00PM

DROP IN \$3.00

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 with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants. Pre-Registration will be made available for larger Tween Night events.

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.

ADULT/SENIOR

Primetimers Social

FRIDAYS 9:30-11:00AM

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

DROP-IN \$3.00

Hatha Yoga

THURSDAYS 7:00-8:00PM

APRIL 6TH-JUNE 8TH

\$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

WEEKLY DROP-INS

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MUSIC PROGRAM

Private Piano Lessons 6+ years

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

Private Guitar & Ukulele Lessons 6+ years

Tuesday & Wednesday \$24.00 per 1/2 hour lesson

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

SPECIAL EVENTS

Spring Carnival & Market

SATURDAY, MAY 13TH 10:00AM-3:00PM

Presented by the Promontory PAC - Stay tuned for more information!

FACILITY RENTALS

Our school facilities are used throughout the year for birthday parties, meeting, clubs, team practices, and many other social, recreational and educational community gatherings. Contact us about your special event!

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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



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