

# PHECSA WINTER PROGRAM GUIDE 2026

## 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**

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.

#### **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 Mondays & Wednesdays September-June Ages 4-7**

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

To register call 604-799-6504 or visit [www.chilliwackishinryu.ca](http://www.chilliwackishinryu.ca)

#### **Little Kickers 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.

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: 8 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)**

**This program is full**

**please contact the office to be added to our waitlist**

#### **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.**

### **SCHOOL AGED (6-12 YEARS)**

#### **PRISM Studio Ceramics**

**WEDNESDAYS. 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, January 14th ~ Winter Theme**

**Wednesday, February 4th - Valentines Day Theme**

**Wednesday, March 4th - Easter Theme**

#### **Floor Hockey**

**WEDNESDAYS JAN 21-MAR 11 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. Equipment is provided.

**No Session January 28 and February 18**

#### **LEGO Club**

**THURSDAYS STARTING JANUARY 15TH 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.**

#### **Baking/Decorating Workshops**

**SATURDAY 10:00-12:00PM GRADES 1-5 PRICE WILL VARY**

Stay tuned to our social media pages for more information and details on pop up classes!

#### **At Home Alone+**

**DATE: FRIDAY (PRO-D) JANUARY 23 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 FEBRUARY 7 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.

#### **Little Kickers 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.

For more information call 604-791-3595 or visit [www.littlekickers.ca](http://www.littlekickers.ca)

#### **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.chilliwackishinryu.ca](http://www.chilliwackishinryu.ca)



**PHECSA**

# PHECSA WINTER PROGRAM GUIDE 2026

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION

## YOUTH ZONE

### Promontory Tween Night Grades 4-5

FRIDAYS 6:30-9:00PM CHECK SCHEDULE FOR DATES

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

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 START DATE: JAN 15 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

TUESDAYS & THURSDAYS 5:45-8:00PM

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

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 MONTHLY SCHEDULES POSTED

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**

**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)



**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)

## 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.

### Pickleball

TUESDAYS AND THURSDAYS 5:45-8:00PM.

DROP-IN \$5.00

All skill levels welcome! Equipment is provided but you are welcome to bring your own. For calendar and schedule updates please email us at [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)

### Hatha Yoga

TUESDAYS 7:00-8:00PM JAN 20-MAR 10

(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!

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.chilliwackishinryu.ca](http://www.chilliwackishinryu.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.

This program is full please contact the office to be added to our waitlist.

## FOLLOW US

FOLLOW US ON SOCIAL MEDIA FOR UPDATES ON NEW SESSION ANNOUNCEMENTS  
REGULAR PROGRAMS AND SPECIAL EVENTS

FACEBOOK: PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION-PHECSA

INSTAGRAM: PROMCOMMUNITYSCHOOLASSOCIATION

[WWW.PHECSA.CA](http://WWW.PHECSA.CA)



### 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

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

