

### Registration Information

Registration may be done in person, by phone or email.  
Contact us to confirm office hours.

CCECSS accepts **CASH** or **CHEQUE** only.

Programs may be canceled one week before start date if enrollment is low. Register early to avoid disappointment!

### Membership

Program participants are registered as society members for no extra charge. Membership benefits include voting privileges, advanced notice of special events and programs.

**Facility Rentals** (please see reverse side)

### Who We Are?

Located in the heart of downtown Chilliwack, Central Community School provides opportunities for children, youth, and families to participate in activities daily beyond the school day. CCECSS offers an assortment of ongoing social, recreational, educational programs and services to the Chilliwack Community. Use of the facility has been made possible by the partnership and support of School District #33, the City of Chilliwack and Ministry of Children and Family Development.

*CCECSS would like to gratefully acknowledge funding received by the City of Chilliwack and the Ministry of Children and Family Development.*

## Adult Programs

### 18+ Years

#### Adult Zumba 18+

This 9 and 10 week class is a Latin inspired dance fitness class. Exhilarating easy-to-follow moves. Participants will experience excitement and fitness as a part of their weekly schedule. Wear workout clothes, runners, bring water and be ready for some fun!

**Mondays, Jan 9 — Mar 13 (no class Feb 20) 5:30-6:30pm**

**\$80 full session \$10 drop-in**

**Wednesdays, Jan 11 — Mar 15 5:30-6:30pm**

**\$90 full session \$10 drop-in**

#### Indian Cuisine Cooking Class 18+

These cooking classes will take you through the ins and outs of making Indian Cuisine favourites. Explore each recipe over tea before diving into the kitchen to make a new dish each class. **\$65 per session, or \$220 for 4 sessions.**

**Tuesdays January 24, 6:30-8:00 Pakora**

**Tuesday February 14, 6:30-8:00 Aloo Gobi**

**Tuesday February 21, 6:30-8:00 Lentil Soup (Daal)**

**Tuesday March 7, 6:30-8:00 Butter Chicken**

### Central Community School

9435 Young Road, Chilliwack BC V2P 4S7

**Phone:** 604 792-8539 **Cell:** 604-860-9125 (text or call)

**E-mail:** ccecsscoordinator@gmail.com

Check out our **Facebook** page!

<https://www.facebook.com/CCECSS>



**Website:** <https://central.sd33.bc.ca/program-schedule-information>

# PROGRAM GUIDE WINTER 2023

## COVID 19 HEALTH AND SAFETY MEASURES:

All public health orders will be followed. Program participants are asked to stay home when sick, and will be sent home if they feel or appear sick during the duration of a program.

## School Aged Programs

### 6-12 Years

#### Gardening Galore

##### 8-12 years

Seeding season is here! Start your gardening journey with our 6 week course.

All supplies included.

**Mondays Jan 23-Feb 27**

**3:30-4:30pm**

**\$60**



#### PRISM Studio

##### 8-12 Years

Join us the last Wednesday of the month for ceramics painting. Learn techniques from the masters at PRISM and be ready to receive your fully finished masterpiece. All supplies included.

**Wednesdays 5:30-6:30pm**

**January 25, 2023**

**February 22, 2023**

**\$25 per session**

#### Stone Soup Kids

##### 8-13 years

Culinary Arts enthusiasts wanted! In this 6-week class, kids will have fun preparing their own individual hot and cold dishes. New recipes each session!

All supplies included

**Wednesdays Feb 8-Mar 15**

**3:30-5:00pm**

**\$110**



#### Karate

##### 6+ Years

This 8 week class in the traditional art of Goju-Ryu Karate is suitable for all members of the family. Instructed by Sensei Stephen Jasper, 2nd dan black belt.

**Fridays, Jan 13—Mar 17**

**(no class Jan 27, Feb 17)**

**4:00-5:00pm**

**\$90**

Contact us for a trial class rate

#### Soccer

##### 7-10 years

Kids will enjoy this soccer program for 6 weeks with a focus on fun, basic skills development & sportsmanship.

**Wednesdays,**

**Jan 25—Mar 1**

**6:45-7:45pm**

**\$65**



#### Acting Outright

##### 8-12 years

Explore the magic of theatre through improv., singing, and movement in this 10 week drama class. All levels welcome. Performance at the end of term for loved ones.

All supplies included.

**Tuesdays,**

**Jan 15—Mar 14**

**Performance Wed Mar 15**

**6:30-8:00pm**

**\$100**

## Young Adult Programs

### 13-18 Years

#### Acting Outright

##### 13-18 years

Explore the magic of theatre through improv., singing, and movement in this 9 week drama class. All levels welcome. Performance at the end of term for loved ones. All supplies included.

**Thursdays,**

**Jan 17—Mar 10**

**Performance Wed Mar 15**

**6:30-8:00pm**

**\$90**



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## Facility Rentals

Consider Central Elementary School for your next workshop, meeting, or conference! Multiple spaces available including: Classrooms, Multipurpose Room, Gymnasium, Library, and Kitchen space available weekday evenings and weekends.

**Birthday Parties** start at \$85 for two hours which include the gym with gym equipment, tables, chairs, as well as the adjacent kitchen space. Our Multipurpose room is also available for birthdays! We are currently booking Saturday, Sundays, and select Pro D days.

Pro D days and Sunday rentals require 4 hour minimum.  
Contact us to book today!

Have a program idea? We would love to hear it!  
Email us at: [ccecsscoordinator@gmail.com](mailto:ccecsscoordinator@gmail.com)

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## Drop-In

### Tween Club Grades 3-5

Looking for something fun to do on Thursday evening? Check out the fun & different themed activities we do each week that include: crafts, games, movies, & much more. Snack is provided!

*Open to students from all schools!*

Please leave all food, personal items, and electronics at home.

*Doors open at 5:25pm. Maximum 15 students, come early to ensure your spot!*

**Thursdays January 12—March 16 (No Tween February 16)**  
**5:30-7:30pm**  
**\$2-Drop In**

All students **must** be registered and a parent/guardian must be present for drop-off and pick up unless other arrangements have been previously made.

## Classes in Partnership with First Aid Hero

### My Safe Life

#### Ages 7-10

Children learn life skills that empower them to make safe, caring and respectful decisions in their everyday lives both online and offline. Topics include: people safety, safe strangers, bullying prevention, and basic first aid.

**Saturday, January 21st, 2023**

**9:00am-3:00pm**

**\$65.00**

*Participants are required to show up 10-minutes prior to the course start time to register.*

**Bring a lunch and a water bottle.**

### Stay Safe!

#### Ages 9-13

Formerly "home alone" course. Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety.

**Saturday, February 11th, 2023**

**9:00am-3:00pm**

**\$65.00**

*Participants are required to show up 10-minutes prior to the course start time to register.*

**Bring a lunch and a water bottle.**

### Babysitting Course

#### Ages 11-15

Students will learn how to care for younger children and how to make good decisions and manage difficult behaviour. They will learn how to recognize and prevent unsafe situations, make safe choices and promote safe behaviours. Basic first aid skills are also covered.

**Saturday, March 18th, 2023**

**9:00am-4:00pm**

**\$70.00**

*Participants are required to show up 10-minutes prior to the course start time to register.*

**Bring a lunch, doll/teddy bear, and a water bottle.**



Canadian  
Red Cross