



**Breakfast with WACSS - FREE**

All Ages  
Every morning, a hot breakfast is served at John Maclure Community School. Everyone is welcome to attend the breakfast program.

**John Maclure Community School**  
Gym  
7:45am - 8:15am Daily  
Program starts Monday, September 19<sup>th</sup>.



Want to volunteer? Email laszlo@westabby.org for more info and to request a Volunteer Application Form!

**Kids can Cook!**

Grades 2 - 6  
Learn easy food prep techniques, create great tasting food, and learn about nutrition and active lifestyles! This program is going to be a lot of fun and students will create and enjoy what they make each night.

**Howe Middle School**  
Kitchen  
October 4 - November 15  
Tuesdays  
5:00pm - 6:30pm  
\$40



**Clearbrook Community Connections**

Grades 1 - 5  
Clearbrook Community Connections program is a referred only program for students attending Clearbrook Elementary. The instructors will help your children with their homework, numeracy, reading, recreational and leadership skills, as well as their social interactions with other children.

**Clearbrook Elementary School**  
Multi-Purpose Room  
October 3 - December 2  
2:45-4:45pm, Daily  
Free



**MANY BENEFITS OF AFTER SCHOOL PROGRAMS:**

- Improved Attendance
- Improved Behaviour and Social Skills
- Increased School Grades and Test Scores
- Development of New Friendships
- Extracurricular Learning
- and much more!

**So... sign them up today!!**

**FALL 2016**

**Creative Writers Club**

Grades 4-8  
Join the Creative Writer's Club where the 7 week program will consist of learning techniques and getting ideas to write your own short story! Students will have continued assistance and support along the course with grammar, syntax, and any other questions they may face.

**John Maclure Community School**  
Room 138 - Library  
October 5 - November 16  
Wednesdays  
5:00pm - 6:00pm  
\$25

**Creative Kids Club**

Grades 2-6  
Join the Creative Kids Club where in 7 weeks you will create 7 projects. With each project you learn new techniques and ideas that will spark your creativity. All supplies are included in the cost and students will get to take everything they create, home.

**John Maclure Community School**  
Room 138 - Library  
October 6 - November 17  
Thursdays  
5:00pm - 6:00pm  
\$30

**WHY STUDY PROGRAMMING?**

- programming is everywhere
- develops problem solving skills
- enhances abstract thinking
- helps you understand technology

**WACSS Tech Club**

Grades 5+  
Our Tech Club takes a whole new approach to technology. The program will run for the whole school year and will focus on exposing students to the many different fields that use computers.

**John Maclure Community School**  
Room 138 - Library  
October 4 - December 6  
Tuesdays  
4:00pm - 5:30pm  
\$60 (includes USB stick, \$50 w/o USB)



**How To Register**

**In Person:**  
The WACSS office is located inside John Maclure Community School. Office hours are from 8 AM - 3 PM.

**By Phone:**  
Phone the WACSS Office at 604-859-6919. Payments can be made using either Visa or Mastercard.

**By Mail:**  
You can also register by mail, simply mail us the filled out application with a cheque attached.

**Online:**  
Visit [www.simpleprogramguide.com](http://www.simpleprogramguide.com), search for the program of your choice, and follow the instructions online. You can also find much more information about the programs online.

**Reading Rascals - FREE**

**Kindergarten students, w/Parents**  
Come join us for a time of stories, crafts, and fun! Parents will receive tips on how to get their children reading around the house, will have a chance to socialize with other parents, and will receive a free book each week.

**Note: this is a FREE family literacy program and a parent must attend with children; siblings are welcome!**

**Clearbrook Elementary School**  
Library  
October 6 - November 17  
Thursdays  
3:00pm - 4:00pm

**Reading Rascals and Parenting Life Skills for Immigrant Families**

First hour is Reading Rascals (see above), followed by PARENTING LIFE SKILLS FOR IMMIGRANT FAMILIES. This program gives parents Life Skills, or abilities that enable individuals to deal effectively with the demands and challenges of everyday life.

This is FREE training in reading and life skills and child minding is provided for 0 - 12 years along with snacks.

**Harry Sayers Elementary School**  
Location/Dates/Days - To be announced  
3:00pm - 5:00pm

## Soccer Stars

Grades K-2

Come out to Ten-Broeck and learn all the skills required to play soccer in a non-competitive environment. Play some games, learn the basic drills and have fun with your friends!

Ten-Broeck Elementary School - Gym

October 6 - November 17

Thursdays

2:35pm - 3:35pm SESSION 1

3:45pm - 4:45pm SESSION 2

\$20 or \*\*JumpStart



## Hockey Stars

Grades 3 - 5

Hockey stars focuses on providing a safe and fun environment for students to team up with fellow students and have 5 on 5 floor hockey games. Parents are welcome to come out, and join in the fun.

Clearbrook Elementary School - Gym

October 5 - November 16

Wednesdays

5:00pm - 6:00pm

\$20 or \*\*JumpStart



## Basketball Stars

Grades 3 - 5

Come out to Clearbrook Elementary for some awesome basketball action. Learn how to improve your dribbling and shooting skills, as well as team work. There will be drills and games every day.

Clearbrook Elementary School - Gym

October 6 - November 17

Thursdays

5:00pm - 6:00pm

\$20 or \*\*JumpStart



## Skipping Stars

Ages 7 and up

Join an instructor of the Abbotsford Skipping Sensations group to get good exercise and have a lot of fun learning different skipping skills and techniques.

Terry Fox Elementary

Gym

October 6 - November 17

Thursdays

6:00pm - 7:00pm

\$20 or \*\*JumpStart



\*\*All of our sport programs qualify for JumpStart funding. Ask for details if you need assistance.

## Jump Start Academy - FREE

Funded by Canadian Tire's Jumpstart grant program, Jump Start Academy is a free, referred program for students in the following schools. Your child must attend the school in which the program runs. The program focuses on skill development in traditional and non-traditional sports, sportsmanship, and teamwork.

Ten-Broeck Elementary School

Gym

Grades 3-5

October 3 - November 21

Mondays

2:30pm - 4:00pm

\*Cancelled October 10<sup>th</sup>

Terry Fox Elementary School

Gym

Grades 3-5

Dates TBD

Day TBD

2:30pm - 4:00pm

John Maclure Community School

Gym

Grades 1-2

October 6 - November 17

Thursdays

2:30pm - 3:30pm



### MANY BENEFITS OF SPORTS:

- Increased Self Esteem
- Physical Health
- Academic Success
- Social Skills
- Lifelong Health
- Well Being
- Psychological Health
- and more!

So... GET YOUR KIDS INTO SPORTS!!

## Adult Drop In Sports

Adults

We are offering drop in sports for adults (18+) every Monday and Wednesday from 8-10pm. We play mostly basketball, but some days also bring out the dodgeballs and the volleyballs. Join us in this free program!

Gordie Howe Middle School

Gym

October 5 - December 16

Wednesdays

8:00 - 10:00pm

FREE!



## Preteen Xtreme - FREE

Grades 4-8

Preteen is a free drop-in program for kids in grades 4-8. It runs from 6-8pm on Mondays and Wednesdays! We play gym games (like dodgeball, basketball, tag, or zombie island), go on free field trips (like swimming and bowling) and have special events planned by your Preteen council members, you, and your friends.

Chief Dan George Middle School

Gym

October 3 - December 14

Mondays

6:00 - 8:00pm

Gordie Howe Middle School

Gym

October 5 - December 16

Wednesdays

6:00 - 8:00pm



## Dragon Dojo Isshin-Ryu Karate Club

John Maclure Community School Gym

Email [dragondojohotmail.com](mailto:dragondojohotmail.com) to register or visit [www.dragondojoca](http://www.dragondojoca)

Little Ninjas:

6 - 8yrs

This introductory class emphasises fun and learning through modelling and play. There is no sparring and wearing a gi is optional.

September 22 - December 15

5:00 - 5:45pm

Thursdays

\$75 or \*\*JumpStart

Dragon Kidz:

9 - 17yrs

This is where children begin their journey in Isshin Ryu. The class contains a physical fitness component and structured training that includes basics, kata and sparring. Gi's are mandatory and students will have regular gradings.

September 20 - December 15

6:00 - 7:30pm

Tuesdays/Thursdays

\$145 or \*\*JumpStart

Plus Karate B.C. membership: Jr.'s (15 & under) \$35, valid until September 2016

Email [dragondojohotmail.com](mailto:dragondojohotmail.com) to register or visit [www.dragondojoca](http://www.dragondojoca)

\*Register for this program through Dragon Dojo, not WACSS, we do not handle registrations for this program.

# WACSS Registration Form (Side 1)



## Participant Information

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Gender \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

## Contact Information

Parent/Guardian(s) \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

E-Mail Address \_\_\_\_\_

## Medical Information

Personal Health Number (mandatory info) \_\_\_\_\_ Allergies \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Does the participant have any medical or special needs that would require additional attention? Registrants must make WACSS and its instructors aware of any and all relevant information. Undisclosed information may result in your child being withdrawn from the program. Yes  No

If yes, please explain. \_\_\_\_\_

## Registration Information

Program Name \_\_\_\_\_ School \_\_\_\_\_ Fee \_\_\_\_\_

Program Name \_\_\_\_\_ School \_\_\_\_\_ Fee \_\_\_\_\_

Program Name \_\_\_\_\_ School \_\_\_\_\_ Fee \_\_\_\_\_

Total Amount \$ \_\_\_\_\_

Method of Payment

Please Choose One: Cash  Cheque  (make cheques payable to WACSS) Online (Visa, MC)

I, the undersigned, do hereby allow the individual(s) named herein to participate in the aforementioned activity or activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_

\*By registering in a WACSS program you become a member of our society! This means you will be invited to attend our Annual General Meeting and receive updates via email about new programs and special events\*

# WACSS Registration Form (Side 2)



## Consent & Release of Liability Form

I consent to my/my child's participation in the program(s) named on the reverse of this form. I am aware that there are risks associated with participation in the program(s) including the risk of injury and I consent to my/my child's participation in spite of such risks.

I acknowledge that there are risks associated with participation in any physical training, exercise, sports, adventure or activity program. I have informed myself and understand the risk associated with my/my child's participation in the program(s) named on the reverse of this form and (where applicable) my/my child's use of the facilities, including the risk of personal injury, and freely accept those risks.

I acknowledge that it is my responsibility to inform the West Abbotsford Community School Society of any medical or other conditions that may affect my/my child's participation in the program(s). I am not aware or have disclosed any medical condition that would affect my/my child's ability to participate in the program(s). If I have any concerns about my/my child's medical condition, I will consult with my/my child's physician before participating in the program.

In the event that I or my child require medical attention, I consent to myself/my child being transported to the nearest emergency center, including by ambulance if necessary and accept that I am responsible for any costs of such services.

I understand that I am free to withdraw myself/my child from or reduce my participation in the program(s) at any time.

I acknowledge that the WACSS staff may limit or prohibit my/my child's access to the program(s) or facilities in the event of any misuse of the facilities or misconduct on my or their part.

## Release and waiver:

In consideration of the acceptance of my/my child's registration for the program, I hereby for myself, my heirs, executors, administrators, or any others who may claim on my behalf, covenant not to sue, and hereby waive, release and discharge the West Abbotsford Community School Society and anyone acting for or on the West Abbotsford Community School Society's behalf, from any and all claims of liability for personal injury, illness, loss of life or property damaged of any kind or nature, arising out of or sustained in the course of my/my child's participation in the program(s). This release and waiver applies to all claims, foreseen or unforeseen, including negligence and breach of statutory or other duty of care.

I have read this consent form, understand and accept its terms. I recognize that by signing this document I am waiving certain legal rights, including right to sue.

X \_\_\_\_\_  
Parent's or participant's signature

X \_\_\_\_\_  
Parent's or participant's name (please print)

Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## Photo and Media Permission:

I (we) give full permission for the use of my (our) name and photograph (image) in connection with this event and I (we) understand that it may be used for publication in WACSS annual reports, newsletters and online. By registering for this event, you become a member of our society. This means you will be invited to the AGM, and will receive updates via email about new programs and events.

X \_\_\_\_\_  
Parent's or participant's signature