

CANADIAN MONTESSORI ACADEMY  
ELEMENTARY/MIDDLESCHOOL AFTER SCHOOL PROGRAMS

2007/2008

SESSION DATES	START DATE	END DATE
Fall Session	17.09.07	23.11.07
Winter 1 Session	26.11.07	08.02.08
Winter 2 Session	11.02.08	18.04.08
Spring Session	21.04.08	20.06.08
Dance – 4:30 to 5:00	MONDAYS	
Art –3:30 to 4:00 Science/Cooking – 4:00 to 4:30 Adult Yoga- 4:00 to 5:00	TUESDAYS	
Aikido – 4:00 to 4:30 Adult Aikido- 4:45 to 5:30	WEDNESDAYS	
Swimming – bus leaves school at 3:15	THURSDAYS	
Gymnastics -3:30 to 4:30	FRIDAYS	
This year CMA is please to offer individual music lessons on a variety of instruments, such as piano, percussion, guitar, and wind instruments.	THESE LESSONS WILL BE SCHEDULED ON AN INDIVIDUAL BASIS TO ACCOMIDATE YOUR CHILD'S EXISITING PROGRAM SCHEDULE	

PROGRAM RATES	ALL AFTER SCHOOL PROGRAMS FOR CHILDREN REGISTERED IN EXTENDED FULL DAY	1 AFTER SCHOOL PROGRAMS FOR CHILDREN REGISTERED IN EXTENDED FULL DAY	ALL AFTER SCHOOL PROGRAMS FOR CHILDREN REGISTERED IN REGULAR FULL DAY OR HALF DAY	1 AFTER SCHOOL PROGRAM FOR CHILDREN REGISTERED IN REGULAR FULL DAY OR HALF DAY
1 SESSION (payable 2 weeks before program starts)	\$400.00	\$70.00	\$800.00	\$140.00
3 SESSIONS (Winter 1, Winter 2, Spring)	\$1200.00	\$210.00	\$2400.00	\$420.00

September

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October

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28	29	30	31			

November

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December

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July

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30	31					

August

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23	24	25	26	27	28	29
30	31					

## MONDAYS

### DANCE

THIS PROGRAM ENCOURAGES CHILDREN TO HAVE FUN WITH MOVEMENT, RHYTHM, AND CREATIVITY, WHILE DEVELOPING COORDINATION, BALANCE, GRACE, FLEXIBILITY, MUSICALITY AND STRENGTH. THIS CREATIVE MOVEMENT PROGRAM INTRODUCES THE DANCER TO A VARIETY OF BASIC TECHNIQUES, FROM DIFFERENT GENRES OF DANCE SUCH AS JAZZ, HIP HOP AND DANCE ACRO.  
**DRESS CODE:** FORM FITTING CMA PANTS OR SHORTS AND A COMFORTABLE CMA T-SHIRT.

### MUSIC

WE WILL EXPLORE MUSIC THROUGH SONGS, RHYTHMS AND RHYMES, AN EXTENSION OF THE IN-CLASS MUSIC PROGRAM THIS AFTER SCHOOL PROGRAM WILL GIVE CHILDREN A MORE EXTENSIVE EXPOSURE TO MUSICAL INSTRUMENTS, BASIC MUSIC THEORY AND THE HISTORY OF MUSIC. A FUN AND EXCITING WAY TO LEARN MORE ABOUT MUSIC.

## TUESDAYS

### ART

WE ALL LOVE CREATING AND THESE FUN FILLED CLASSES WILL ALLOW CHILDREN TO EXPRESS THEIR CREATIVITY WHILE WORKING ON THEME RELATED PROJECTS. WE WILL DO SEASONAL CRAFTS AND EXPLORE LOTS OF DIFFERENT MEDIUMS. AS THE CHILDREN'S ABILITIES DEVELOPE WE WILL MOVE AWAY FROM THE WORLD OF CRAFT AND FOCUSES ON RELEASING CHILDREN CREATIVITY THOUGH LEARNING DIFFERENT ART TECHNIQUES AND WORKING WITH DIFFERENT MEDIUMS.

### SCIENCE/COOKING

PARENTS -YOU CAN SIGN UP TOO! ADD KIDS TO THE KITCHEN, WHISK IN A VARIETY OF INGREDIENTS, TOSS IN A LITTLE FUN AND SEASON WITH IMAGINATION. SOON KIDS ARE COOKING UP A STORM WHILE LEARNING KITCHEN SAFETY, NUTRITION, AND COOKING TECHNIQUES. THE MIXING OF INGREDIENTS IS SURE TO PLEASE THE MAD SCIENTIST IN EVERY CHILD.

## WEDNESDAYS

### AIKIDO/YOGA

AIKIDO IS A NON-AGGRESSIVE MARTIAL ART. ANYONE CAN BE GOOD AT AIKIDO; IT DOES NOT REQUIRE ATHLETIC TALENT. AIKIDO TEACHES CHILDREN PRACTICAL SELF-DEFENSE WHILE TEACHING CHILDREN TO BE CALM. AIKIDO GIVES CHILDREN A POSITIVE WORLD VIEW AND IT TEACHES THAT IN ORDER TO CREATE SOMETHING WORTHWHILE, YOU MUST WORK IN HARMONY WITH YOUR ENVIRONMENT AND OTHERS. AIKIDO TEACHES CHILDREN A LIGHTER APPROACH TO LIFE AND ALLOWS KIDS TO DEVELOP CALM, CLEAR MINDS.

BESIDE THE OBVIOUS BENEFITS OF EXERCISING THE PHYSICAL BODY, BOTH YOGA AND MARTIAL ARTS SHARPEN THE CHILD'S ABILITY TO FOCUS, GIVE SELF-CONFIDENCE, AND DEVELOP SELF-DISCIPLINE. YOGA, PRACTICED REGULARLY, HELPS CHILDREN BECOME AWARE OF THEMSELVES FROM THE INSIDE OUT. FROM THIS AWARENESS, CHANGES AND GROWTH IN NEW AND POSITIVE DIRECTIONS CAN BLOSSOM.

## THURSDAYS

### SWIMMIING

WE ARE EXCITED TO BE PARTNERING WITH DOVERCOURT POOL TO BE ABLE TO OFFER THIS EXCITING PROGRAM TO FAMILIES OF CMA. WHAT A GREAT WAY TO ENJOY SWIMMING AND SPEND TIME WITH FRIENDS IN THE WATER!! THE BUS WILL LEAVE CMA AT 3:15. PARENTS ARE WELCOME TO COME WATCH THEIR CHILDREN IN THE WATER, AND ARE ASKED TO PICK UP THEIR CHILDREN AT DOVERCOURT BY 5:30.

## FRIDAYS

### GYMNASTICS

GYMNASTICS IS AN EXCELLENT SPORT TO DEVELOP BALANCE, STRENGTH, CO-ORDINATION, FLEXIBILITY AND SELF-CONFIDENCE, WITH AN EMPHASIS ON FUN! ATTENTION IS GIVEN TO TEACHING PROPER FORM, TECHNIQUE AND EXECUTION OF SKILLS. THIS ALLOWS CHILDREN TO PROGRESS FURTHER IN THEIR BASIC SKILL DEVELOPMENT ON EACH APPARATUS. CHILDREN ARE ENCOURAGED TO EXPLORE DIFFERENT LEVELS OF MOTOR FITNESS DEVELOPMENT IN A COMFORTABLE, SECURE ENVIRONMENT.