

MARCH BREAK PROGRAMS

READING FUN & GAMES

(Grades Primary - 3)

Who says you have to sit quietly when reading? This session combines physical activity with imagination and fun. Jump, run, read and play all at the same time. Come and learn a fun new way to enjoy reading!

Fee: \$
Instructor: Adam MacDonald
Reg. Deadline: Thursday, March 6

Location & Date #1: Monday, March 10
East Antigonish Ed Centre/Academy (Monastery)
Time: 1:00 pm - 2:30 pm

Location & Date #2: Wednesday, March 12
Antigonish Education Centre (Highland Dr. Ext)
Time: 2:45 pm - 4:15 pm

MUSIC & GAMES

(Age 4 - Grade 2)

We welcome you to enjoy a fun-filled morning of musical activities, including dancing, action songs, musical stories, clapping games, and even a chance to draw to music. Come sing and play with us.

Fee: \$
Instructors: Meredith Letain/Carrie Ellen Gabriel
Reg. Deadline: Thursday, March 6

Location & Date #1: Thursday, March 13
Antigonish Education Centre (Highland Dr. Ext)
Time: 9:30 am - 11:00 am

Location & Date #2: Thursday, March 13
East Antigonish Ed Centre/Academy (Monastery)
Time: 1:00 pm - 2:30pm

KICK START COOKING

(Grades 5 - 7)

Cooks wanted! This workshop presents the basic elements of cooking in the easiest and most amusing forms. Make a simple meal and your favourite, chocolate chip cookies! Safety procedures on kitchen etiquette and a recipe booklet of what you made. You can use this booklet to assist in your future cooking experiences at home. (Please note any food allergies on registration form on page 30.

Fee: \$
Time: 1:00 - 4:00 pm
Instructor: Krista DeCoste
Reg. Deadline: Thursday, March 6

Location & Date: Tuesday, March 11th
East Antigonish Ed Centre/Academy (Monastery)

CURLING

(Grades 4 - 7)

We will show you how to use brooms for balance when throwing a rock and aiming or when attempting a shot. You will get a chance to play a mini game. Please take clean sneakers or shoes with rubber soles. (You may choose from two time slots-please write which session your child will be attending on the registration form on page 30).

Fee: \$
Instructor: Annette Daemen
Reg. Deadline: Thursday, March 6
Location & Date: Monday, March 10
St. Andrew's Curling Rink

Time: **session # 1** (1:00 - 2:30 pm)
session # 2 (3:00 - 4:30 pm)

HAVING FUN WITH THEATRE

(Grades 4 - 7)

With the help of our imaginations, we'll discover the magic of theatre and the creativity we all have inside. We'll share stories, play theatre games, and even sing a little, while having lots of fun. We can do anything or be anyone and it all begins here with this FOUR DAY drama camp! Bring lunch for a supervised break.

Fee: \$ (4 DAY session)
Time: 9:00 am - 12:00 pm
Instructor: Kyle Gillis
Reg. Deadline: Thursday, March 6

Location & Dates: March 10, 11, 12, & 13
Antigonish Education Centre (Highland Dr. Ext)

DRAMA CAMPS

(Grades 3 - 5 & Grades 6 - 8)

Students will take part in this TWO-DAY camp of fun, excitement and development of social and communication skills. This drama camp offers 3-hour sessions of improv, acting, drama games and plays each day. See you on the stage!

Fee: \$ (2 DAY session)
Time: 9:00 am - 12:00 pm
Instructor: Krista DeCoste
Reg. Deadline: Thursday, March 6

Location & Dates: March 10 & 11 (Grade 6 - 8)
March 12 & 13 (Grade 3 - 5)
East Antigonish Ed Centre/Academy (Monastery)

SCIENCE STUFF

YOUNG SCIENTISTS

(Grades 1 - 3 & Grades 4 - 6)

Ever wonder why boats float but elephants sink? To find out the answers to these questions, join us to learn more about how our world works. Come exercise your imagination and participate in hands-on experiments to explore outer space, oceans, and other wonders of the world without leaving the classroom!

Fee: \$
Instructors: Amanda Cherpak
Carmen Hartt
Reg. Deadline: Thursday, March 6
Location: Antigonish Education Centre
(Highland Dr. Ext)

Date: Tuesday, March 11
Time: 2:00 am - 3:30 pm (Gr. 1 - 3)

Date: Wednesday, March 12
Time: 2:00 am - 3:30 pm (Gr. 4 - 6)

SCIENCE MAGIC

(Grades 1 - 3 & Grades 4 - 6)

Have you ever seen a magic trick and wondered why it worked? Just imagine entering the bizarre world of kitchen magic, or making the contents of a flask magically disappear – then re-appear. How would you like to create a peculiar substance called Gooplex that mysteriously transforms itself from a liquid to a solid – in midair? If any of these magic tricks sound intriguing, then Science Magic is for you!

Fee: \$
Instructor: Michelle Fortier
Reg. Deadline: Thursday, March 6
Location: Saint Andrew Junior School
(Highland Dr. Ext)

Date: Monday, March 10
Time: 9:00 am - 12:00 pm (Gr. 1-3)

Date: Monday, March 10
Time: 12:30 am - 3:30 pm (Gr. 4-6)

SPORTS

TABLE TENNIS

(Grades 6-7 & Grades 7-8)

Beginners and intermediate players come and learn use of the equipment needed to play table tennis (racket or paddle, table and net, and ball) Practice developing serving skills and developing your forehand and backhand strokes. You will end the session playing fun games with your new skills!

Fee: \$
Instructors: Lindy DeCoste
Drew McNamara
Reg. Deadline: Thursday, March 6
Location: East Antigonish Education Centre/Academy (Monastery)

Date: Tuesday, March 11
Time: 10:00 am - 12:00 pm (Gr. 6 -7)

Date: Tuesday, March 11
Time: 1:00 am - 3:00 pm (Gr. 8-9)

FRISBEE CHALLENGE

(Grades 4 - 6)

Come prepared to learn some new frisbee skills. You will use these newly acquired skills to make your way through a frisbee golf course. Students are asked to bring in their own frisbee so each person will have their own on the course. See you on the greens!

Fee: \$
Instructor: Adam MacDonald
Reg. Deadline: Thursday, March 6
Location: East Antigonish Education Centre Academy(Monastery)

Date: Wednesday, March 12
Time: 10:00 am - 12:00 pm

MEXICAN JUMPING BEAN BAGS

(Grades Primary - 3)

Who knew there were so many cool games to play with bean bags? Tag, push-up hockey, target practice and many more exciting games. Don't miss out on all the fun!

Fee: \$
Instructors: Adam MacDonald
Reg. Deadline: Thursday, March 6

Location & Date #1: Tuesday, March 11 East Antigonish Ed Centre/Academy (Monastery) Time: 1:00 pm - 3:00 pm

Location & Date #2: Wednesday, March 12 Antigonish Education Centre (Highland Dr. Ext) Time: 12:45 pm - 2:15 pm

BASKETBALL

(Grades 3-4 & Grades 5-6)

Learn new aspects of the game though in-depth instruction. Learn defense and offense through a series of games, contests, drills and more! Come out for some fun over the March Break, scrimmaging with your friends and coaches!

Fee: \$
Instructors: Adam Hickey/Ryan Duggan
Reg. Deadline: Thursday, March 6

Location & Date # 1: Thursday, March 13 East Antigonish Ed Centre/Academy (Monastery) Time: 9:00 am - 12:00 pm (Grades 3 - 4) Time: 1:00 am - 4:00 pm (Grades 5 - 6)
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Location & Dates # 2: Antigonish Education Centre (Highland Dr. Ext.) Date: Tuesday, March 11 Time: 12:45 pm - 3:45 pm (Grades 5 - 6)
Date: Wednesday, March 12 Time: 12:45 pm - 3:45 pm (Grades 3 - 4)

HOOP IT UP

(Grade P - 3 & Grades 4 - 6)

No, it's not basketball... Hula Hoops! Construct hula huts, try the hoop group challenge and teach you hoop to obey commands. These are just a few of the cool games we will play with the hula hoops. Join your friends and don't miss out on the excitement.

Fee: \$
Instructors: Adam MacDonald
Reg. Deadline: Thursday, March 6
Location: East Antigonish Ed. Centre/
Academy (Monastery)

Date # 1: Monday, March 10
Time: 10:00 am - 12:00 pm (Gr. 4 - 6)

Date # 2: Tuesday, March 11
Time: 10:00 am - 12:00 pm (Gr. P - 3)

SPORTS CAMP

(Grades 4 -6)

A THREE DAY sports camp is a great way for children in grades four to six to work on their skills in a number of sports like basketball, soccer and floor hockey in a fun environment. Learn the proper way to warm up and stretch before having loads of fun!

Fee: \$ (3 DAY session)
Instructor: Ben Bickerton/Alex Machielson
Reg. Deadline: Thursday, March 6

Location & Dates # 1: March 10, 11, & 12
Saint Andrew Junior School (Highland Dr. Ext)
Time: 8:45 am - 11:45 am

Location & Date # 2: March 10, 11, & 12
East Antigonish Ed Centre/Academy (Monastery)
Time: 1:00 - 4:00 pm

FUN & GAMES

(Age 4 - Grade 2 & Grades 2 - 4)

Kids can expect a fully energized session of exercise and games when they sign up for this session. Soccer baseball, frozen tag, relay races, and parachute games are just a few of the many games planned for this flurry of activity to liven the March Break!

Fee: \$
Reg. Deadline: Thursday, March 6
Location: East Antigonish Ed. Centre/
Academy (Monastery)

Date # 1: Wednesday, March 12
Instructor: Patricia MacDonald
Time: 10:00 am - 12:00 pm
(Age 4 - Gr. 2)

Date # 2: Thursday, March 13
Instructor: Krista DeCoste
Time: 1:00 - 3:00 pm
(Gr. 2 - 4)

VOLLEYBALL

(Grades 5 - 8)

Come tune up your volleyball game like serving, setting, and bumping skills with your friends for an afternoon of fun. You will have an opportunity to perfect your skills during volleyball drills before playing lots of exciting games. See you on the court!

Fee: \$
Instructor: Krista DeCoste
Reg. Deadline: Thursday, March 6
Location: East Antigonish Education/
Academy (Monastery)

Date: Wednesday, March 12
Time: 1:00 pm - 4:00 pm

OUTDOOR EXTRAVAGANZA

(Grade 4 - 6)

This collection of amazing outdoor games you've probably never heard of... "Frozen Critters", "Antlers" and my favourite, "Rocks". Students are asked to dress warmly and to meet in the gym. Weather permitting it will take place outside, if not the games will be adapted and occur in the gym.

Fee: \$
Instructor: Adam MacDonald
Reg. Deadline: Thursday, March 6

Location: East Antigonish Education Centre/Academy (Monastery)

Date: Wednesday, March 12

Time: 10:00 am - 12:00 pm

DANCE CLASSES

DRESS CODE

- * comfortable sportswear (shorts & t- shirt) no jeans
- * socks, bare feet, or dance slippers
- * hair securely tied back from the face
- * no gum, jewellery or watches (small stud earrings acceptable)

WINTER CAMPING GAMES

(Grade P - 3)

Come and join the fun playing camper's games. Rocks, a new version of soccer baseball, dodgeball, floor hockey and much more. If there is enough snow we will be building snow sculptures. Students are asked to dress warmly and to meet in the gym. See you over the break!

Fee: \$
Instructor: Maria VanBerkel
Reg. Deadline: Thursday, March 6

Location: Antigonish Education Centre (Highland Drive Ext.)

Date: Monday, March 10

Time: 10:15 am - 12:15 pm

**March Break, Youth,
and Adult Program
REGISTRATION FORM
is on Page 30!**

**ONLY 4 DAYS TO REGISTER FOR
MARCH BREAK PROGRAMS!!!
(March 3rd - March 6th)**

**Registration Night
March 5th**

DANCE

JAZZ (Grade 4 - 7)

This FOUR DAY workshop will introduce students to jazz dance (for those with no previous experience). Have a great time with your friends while dancing to upbeat popular music. Classes will begin with warm up, followed by very basic centre exercises, easy routines, and will finish with gentle stretching. The dancers may choose a routine which parents may watch on the final day.

Fee: \$ (4 DAY Session)
Instructor: Nanci Jewers
Reg. Deadline: Thursday, March 6

Location & Dates: March 10, 11, 12, & 13
Saint Andrew Junior School (Highland Drive Ext.)

Time: 1:30 pm - 2:30 pm

CHOREOGRAPHY (Grade 4 - 6)

This FOUR DAY workshop will introduce students to choreography (for those with no previous experience). These classes will give beginning dancers the opportunity for creativity and self-expression, in a non-judgemental atmosphere. In small groups of 2 - 4 people, dancers will make up their own jazz or ballet routines to music they have chosen. Parents may watch the routines on the last day.

Fee: \$ (4 DAY Session)
Instructor: Nanci Jewers
Reg. Deadline: Thursday, March 6

Location & Dates: March 10, 11, 12, & 13
Saint Andrew Junior School (Highland Drive Ext.)

Time: 2:45 pm - 3:30 pm

BALLET FOR BEGINNERS (Grade P - 7)

This FOUR DAY workshop will introduce students to the beautiful art of ballet (for those with no previous experience). In a fun, relaxed atmosphere, you can try something new, develop your grace and confidence, and make friends too. Classes will begin with gentle warm up, followed by very basic "barre" exercises, centre and floor work. We will also work on a routine which parents may watch on the final day.

Fee: \$ (4 DAY Session)
Instructor: Nanci Jewers
Reg. Deadline: Thursday, March 6

Location & Dates: March 10, 11, 12, & 13
Saint Andrew Junior School (Highland Drive Ext.)

Time: 9:00 am - 10:00 am (Grades P - 2)
10:20 am - 11:20 am (Grades 3 - 5)
11:40 am - 12:40 pm (Grades 6 - 7)

HIGHLAND DANCING (Age 4 - Gr. 1 & Gr. 2 - 4)

An introduction to choreography for those with no previous experience. These classes will give beginning dancers the opportunity for creativity and self-expression, in a non-judgemental atmosphere. In small groups of 2 - 4 people, dancers will make up their own jazz or ballet routines to music they have chosen. Parents may watch the routines on the last day.

Fee: \$
Instructor: Valerie Chisholm
Reg. Deadline: Thursday, March 6

Location & Dates: Tuesday March 11
Antigonish Education Centre (Highland Drive Ext.)

Time: 12:15 pm - 2:15 pm (age 4 - Gr. 1)
Time: 2:30 pm - 4:30 pm (Gr. 2 - Gr. 4)

CRAFTS

PAPER MACHE MASKS

(Grade 3 - 6)

Ghosts and goblins! Princesses and faires! Feel welcome to partake in this morning of creation. During the two hour session of this workshop you will create your very own paper mache masks! You can even wear them for Halloween. All the supplies for you to create your very own mask will be provided for you, like, feathers and paint and stickers and pipe cleaners just to name a few! Participants are asked to wear old clothes.

Fee: \$
Time: 1:00 pm - 3:00 pm
Instructor: Krista DeCoste
Reg. Deadline: Thursday, March 6
Location & Date: Monday, March 10
East Antigonish Education Centre (Monastery)

TYE DYE FUN

(Grades 3 - 6)

Feel like getting messy? Do you like very colorful things? Need a change of colour in your wardrobe or pillow covers? Would you like to try to make your own designs for a shirt or pillow case? Do you have something else you might like to make colorful? If so then this workshop is for you. Come on out and enjoy mixing colours and designing your own "Newly Transformed" items and watch them come to life! Participants are asked to bring a new or used pre-washed 100% cotton T-shirt, and/or a pillowcase / socks (all white in color). The choice is yours!

Fee: \$
Time: 8:45 am - 12:15 pm
Instructor: Michelle Fortier
Reg. Deadline: Thursday, March 6
Location & Date: Thursday, March 13
Saint Andrew Junior School (Highland Drive Ext.)

COOL CRAFTS

(Grades 2 - 5)

Come and join your friends for an afternoon of fun making two craft projects. The first project is a cool memory box which you will decorate and use for your collectibles and special belongings. The second project is a beautiful picture frame which you will make and decorate with lots of neat things (glitter, stickers, foam shapes etc..) You can place a magnet on the back of the frame to put on the fridge when you get home. ***Students are asked to please bring a favourite picture and a shoe box or a box with a lid to the workshop.***

Fee: \$
Time: 1:00 pm - 3:00 pm
Instructor: Patricia MacDonald
Reg. Deadline: Thursday, March 6
Location & Date: Wednesday, March 12
East Antigonish Education Centre (Monastery)

CREATIVE CRAFTS

(Grades 4 - 6)

This TWO DAY craft session will be a blast! Turn off the TV, get off the couch and come and join us for a fun-filled day of cutting, painting and decorating your very own clay pot. For beanie baby collectors, you will make a beanie baby to add to your collection. Please bring your favourite pictures (cut from old magazines), scrap material (30 cm X 60 cm cotton not fleece), and a needle & thread. ***Supply list required.***

Fee: \$ (2 DAY session)
Time: 1:00 pm - 3:30 pm
Instructors: Maria VanBerkel/Ashley
Cameron
Reg. Deadline: Thursday, March 6
Location & Dates: Mon. & Tues., March 10 & 11
Antigonish Education Centre (Highland Drive Ext.)

MEMORY BOXES & BEAD FUN

(Grades 2 - 4)

Need a special place to store your most treasured possessions? Do you have trading cards lying around and need a place to put them so they stay in mint condition? Why not come out and make a special box to store all your nick-knacks! No artistic talent required – we could make masterpieces together! Worried about not having anything to put in your amazing new box? Now you will! In this action-packed combination day of memory boxes and bead fun you will also be able to make something from beads for your nice new box. You can make bracelets, necklaces, key chains or key necklaces...the possibilities are endless! If this sounds like fun to you then come on out and have a great day! **Supply list required.**

Fee: \$
Time: 9:00 am - 12:00 pm
Instructor: Michelle Fortier
Reg. Deadline: Thursday, March 6
Location & Dates: Tuesday, March 11
Saint Andrew Junior School (Highland Drive Ext.)

BEAD FUN & PICTURE FRAMES

(Grades P - 2)

Have you ever felt like being creative? Do you like to work with your hands? Bead Fun and Picture Frames is a great session in which, you can make beautiful picture frames from scratch or simply have some fun with beads. You are not limited to making jewelry with your beads, together we can experiment to make whatever comes to your imagination! This session is a great way to learn how to make new and exciting things with everyday materials. **Supply list required.**

Fee: \$
Time: 9:00 am - 12:00 pm
Instructor: Michelle Fortier
Reg. Deadline: Thursday, March 6
Location & Dates: Wednesday, March 12
Saint Andrew Junior School (Highland Drive Ext.)

PRESCHOOL CRAFTS & GAMES

(Ages 4 - 5 year olds)

Give your pre-schoolers an opportunity to come and have lots of fun at the big school! Students will have a chance to make some crafts as well as play some exciting games in the gym. Students are asked to bring a snack & drink for break.

Fee: \$
Time: 9:00 am - 12:00 pm
Instructors: Wenda Myette/Colleen Breen
Reg. Deadline: Thursday, March 6
Location & Date: Monday, March 10
East Antigonish Education Centre (Monastery)

SCRAPBOOKS

(Grade 3 - 12)

Would you like to make a scrapbook filled with life experiences, sports, hobbies, pets or family memories? These are only a few ideas for the endless possibilities. If you feel like being creative or simply want to have fun making something new and exciting then come on out and join us!

Fee: \$
Reg. Deadline: Thursday, March 6

Location # 1:
East Antigonish Ed Centre/Academy (Monastery)
Instructor: Myrna Johnson

Date: Monday, March 10 (**Grade 8 - 12**)
Time: 1:00 am - 4:00 pm

Date: Thursday, March 13 (**Grade 4 - 7**)
Time: 1:00 am - 4:00 pm

Location # 2:
Saint Andrew Junior School (Highland Drive Ext.)
Instructor: Michelle Fortier
Date#1: Monday, March 12 (**Grade 3 - 6**)
Time: 12:45 pm - 3:45 pm