

MARCH BREAK PROGRAMS

HAWAIIAN PARTY

(Grades 2 - 3)

Aloha! Come on out and spend the afternoon in a Hawaiian paradise and help chase those winter blues away. During this Hawaiian Party we will make leis, paper flowers, and decorate our own Hawaiian t-shirts (all supplies included). There will be a limbo contest, other games and some fun snacks. You are encouraged to wear brightly coloured summer clothes and bring a pre-washed 100% cotton t-shirt. Hope to see you there!

Fee: \$ 9.00
Time: 3:00 pm - 4:30 pm
Instructor: Janessa DeCoste
Nancy Neumer
Location & Date: Wednesday, March 16
Saint Andrew Jr. School (Appleseed Drive)

GOOD VIBRATIONS

(Grades 3 - 5)

In this FOUR DAY FRENCH workshop you will discover the meaning of Good Vibrations, through sound and movement. Do you ever hear a song and want to tap your toes or dance? Do you ever watch a movie and get scared by the background sounds? Come & see, produce and move with sounds. She is Jennifer, he is Alain. She is movements and he is sounds. We are looking forward to enjoying Good Vibrations with you! Find your inner voice and move in fun ways that make you feel alive.

Fee: \$62.00 (FOUR DAY SESSION)
Time: 1:00 pm - 4:00 pm
Instructor: Alain LeBlanc & Jenn Priddle
Location & Date: Mon. March 14 - Thurs. March 17
Pomquet Community Centre
(1154 Monks Head Road)
Reg. Deadline: Thursday, March 10

PRINCESS TEA PARTY

(Grades P - 2)

You're invited to spend an afternoon at a Princess Tea Party. Please wear a dress that makes you feel like a real life princess! Each princess will receive a ready made cape and crown. We will create a magical world where we make our own jewels, magic wands, and decorate personalized cakes for the tea party (all supplies included). Each princess is encouraged to bring along her favourite stuffed animal or doll. We will finish the afternoon with a tea party fit for a Queen!

Fee: \$ 12.00
Time: 3:00 pm - 4:30 pm
Instructors: Janessa DeCoste
Nancy Neumer
Location & Date: Thursday, March 17
Saint Andrew Jr. School (Appleseed Drive)
Reg. Deadline: Thursday, March 10

MINI OLYMPICS

(Grades 4 - 6)

This program will encourage active living. Children will be divided into teams and be challenged to compete in a series of fun physical events. Certificates will be awarded for good sportmanship and teamwork.

Fee: \$ 10.00
Time: 2:30 pm - 4:30 pm
Instructors: Melissa Wentworth
Kathryn MacPhee
Location & Date: Wednesday, March 16
Saint Andrew Jr. School (Appleseed Drive)
Reg. Deadline: Thursday, March 10

IT'S OUR LINE (Grades 5 & up)

Following the example of the hit T.V. show "Whose Line Is It Anyway," we will discover the fun and excitement of acting over this FOUR DAY Session. Improv is a form of drama that has no lines, no set acts, no set movements, and is completely unpredictable and crazy fun! We will participate in a variety of creative and challenging games and skits. So come on out and get ready to laugh! See you on the stage!

Fee: \$ 18.00 (FOUR DAY Session)
Time: 10:00 am - 12:30 pm
Instructor: Jason Schouten

Location & Date: Mon - Thurs. (March 14 - 17)
Antigonish Education Centre (Appleseed Drive)

Reg. Deadline: Thursday, March 10

SCRAP A BIT (Grades Primary - 3)

Want to make your memories last a lifetime - like your first day of school, your favourite pet, funniest moment, sports, or hobbies? The possibilities are endless! If you want to hold on to your memories, this creative scrap booking workshop is right for you! Bring your favourite photos and anything else that holds a memory for you and we'll supply the rest. You will also take home a package that will assist you in adding more pages to your book later! All supplies included

Fee: \$ 24.00
Time: 1:00 - 4:00 pm
Instructors: Joyce Boutlier
Christine McKeough

Location & Date: Wednesday, March 16
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

IS IT CHOCOLATE PUDDING YOU CRAVE? (Grades Primary - 3)

Do you love chocolate pudding? Want to get really messy and not get in trouble? Participate in our chocolate pudding eating contests! Children come and enjoy some pudding with one simple catch - you have to eat it as fast as you can! The winner will receive a prize. (Vanilla also available, please indicate your preference)

Fee: \$ 5.00
Time: 11:00 am - 12:00 pm
Instructors: Joyce Boutlier
Christine McKeough

Location & Date: Thursday, March 17
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

"C" IS FOR COOKIE? (Grades Primary - 3)

Here's is a chance to be creative with a cookie! It's a cookie decoration contest! We'll provide you with all the goodies you'll need to spice up your cookie with something creative. Make a face, a yummy picture, the possibilities are endless! The person with the most creative cookie will win a prize.

Fee: \$ 5.00
Time: 2:00 - 3:00 pm
Instructors: Joyce Boutlier
Christine McKeough

Location & Date: Monday, March 14
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

SURVIVOR DAY

(Grades 3 - 5)



The day will begin by the "campfire". Each team will get to choose a team name and have their face painted with their own tribal design. Throughout the day the children will compete as

a team for tribal points. Praise and emphasis will be placed on team building and sportsmanship!

Fee: \$ 15.00
Time: 12:30 pm - 4:00 pm
Instructors: Melissa Wentworth
Kathryn MacPhee

Location & Date: Tuesday, March 15
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

BEACH BLAST

(Grades 3- 5)



Break the winter blues with a day of planned summer activities. Come dressed in bright summer beach wear. Children will spend the day playing active games like limbo, freeze dance and skits - just to name a few. Join our beach party!

Fee: \$ 9.00
Time: 9:30 am - 11:30 am
Instructors: Melissa Wentworth
Kathryn MacPhee

Location & Date: Tuesday, March 15
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

TIE DYE

(Grades 4 - 6)



Feel like getting messy? Do you like very colourful things? Need a change of colour in your wardrobe or pillow covers? Would you like to make your own designs for a shirt or pillow case? Do you have something else you might like to make colourful? If so, then this workshop is for you. Come out, enjoy mixing colours, design 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 (all white in colour). The choice is yours! *Please use registration form on page 38.*

Fee: \$13.00
Time: 2:30 pm - 4:30 pm
Instructors: Maria VanBerkel, Sylvia
Fleuren

Location & Date: Thursday, March 17
Saint Andrew Junior School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

GIRLS SLUMBER PARTY

(Grades P - 3)

Join us for fun games and crafts. We will also sing some active songs to keep the girls moving. Let's get this party started!



Fee: \$ 11.00
Time: 12:30 pm - 2:00 pm
Instructors: Melissa Wentworth
Kathryn MacPhee

Location & Date: Wednesday, March 16
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

GARDENING FOR KIDS

(Grades 4 -6)

Gardens are happy places for both young and older folks. They can be big or small, but all have certain things in common. With a little work and planning we can make our yards interesting outdoor spaces for all living things. Come investigate some of the things that make a garden thrive in this **TWO DAY** workshop. Children will take home a small project.

- ☺ Magic of Soil - get down & dirty!
- ☺ Worms - nature's work horses.
- ☺ Insects - the good, the bad & the ugly.
- ☺ Seeds - the magic package for new plants.
- ☺ Birds - lively garden friends.
- ☺ Flowers - they look nice, they smell good.
- ☺ Vegetables - we all have to eat!

WANT TO REGISTER?

**March Break, Youth,
and Adult Program
REGISTRATION FORM
is on Page 38**

**MARCH BREAK
Mail and Drop-In Registration
Accepted
(Feb. 28th - Mar. 10th)**

COMPUTER CAMP

(Grades 2 - 5)



Would you like to spend the morning surfing the Internet? Learn how to search for fun kids' activities on the Internet. You will take home a list of cool sites to check out so you can have more

fun at home over the March Break!

Fee: \$ 6.00
Time: 10:00 am - 12:00 pm
Instructor: Mari Roach

Location & Date: Monday, March 14
East Antigonish Education Centre (Monastery)

Reg. Deadline: Thursday, March 10



Dates: Tuesday, March 15
&
Wednesday, March 16
Fee: \$5.00 (2 DAY Session)
Time: 9:30 am - 11:30 am
Instructor: Antigonish Garden Club Members
Location Saint Andrew Jr. School
(Appleseed Drive) Rm # 112
Reg. Deadline: Thursday, March 10

SPORTS



CURLING (Grades 4 - 7)

We will show you how to use brooms for balance when throwing a rock and aiming or when attending 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 38).*

Fee: \$ 14.00
Instructors: Curling Club Members
Location & Date: Wednesday, March 16
St. Andrew's Curling Rink

Time: Session # 1 (1:00 pm - 2:30 pm)
or
Session # 2 (3:00 pm - 4:30 pm)

Reg. Deadline: Thursday, March 10

FLOOR HOCKEY (Grades 5 - 7)



Attention all hockey fanatics! The lack of NHL hockey got you singing the blues? You don't need ice to play this sport. Some basic stretches, a few standard hockey drills followed by great floor hockey action! Grab your sneakers and put on your best game face. We'll be waiting for you and your friends for an afternoon of fast-paced, high-energy fun!

Fee: \$ 6.00
Time: 10:00 am - 12:00 pm
Instructors: Derek Druhan

Location & Dates: Monday, March 14
East Antigonish Ed. Centre/Academy (Monastery)
Reg. Deadline: Thursday, March 10

MISSION IMPOSSIBLE (Grades 3 -6)

Your mission, should you choose to accept it: Climb ladders, slide under benches, shoot baskets, ride scooters, all the while avoiding "snakes" and "electrical wires" which could send you back to the start of the course. You must give it their all in a battle against the clock! Participants will get to do all this and more in your quest to complete the ultimate March Break Adventure, Mission Impossible!

Fee: \$ 15.00
Instructors: Jimmy Bray/Donald Rasmussen
Location & Date: Thursday, March 17
Saint Andrew Junior School (Appleseed Drive)

Time: 10:00 am - 12:00 pm

Reg. Deadline: Thursday, March 10

TABLE TENNIS (Grades 5 -7)



Want to test your hand-eye coordination? Attend this camp for a afternoon full of fun and challenge, regardless if you have played the game many times or never before. You will learn lots of helpful advice on how to play better and have fun doing so. The camp will start out with basic stretches, followed by a description of the rules of the game, tips and hints on how to play well, and then a whole lot of fun table tennis action will take place. So what are you waiting for? Sign up for an afternoon of fun!

Fee: \$ 5.00
Instructors: Derek Druhan

Location & Date: Monday, March 14
East Antigonish Ed. Centre/Academy (Monastery)
Time: 12:30 pm - 1:30 pm
Reg. Deadline: Thursday, March 10

PRESCHOOL GAMES & CRAFTS

(Ages 4 - 5 year olds)



Give your preschoolers an opportunity to come and have lots of fun at the big school! Students will have a chance to make crafts, colour, listen to stories, as well as play exciting

games in the gym. Children are asked to bring their sneakers as well as a snack & drink for break time.

Please use registration form on page 38.

Fee: \$12.00
Time: 9:00 am - 12:00 pm
Instructor: Wenda Myette

Location & Date: Tuesday, March 16
East Antigonish Education Centre (Monastery)

Reg. Deadline: Thursday, March 10

For a quick easy reference of all
March Break Program Schedules
please see the
March Break table
listed on our website:

www.antigonishcounty.ns.ca/rec.htm



X'S & O'S BASKETBALL

(Grades 5 & up)

In this FOUR DAY session we will be developing our complete game: physical and mental basketball skills. We will perfect skills such as shooting, dribbling, passing, and teamwork; as well as expanding our knowledge of the game by working on fundamental strategies and game play. In other words, the X's and O's of basketball. So tie up your shoes, and bring your A-game & have fun! State preferred time on registration form, page 38.



Fee: \$ 9.00 (FOUR DAY Session)
Time: 1:00 pm - 2:30 pm (GIRLS)
2:35 pm - 4:00 pm (BOYS)

Instructor: Jason Schouten

Location & Date: Mon - Thurs. (March 14 - 17)
Antigonish Education Centre (Appleseed Drive)

Reg. Deadline: Thursday, March 10

WANT TO REGISTER?

March Break, Youth, & Adult Program
REGISTRATION FORM

Page 38

**REGISTRATION FOR MARCH BREAK
PROGRAMS**

Mail and Drop-In Accepted

(Feb.28th - Mar. 10th)

DANCE

CREATIVE DANCE

(Age 4 - Grade 1)

This **THREE DAY** workshop will give students an introduction to dance. It is a fun easy way to learn the basics of moving your body and ballet. The class will be filled with fun warm ups and lots of great new ways to move to music. *Please use registration form on page 38.*

Fee: \$ 9.00(3 DAY Session)
Time: 1:00 pm - 2:00 pm
Instructors: Kelly Meagher & Suzanne Swaine

Location & Dates: March 14, 15, 16 (Mon. - Wed.)
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

HIP HOP

(Grade 5 - 7)

This **THREE DAY** workshop will give students an introduction to hip hop (no previous dance experience is necessary). Students will learn a new type of dance in a fun way with all their friends. The class will start with a warm up and then some fun easy routines to cool new music. Students will be able to show their parents a routine on the final day. *Please use registration form on page 38.*

Fee: \$ 9.00(3 DAY Session)
Time: 3:30 pm - 4:30 pm
Instructors: Kelly Meagher & Suzanne Swaine

Location & Dates: March 14, 15, 16 (Mon. - Wed.)
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

BEGINNER JAZZ

(Grade 2 - 4)

This **THREE DAY** workshop will give students an introduction to jazz dance (no previous experience is necessary). Students will have a great time with their friends while learning how to dance and listen to fun music. Each class will start with a warm up and then an easy routine that the students will be able to show their parents on the last day of class.

Please use registration form on page 38.

Fee: \$ 9.00(3 DAY Session)
Time: 2:15 pm - 3:15 pm
Instructors: Kelly Meagher & Suzanne Swaine

Location & Dates: March 14, 15, 16 (Mon. - Wed.)
Saint Andrew Jr. School (Appleseed Drive)

Reg. Deadline: Thursday, March 10

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)