

Special eBulletin Sept. 9th

## Chartwell After School Programs

### Chartwell Grade 4-7 Multi-Sport After School Program

Dates: Mondays Sept 16 - Dec 9 (10 Sessions, Prorated)

Times: 2:45 - 4:15

Grades: 4-7

Cost: \$330 + GST



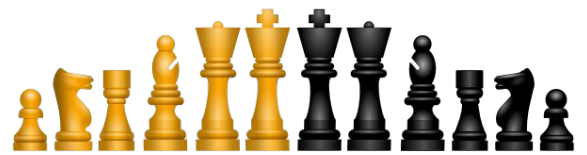
This excitement filled program focuses on FUN, physical literacy and sport skill improvement through fun games and activities. Participants will move through a variety of sports such as basketball, soccer, tennis, football, hockey, volleyball, handball, and more. Participants will be fully submerged in the world of sports and are bound to leave the day with a smile on their face, eager for the next day!

NOTE: This is a non-competitive program and is suitable for athletes of any experience or level!

Register Here: [Chartwell 4-7 Multi-Sport](#)

### CHESS CLUB IS COMING BACK

Thursdays at LUNCH

Registration link at [chartwellchessfall2024.eventbrite.ca](https://chartwellchessfall2024.eventbrite.ca)

The chess club runs for 13 weeks from Sept 19<sup>th</sup> to Dec 12<sup>th</sup>

### Hoops Basketball Academy

#### Basketball and Fitness After School Program (KG – Gr3)

Learn the fundamental skills of basketball in a fun and encouraging environment.

Fun and movement is the focus!!

Fall Registration NOW OPEN 🏀🏀

(KG – Gr3) Thursdays à 2:45 pm – 4:00 pm @ Chartwell Elementary

For more information and to register, click [Here](#) or visit us at: [www.hoopsbasketball.ca](http://www.hoopsbasketball.ca)



[www.worldofyogaschool.com](http://www.worldofyogaschool.com) insta:kidsyogadancemenka

"The nervous system, how to calm it and a strong body"

## AFTER SCHOOL WEEKLY KIDS YOGA

WITH MENKA FROM SEPT-DEC 2024 AT CHARTWELL

through fun stories, games, discussions, songs, mindfulness, and anatomy



Balance, discipline, perseverance, consistency, kindness, resilience, gratitude, stillness and self regulation.

Equip your children for life's hullabaloo.

Gift them with yoga: Prevent mental and physical injuries, understand our anatomy and embrace mobility.

Breathe, chant affirmations, meditate, and thrive.

Mixed Ages

Sept 25- Dec 4 2024

Wednesday

255-355pm

\$165 + GST = \$168

(\$15/class)



To register, sign up on the link:

<https://forms.gle/ppGj7CtBb4puqT2n7>

or contact [menkapurwaney@gmail.com](mailto:menkapurwaney@gmail.com) 604 861 3309