

## SEASON 1

### MONDAYS

Grade 3, 4, 5	Zen Tangle	Come and get in touch with your creative side through the art of Zen Tangle! Enjoy this peaceful, relaxing process of making art, rather than just focusing on the end product. You will make beautiful black and white designs, as well as trying out a few other artistic techniques!
Grade 3, 4, 5	Book Wizards	Do you love reading? Are you obsessed with books? If so, the Book Wizards ASA is for you! Come join us for a cozy afternoon of reading where you can curl up and enjoy your favorite books in a peaceful and relaxing setting.
Grade 3, 4, 5	Track Athletics	Running activities around sprinting, relays and leading up towards middle distance running and building runner's stamina. All levels welcome!
Grade 2, 3, 4	Train Like An Action Pack Superhero!	Fun exercises for kids including running, jumping, skipping, light weights, and bear crawls to improve coordination and muscle strength. Come join us for this fun and action-packed kids workout circuit! Get fit like your favorite superhero!
Grade 3, 4, 5	Floor Hockey	Come on out and enjoy Canada's favourite sport! The focus will be on having fun and developing basic hockey skills in a safe and social environment.
Grade 5	Drama Rehearsals	This ASA will be for students in Grade 5 who are in Drama class. In getting ready for our upcoming play, students may choose to sign up for the Monday or Tuesday "Drama Rehearsals" ASA (they will both be the same). If your student is not in 5th grade drama, please don't sign up for this ASA. Thank you.
Grade 3, 4, 5	Keep Calm and Doodle On (Drawing ASA)	Doodling and drawing is both creative and calming. Whether you want to learn and improve drawing techniques (through sources like 1-2-3 Draw and videos) or simply doodle to chill out, this club will have all the tools you need!
Grade 2, 3, 4	(Maga) Zine Workshop	'Zine' is short for magazine! Zine Workshop is a creative outlet for learners who are into writing, drawing, and graphic design. Completed zines will be cataloged and displayed in the Library as it builds up student-produced materials that the SAS community can enjoy.
Grade 1, 2	Kids Karaoke	Come sing your favorite songs! We will have a microphone and background music ready to go. Come sing and have fun!
Grade 4, 5	American Fiddle and Folk	Calling 4th and 5th grade string players! Did you know another name for the violin is the fiddle? The fiddle as well as other string instruments are central to many styles of traditional American music! Learn to play American Roots music in this new ASA offering! This ASA is open to violinists, cellists and guitarists who have played for one year or more. If you have experience on another string instrument and are interested in joining, please contact Matt Shugert.
Grade 1, 2	Scratch Junior	A creative way of making stories and games in an interactive and exciting programming language.
Grade 3, 4, 5	Drama	This is a drama program which helps students to perform scripts with confidence, while enjoying the fun process of the comedy. Please feel free to join this program. There will be fun activities performed by students for each classes!
Grade 1, 2	Spheros	Spheros transforms the way students learn, play & create through coding, technology, music, and arts.
Grade 5	CISSA Junior Boy Soccer	CISSA Soccer is a friendly competition for 5th and 6th grade students. If you are interested you would need to be prepared to participate fully in all practices and on tournament day (Dec 3). The team is recreational in nature and there is no previous experience required. This sport starts the week of October 24 and goes until December 3. Equipment needed: long socks, shin guards, and soccer cleats are recommended.

## SEASON 1

### TUESDAYS

Grade 5	Coding with Scratch	Begin learning about the basic principles of coding through Scratch. Students will follow a game design program where they will mix and remix coding projects using the Scratch programming language.
Grade 2, 3	Claymation	In Claymation, you will create your very own short stop motion animation movies! You will have so much fun imagining and making characters, building sets, and creating story plots. You will work with a partner, in a small group, or individually to create your masterpiece. You will learn to use stop motion to add music, sound effects, and lots of other cool features.
Grade 4, 5	Afro-Fusion	Afro-Fusion ASA blends several styles of energies to create a unique style of Afro-Fusion. From influences of African, Latin, and Arabic traditional forms, it is a fun motivating aerobic dance class syncopating movements to various styles of music. This class will also learn fun choreography with references to West African, Caribbean, hip hop, house and jazz to upbeat music. Students will develop creative expression, improve mobility, strength, flexibility, coordination, and sense of rhythm.
Grade 4, 5	Felting Fun	Students in grades 3, 4, and 5 are invited to create felted crafts in room 224! We will show you how to make flat and 3D animals and designs out of felted wool. *Please note that this craft involves the use of sharp needles, so safety equipment and care are an important part of what we will do!*
Grade 5	Drama Rehearsals	This ASA will be for students in Grade 5 who are in Drama class. In getting ready for our upcoming play, students may choose to sign up for the Monday or Tuesday "Drama Rehearsals" ASA (they will both be the same). If your student is not in 5th grade drama, please don't sign up for this ASA. Thank you.
Grade 3, 4	Fashion Drawing	In this ASA, run by Unik Art, students will be learning fashion drawing, which is a way of expressing ideas in the work of fashion designers. This course is for practicing fashion design and developing an interest for those who haven't had experience in it before. Students will learn fundamental drawing skills, and introduce the work process of a fashion designer. Come and join us!
Grade 1, 2, 3, 4, 5	Chessmate	The goal of this ASA, offered by Chessmate (Chess Class Company) is for students interested in chess to learn the rules and enjoy playing chess. For students who have already learned the game, they can play chess with new friends and improve their skill under the guidance of the coach. Students will be divided into groups based on their ability, and at the end of the season we will have a chess tournament.
Grade 1, 2	Be an Author!	This is a creative and fun course that will help achieve the author's dream that everyone has in some part of our lives. This course would be a thought-provoking and relaxed English workshop that will help children to find their interests in books and the literature world, and at last, create and be the author of their OWN books. Be an author!
Grade 1, 2, 3	Interactive Art	In this ASA, students are able to cooperate with their classmates and be exposed to various fun art related activities. Through participating in this ASA, students will be able to fulfill their interest towards art in free and interactive ways without having to worry about their art level. For example, they will make holiday crafts and engage in games with elements of art.
Grade 3, 4, 5	Baking A Craft	Baking A Craft is an after school activity led by three IB students at SAS, with the goal of teaching elementary students how to make delicious baked treats and beautiful crafts. We will make things from brownies to bracelets and many things in between over the course of this ASA. Making Baking A Craft the perfect opportunity to be creative while having lots of fun!

Tuesday ASAs - more on next page

## SEASON 1

### TUESDAYS

Grade 3, 4, 5	Handcraft happy Hours	Do you like handcrafting? Are you creative? If so, join us! We are three sophomores with a strong passion for art and handcrafting! This ASA will explore sand painting, clay making, making bracelets, decorating sculptures, and more! Students can let their imaginations fly and experience different art materials! To make it even more enjoyable, we will play a movie (picked by the students) during every session while the kids create their artwork. Anyone who is from grade second to grade five is welcome to join! We promise you will have a ton of fun here :) Sign up now!!
Grade 4	FLL - Lego Robotics (2 days commitment: Tue & Thur)	Students will work in teams to complete the FLL Robot Game Challenge. They will design a Lego robot, develop code to control it, and use their robot and code to complete a variety of challenges.
Grade 5	FLL - Lego Robotics (2 days commitment: Tue & Thur)	Students will work in teams to complete the FLL Robot Game Challenge. They will design a Lego robot, develop code to control it, and use their robot and code to complete a variety of challenges.
Grade 5	CISSA Junior Girls Soccer (2 day commitment: Tues & Fri)	CISSA Soccer is a friendly competition for 5th and 6th grade students. If you are interested, you would need to be prepared to participate fully in all practices and on tournament day (Dec 3). The team is recreational in nature and there is no previous experience required. <u>This sport starts the week of October 24 and goes until December 3.</u> Equipment needed: long socks, shin guards, and soccer cleats are recommended.
Grade 5	CISSA Junior Floor Hockey (Coed) (2 day commitment: Tues & Thur)	CISSA Floor Hockey is a friendly competition for 5th and 6th grade students. If you are interested, you would need to be prepared to participate fully in all practices and on tournament day. The team is recreational in nature and there is no previous experience required. <u>This sport starts the week of October 24 and goes until December 10.</u>

## SEASON 1

### THURSDAYS

Grade 1, 2, 3	Stop Motion Fun!	Are you an expert animator? Never heard of Stop Motion? No worries! In this ASA we will introduce the basics of Stop Motion through a short mini lessons each day. Students will have a chance to work on these challenges by themselves or in small groups. After students feel comfortable with their Stop Motion skills, they will have the chance to create a short film of their own!
Grade 2, 3	Beads-Beads-Beads	Creativity and fine motor skills with patience and practice.
Grade 3, 4, 5	Perler Bead Creations	Students will explore how to use perler beads to create their favorite known characters and original designs. These tiny beads can be used to craft amazing images that can be melted and kept as magnets, necklaces, bookmarks, and more. Students in this class will learn popular designs, pattern techniques, and how to create projects from start to finish.
Grade 1, 2	Rhythmic Gymnastics	Come learn and participate in high quality rhythmic gymnastics lessons! Rhythmic gymnastics is a graceful mixture of dance and sport. It teaches body skills such as leaps, jumps, balances and pivots and increases hand-eye coordination with using basic apparatus: hoop, ball, clubs and ribbons. To achieve the perfect score, gymnasts must perform a complex series of balances, leaps and rotations to music, with their chosen apparatus intricately entwined in every move. Come and join us!
Grade 1, 2, 3, 4, 5	Contagious Intelligence	By connecting passionate high-school students with eager elementary-students, Contagious Intelligence seeks to spread the joy of science to more people in our community. Our club hopes to foster a collaborative, engaging learning experience that encourages problem solving, curiosity, and persistence. Through hands-on experiments and investigative labs, our goal is to spark and develop an interest in STEM amongst young children, away from reading the ideas in a book. Contagious Intelligence also aims to cultivate patient, competent communicators in our high school members as they explain complex processes in simple terms. Overall, Contagious Intelligence is a club that aims to connect and enrich the STEM community at both the SAS high school and elementary school.
Grade 1, 2	Scientific Art	Let's learn about science through art! We will explore topics like include botany, chromatography, space science, paleontology, and biosphere in a kid friendly way. This program will inspire students to observe and inquire about the world around us!
Grade 3, 4, 5	The Entrepreneurs: Introduction to Economics and Business	This program is designed to acquaint Grades 3, 4, and 5 students with basic concepts of economics and business through fun and interactive activities-based lessons. The first three lessons will focus on fundamental economic topics such as scarcity, supply and demand, and money. Later lessons will consist of hands-on business activities: students will work on their own business plans in a group and market their products to peers. Most lessons consist of the following: an introduction to the day's learning objectives, engaging activities that help understand the essential ideas, and a closing discussion with a review of the key terms.
Grade 1, 2	Fun with Quick Dry Clay	Come to Fun with Quick-Dry Clay! Students will let their creative freedom loose each session as they design and construct a wide array of items guided by their limitless imagination. In a calming environment, students will have the opportunity to work on their fine motor skills as they create their very own magnificent works of art. Students will leave this club feeling relaxed and tranquil, carrying with them a beautiful piece of artwork for you to cherish.
Grade 5	FLL - Lego Robotics (2 days commitment: Tue & Thur	Students will work in teams to complete the FLL Robot Game Challenge. They will design a Lego robot, develop code to control it, and use their robot and code to complete a variety of challenges.

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## SEASON 1

	Grade 4	FLL - Lego Robotics (2 days commitment: Tue & Thur	Students will work in teams to complete the FLL Robot Game Challenge. They will design a Lego robot, develop code to control it, and use their robot and code to complete a variety of challenges.
THURSDAYS	Grade 2, 3, 4, 5	Skateboarding on Campus	If you have your own skateboard and safety equipment, and you want to practice skateboarding or teach others any cool tricks you can do, then come join our skateboard ASA. Our campus has a lot of paths that you can skate on. This is a great opportunity to meet other skaters and possibly make future play dates with other skaters. You will have to bring your own skateboard and safety equipment to be in this ASA.
	Grade 3, 4, 5	Baking Fun	Come and bake with us in the ES kitchen every week!
	Grade 5	CISSA Junior Boys Soccer (2 day commitment: Mon & Thu)	CISSA Soccer is a friendly competition for 5th and 6th grade students. If you are interested, you would need to be prepared to participate fully in all practices and on tournament day (Dec 3). The team is recreational in nature and there is no previous experience required. <u>This sport starts the week of October 24 and goes until December 3.</u> Equipment needed: long socks, shin guards, and soccer cleats are recommended.
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### FRIDAYS

Grade 1, 2	Lego 1.0	A fun and creative way of building legos with friends.
Grade 3, 4	Multimedia Club	MMC is a leadership position exclusive for 16 students who passed the screening.
Grade 3, 4, 5	Chemistry in Life	This program will be run by HS students who will introduce basic chemistry concepts with videos, explanations and experiments for the phenomenon that happens in our everyday household. These experiments are age appropriate, safe, and fun. This program will also touch on environmental issues and how new technologies can help to solve them. We will also discuss nutrition and fitness. Students will experience that chemistry is fun!
Grade 1, 2, 3, 4, 5	Friday Chess	This is an ASA where children in the elementary school can develop and grow their chess skills. There will be many opportunities where the children can play against each other as well. If you are interested in the topic of chess, then chess ASA is the right choice for you!
Grade 4, 5	Table Tennis	Table tennis, also known as ping-pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using small solid rackets. This ASA program will be led by a group of Varsity Table Tennis players. We will focus on building and developing the student's interest in the sport through learning how to serve, receive, and eventually play a match.
Grade 5	CISSA Junior Girls Soccer (2 day commitment: Tues & Fri)	CISSA Soccer is a friendly competition for 5th and 6th grade students. If you are interested, you would need to be prepared to participate fully in all practices and on tournament day (Dec 3). The team is recreational in nature and there is no previous experience required. <u>This sport starts the week of October 24 and goes until December 3.</u> Equipment needed: long socks, shin guards, and soccer cleats