



Bishop Hamilton Montessori School

AFTERSCHOOL ENRICHMENTPROGRAM

Term 1 - September 16th to December 13th

Note! No classes on Sept. 19, Oct. 3 & Nov. 13, 14
due to pre-scheduled events.

Fall 2024

Your essential guide to the activities and options for BHMS's After-School Enrichment program.



REGISTRATION

Programs are available to all students enrolled in the All Day program option; 8:00 (or 8:30) to 5:00 (or 5:30). Additional spaces may be available for students not enrolled in the All Day program, at an additional cost. To register for any of these programs, please complete the registration form and submit it to our office.

**** Families considering more than 1 After School program should consider amending their school hours to 5:00 or 5:30 entitling you to all the 5 After School programs.**

CHESS

This Popular club is back by demand. Instructors from Ottawa Chess-Math will instruct students in the art of chess. There are nine levels from beginner to advanced players. Each lesson is actual chess play with the instructor supervising and offering tips and advice. Exercise sheets are provided each week and a certificate of achievement is awarded at the end of the course. Chess develops logical thinking, concentration, and self-confidence.

INSTRUCTOR: Ottawa Chess-Math

DANCE FITNESS

This dance fitness program is designed to provide fun, engaging, and physically active dance classes for elementary students of all ages. The program combines fitness, dance, and fun to promote physical health, coordination, and self-expression in a positive and energetic environment. It is structured to ensure that everyone enjoys and benefits from the classes, regardless of their age or skill level.

INSTRUCTOR: The Travelling Stage

PAINTING EXTRAVAGANZA

Each week the artist will have fun painting a new image, as Jennifer guides them through new techniques and styles in watercolour and acrylics. Artists will learn to paint like icons such as Claude Monet, as they create masterpieces of their own.

No classes on Sept. 19, Oct. 3, Nov.14 due to pre-scheduled events.

INSTRUCTOR: Jennifer's Flyingcolours

SPORTS MEDICINE

Step into the world of Sports Medicine! In this action-packed program, students will dive into the thrilling roles of athletic trainers and orthopedic surgeons! Students will learn to diagnose and treat common sports injuries like concussions, sprains, strains, broken bones, and athlete's foot. Get ready for hands-on fun as they discover how proper food and hydration fuel our bodies, explore the famous Tommy John surgery, build models of hands, joints, and tendons, and develop real-world medical skills using medical tools.

No class on Nov.13 due to pre-scheduled event.

INSTRUCTOR: Little Medical School

FREE FORM FRIDAYS

Students enrolled in the All Day program will enjoy crafting, games and socializing with the After School Program Coordinator Ms. Ankita Sharma. Ankita is a classroom assistant in American Elm at BHMS.

INSTRUCTOR: Ms Sharma

Rates include snack time care from 3:30-4:00 as well as enrollment in the selected program from 4:00-5:00 on regular school days.

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Monday	Tuesday	Wednesday
Dance Fitness (Gym)	Chess Club (Cherry Blossom)	Sports Medicine (Cherry Blossom)

Thursday	Friday
Painting Extravaganza (Cherry Blossom)	Freeform Fridays (Cherry Blossom)

REGISTRATION FORM

For students not currently registered in After School Enrichment Program.

Student Name: _____

The After School Enrichment Program is excited to open our unique variety of offerings to those students who are not yet registered and who may be interested in only one, or a few of them. If your child is interested in participating, you may choose to register him or her in individual programs based on availability. **** Families considering more than 1 After School program should consider amending their school hours to 5:00 or 5:30 entitling you to all the 5 After School programs.**

Programs run from **Sept 16 to Dec 13, 2024**. Rates include care from 3:30-4:00 and the selected After School Enrichment Program from 4:00-5:00.

No classes on Sept. 19, Oct. 3, Nov. 13 & 14 due to pre-scheduled events.

Please place a check mark in the box to the right of the program for which you wish to register. Submit this form to the office to verify availability in the chosen programs and to remit payment. No spaces are reserved until payment has been received.

PROGRAM	DAY	√	COST	AVAILABILITY
Dance Fitness (12 sessions)	Mondays		\$ 300	10 spaces
Chess Club (13 sessions)	Tuesdays		\$ 300	4 spaces
Sports Medicine (12 sessions)	Wednesdays		\$ 350	7 spaces
Painting Extravaganza (10 sessions)	Thursdays		\$ 325	10 spaces

Total: \$ _____

Paid by: Cheque Debit Cash

Amount Paid: _____