



# PHECSA FALL PROGRAM GUIDE

PROMONTORY HEIGHTS COMMUNITY SCHOOL ASSOCIATION



Follow us for updates on classes, programs and special events!

website: [www.phecsa.ca](http://www.phecsa.ca)

Facebook: Promontory Heights Community School Association-PHECSA

Instagram: [promcommunityschoolassociation](https://www.instagram.com/promcommunityschoolassociation)

## Office Hours

Monday-Thursday 8:30am - 8:00pm

Friday 8:30am - 4:30pm

Saturday 9:00am - 1:00pm

PHECSA provides educational, recreational and social opportunities for community members of all ages and abilities.

## PRESCHOOL (0-5 YEARS)

### Busy Bees Crafts and Coffee

Thursday Mornings 9:00-10:30am Free Drop-In  
Join us for morning crafts, cuddles and coffee! Complete a craft, sing songs, and stories revolving around a weekly theme!

### Dandelion Fields Outdoor Preschool

A place for little ones who love to discover, explore, imagine and play in the dirt!  
Email for information & registration package: [dandelionfieldspreschool@gmail.com](mailto:dandelionfieldspreschool@gmail.com)  
Website: [www.dandelionfieldsoutdoorpreschool.com](http://www.dandelionfieldsoutdoorpreschool.com)

### Chilliwack Isshin-Ryu Karate Club

Little Dragons Ages 4-7 Mondays & Wednesdays  
Learn about Karate and Self-Defense in a fun atmosphere.  
For information and to register call 604-799-6504 or visit [www.chilliwackisshinryu.ca](http://www.chilliwackisshinryu.ca)

### Little Kickers Soccer

SATURDAYS: OCTOBER-MARCH  
Learn through Play! Little Kickers gives your child a positive introduction to sport by teaching high quality soccer skills in a friendly, pressure free environment. For more information call 604-791-3595 or visit [www.littlekickers.ca](http://www.littlekickers.ca)

## SCHOOL AGED (6-12 YEARS)

### PRISM Studio Ceramics

VARIOUS DATES 3:00-4:00PM GRADES 1-5 PER SESSION -\$25.00  
Everything you need to complete a fun ceramics project. Join us to complete an Instructor led ceramics project using fun design ideas and techniques..

Session Dates: Wednesday, October 25th - Halloween Project  
Wednesday, November 22nd - Mugs  
Tuesday, December 5th - Christmas Ornaments

### Ready, Set, Bake!

VARIOUS DATES 3:00PM-4:30PM \$70.00  
Introduce your child to the world of baking! Each 1.5 hour class, students are empowered to bake on their own, which builds confidence, independence and healthy eating habits, all while gaining practical life skills. Participants will learn to measure, whip and mix ingredients to make an assortment of baked goods all from scratch. Let's get baking!

Session Dates:

Mondays - October 16th-November 27th (skip Nov 13th) Kindergarten-Grade 2  
Tuesdays- October 17th-November 28th (skip Oct 31st) Grades 3-5

### Floor Hockey

WEDNESDAYS OCTOBER 18TH-NOVEMBER 22D 4:00PM-5:00PM GRADES 2-5 \$45.00  
Join us for some Floor Hockey fun! Learn the fundamentals of hockey in a safe, fun and positive environment.

### LEGO Club

THURSDAYS START DATE: TBD 2:45-3:45PM FREE DROP-IN  
LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life!  
Parents of ALL participants MUST complete a one time registration form for the 2023-2024 school year, with contact information before attending.

### At Home Alone+

DATE: FRIDAY (PRO-D DAYS) 10+ YEARS \$40.00  
This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Next Course-Friday, October 20th from 1:00pm-5:00pm

### Canadian Red Cross Babysitting Course

DATE: SATURDAY 9:00AM-5:00PM 11+ YEARS \$60.00  
Basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Participants will receive a Canadian Red Cross Babysitting certificate upon completion. Please contact the PHECSA office to be added to the wait list!

Next Course-Saturday, November 4th 9:00am-5:00pm

### Chilliwack Isshin-Ryu Karate Club

MONDAYS AND WEDNESDAYS ALL AGES  
Train with mixed age groups. Families have a chance to train together or grow in martial arts together. For more information call 604-799-6504 or visit [www.chilliwackisshinryu.ca](http://www.chilliwackisshinryu.ca)

## PANTHER PEN BEFORE AND AFTER-SCHOOL CARE

Need Before or After-School Child Care?  
Panther Pen-Fully Licensed School Aged Program  
Monday thru Friday from 7:00am-8:25am and 2:15pm-5:30pm.

Pro-D Day Camps  
Winter Break Camps  
Spring Break Camps  
Sun-N-Fun Camps: 8 Weeks of Summer Fun!

Space is Limited - Must Pre-Register  
For Registration Information and Packages  
Phone: 604-858-2999  
Email: [pantherpen@phecsa.ca](mailto:pantherpen@phecsa.ca)

IMPORTANT REGISTRATION INFORMATION:  
REGISTRATION MAY BE DONE IN PERSON AT THE PHECSA OFFICE, OR OVER THE PHONE PLEASE CALL 604-858-2999  
ALL CLASSES NEED THE MINIMUM REQUIRED TO RUN - SO REGISTER EARLY TO AVOID DISAPPOINTMENT!! PHECSA ACCEPTS PAYMENT BY CASH, OR ETRANSFER.

## Promontory Heights Elementary Community School Association

46200 Stoneview Drive, Chilliwack BC V2R 5W8

Phone: 604-858-2999

EMAIL: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)

WEBSITE: [www.phecsa.ca](http://www.phecsa.ca)





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## YOUTH ZONE

### Promontory Tween Night Grades 4-6

**FRIDAYS 6:30-9:00PM** **START DATE: TBD** **DROP IN \$5.00**  
Looking for something to do on Friday nights? Check out the many activities offered...sports in the gym, movies, board games, concession, and dance parties. New theme nights each week!!! Join your friends for FUN, FUN, FUN!!

**Tween Night Registration**—Parents of ALL participants MUST complete a one time registration form for the 2023-2024 school year, with contact information before attending. Please contact the PHECSA office for Tween Night Registration forms. Maximum capacity 50 participants. Pre-Registration will be made available for larger Tween Night events.

### Promontory Youth Crew 14+ years

Join the Youth Crew at Promontory! Get your work experience hours, help plan activities, special events, help out at Youth Night and qualify to apply for the PHECSA Scholarship. Call 604-858-2999 for information.

## WEEKLY DROP-INS

### Busy Bees Crafts and Coffee

**THURSDAY MORNINGS 9:00-10:30AM** **FREE DROP-IN**  
Join us for a morning of crafts, cuddles & coffee! Complete a craft, sing songs, stories revolving around a weekly theme

### LEGO Club

**THURSDAYS 2:45-3:45PM** **START DATE: TBD** **FREE DROP-IN**  
LEGO lovers a fun way to showcase your creativity! Join us every week and bring your wildest creations to life!  
Parents of ALL participants MUST complete a one time registration form for the 2023-2024 school year with contact information before attending.

### Pickleball

**TUESDAY & THURSDAY EVENINGS 5:45-8:00PM** **DROP-IN \$3.00**

### Primetimers Social

**FRIDAY MORNINGS 9:30-11:00AM** **FREE DROP-IN!**  
Take time for coffee and conversation. Meet local seniors and enjoy games, field trips and much more.

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## ADULT/SENIOR

### Primetimers Social

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### Pickleball

**TUESDAY & THURSDAY EVENINGS 5:45-8:00PM** **DROP-IN \$3.00**

### Hatha Yoga

**THURSDAYS 7:00-8:00PM** **OCTOBER 5TH - DECEMBER 7TH** **\$120.00**  
Relax as you practice Hatha Yoga, blending together the benefits of an active and receptive practice, woven and deeply connected by the breath. Class will include a dynamic, warming all levels sequence and be balanced with a quiet, cooling set of postures for an integrated and nourishing practice to help calm and relax the nervous system. Beginners welcome!  
Drop-In available for \$15.00 per session

### ZUMBA

**WEDNESDAYS 7:00-8:00PM**  
Come on out and join the Zumba party with our instructor Nicci. Zumba is a fun and exhilarating choreographed fitness class that incorporates cardio and Latin-inspired dance. It is a mix of high and low intervals that will get your heart pumping, body moving and put a smile on your face. Ages 13+ and all fitness levels are welcome.  
**\$15 drop-in / 5 class punch card for \$60 / 10 class punch card for \$120 (11th class is free!)**  
For more information email [niccizumba@gmail.com](mailto:niccizumba@gmail.com) / Facebook Page Niccis Zumba.

## MUSIC PROGRAM

### Private Piano Lessons 6+ years

Monday-Thursday \$17.00 per 1/2 hour lesson

### Private Guitar & Ukulele Lessons 6+ years

Tuesday & Wednesday \$24.00 per 1/2 hour lesson

Please contact PHECSA 604-858-2999 for lesson information and availability.

## SPECIAL EVENTS

### Trick-or-Treat at the school!

**TUESDAY, OCTOBER 31ST 5:30-7:30PM**  
Come meet the Tween Night Team! Trick-or-treat at the main gates of the school! Hot chocolate & Treats!

### Christmas Craft Fair

**SATURDAY, NOVEMBER 25TH 10:00AM-3:00PM**  
Presented by the Promontory PAC = Free Admission, Food Bank Donations Welcome, Variety of Vendors, Raffle Baskets and a Christmas Concession.



## FACILITY RENTALS

Our school facilities are used throughout the year for birthday parties, meetings, clubs, team practices, and many other social, recreational and educational community gatherings. Contact us about your special event!

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### FUNDING ACKNOWLEDGEMENT

THIS VENTURE HAS BEEN MADE POSSIBLE DUE TO A PARTNERSHIP BETWEEN SCHOOL DISTRICT #33 AND THE CITY OF CHILLIWACK. PHECSA WOULD LIKE TO GRATEFULLY ACKNOWLEDGE FUNDING RECEIVED BY THE CITY OF CHILLIWACK AND SERVICE CANADA

Stay tuned for upcoming classes, programs & special events!

Have a program idea? We would love to hear about it! Send us an email at: [phecsa@phecsa.ca](mailto:phecsa@phecsa.ca)



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