

Rosedale Traditional Community School Society (RTCSS) Fall 2018 to Spring 2019

Kids Programs 3-7yrs

Little Artist 4-6yrs
Designed for the young artist at heart. This program will explore the world of art through a variety of mediums.
Monday
2:00-3:00pm
Oct 15-Nov 5th
m\$40 nm\$50



Rhythmic Gymnastics 4-5yrs
We will introduce you to leaping, tumbling, balancing and the use of apparatus such as ribbons, balls and hoops. On the final day, all these skills will be combined into a routine to perform for family and friends.
Wednesdays
4:00-5:00pm
Oct 24-Nov 28
m\$35 nm\$45

Tiny Cooks 4-7yrs
For children who love to help in the kitchen. Children will work together to complete a recipe item to take home and share with mom and dad.
Tuesdays
2:00-3:00pm
Feb 5-26
m\$40 nm\$50



Sports Bag 4-7yrs
Children will be exposed to basic sports such as baseball, basketball, football, soccer, volleyball and hockey. They also focus on physical techniques such as running, skipping, balancing and other gross motor skills.
Thursday
4:00-4:45pm
Feb 7-Mar 14
m\$40 nm\$50

My Little Princess 3-5yrs
A Royal program for Princesses to get together in their princess attire to play games, have a Tea Party and make crafts, all relating to the Princess theme.
Saturday
9:30am- 10:30am
April 6-27
m\$40 nm\$50

Energy Busters 3-5yrs
A fun-filled program full of energetic games and activities. Participants will learn co-ordination, social interaction, how to follow simple instruction and to just have FUN! This program will include various sports, tag and many more active games.
Tuesday
2:00-2:45pm
May 7-June 11
m\$30 nm\$35

Youth Programs 5-12yrs

Floor Hockey 8-12yrs
This introduction to Floor Hockey is designed to teach students the fundamentals of hockey in a safe, fun, and non-competitive environment. Basic skills include teamwork, passing, shooting and game play.
Wednesdays
Feb 6-Mar 13
4:00-5:00pm
m\$30 nm\$40



Tennis 8-12yrs
Right-sized courts, right-sized challenges! Here is a chance for kids to learn *real* tennis and have *real* fun doing it! All equipment provided.
Fridays
Feb 1-Mar 8
2:00-3:00pm
m\$40 nm\$50



Gymnastics 6-10yrs
Join us for a fun experience while learning the basics of Rhythmic gymnastics and Acro! We will introduce you to leaping, tumbling, balancing and the use of apparatus such as ribbons, balls and hoops. On the final day, all these skills will be combined into a routine to perform for family and friends.
Wednesdays
Feb 6-Mar 13
4:00-5:30 pm
m\$50 nm\$60

Fashion Forward 8-12yrs
Are you a young Fashionista at heart? Design and create your own t-shirt and jewelry. Use different techniques and materials to create your own beads. We will also be making our own lip balm.
Thursdays
April 4-25
2:30-4:30pm
m\$50 nm\$60

Chef's In Training 8-12yrs
Full hands on program. Each week students will make two dishes to take home and share with mom and dad. New recipes are shared in each session.
Thursdays
Feb 14-Mar 9
2:30-4:00pm
m\$50 nm\$60



Mad Scientists 8-12yrs
Do creative science experiments exploring your imagination with hands-on fun. Don't forget to wear clothes appropriate for messy fun!
Tuesdays
May 7-28
4:00-5:00pm
m\$40 nm\$50



Country Kids Fully Licensed Childcare Centre



programs
Infant / Toddler
3-5 Program
Preschool
Afterschool
Pro D Activity Camp

Oct.5, 19th Nov. 30
7:00am-6:00pm
\$25 per Day

MUST PRE-REGISTER
Phone: 604 378-0300 Email: rtcss@rtcsc.ca

Music Lessons

Piano Lessons 6+yrs
You're never too young or too old to learn to play the piano. Call to book your private piano lesson. Lessons are once a week for 1/2 an hour. All levels welcome!
Mon/Tues
Lesson \$16 per 1/2 hour



Guitar Lessons 8+yrs
Interested in learning how to play the guitar? Start at the beginning or take your abilities to the next level. Our positive approach is both enjoyable and effective.
Wed/Thurs
\$23 per 1/2 hour

Ukulele Lessons 6+yrs
Looking for a fun instrument that is easy to play? Ukulele might be the one for you. We'll have you strumming in no time
Wed/Thurs
\$23 per 1/2 hour



Flash Mob

Looking to surprise someone with a special dance? Maybe for a proposal, birthday or wedding? A flash mob is a group of people who learn a choreographed dance and perform it, unannounced, in public or at a event. Call today to discuss a personalized request.

Youth Programs 10-18yrs

Babysitters Training 11+yrs
Learn about your rights and responsibilities, how to care for a child and how to deal with emergency situations. You will receive a certificate at the end of this Canadian Safety Council Babysitters Course.

Saturday 9:00am-5:00pm
Nov 17 \$45

At Home Alone 10+yrs
This is an interactive, participatory program that is designed to teach children to make safe choices while At Home Alone.

Saturday 10:00-2:00pm
Dec 1 \$35

In the Studio 13-17yrs
Learn about flat wash, dry brush, splattering, salt, alcohol, masking fluid, colour harmony in the 6 week program. Last 3 weeks work on a complete painting. Supplies additional.

Fridays 2:00-3:30pm
May 3-June 7 m\$70 nm\$80

Friday Fun Zone Grades 4-6

Looking for a place to hang Friday Nights? Come with your friends and check out the many activities offered!

Fridays 6:00-8:00pm
Starts Sept 21 \$3.00 Drop In

Youth Nite Grades 7-9

Looking for a place to hang Friday Nights? Come with your friends and check out the many activities offered.

Fridays 8:00-10:00pm
Starts Sept 21 \$3.00 Drop in

Adult Programs

Tai Chi
Take the first step in your journey towards better health and wellness. Tai Chi is an ancient practice used to enhance stability, flexibility, posture, balance and coordination through gentle and relaxed movements. Suitable for all levels
Free Class September 27th

Thursdays 6:30-7:30pm
Oct 4-Nov 8 m\$55 nm\$65

Zumba
Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is to bring your body into balance and alignment, making everyday activities more functional and efficient.

Wednesdays 7:00-8:00pm
Feb 6-March 13 m\$50 nm\$60

Yoga
Hatha Style Yoga class using postures (asana) and stretches in combination with the breath to develop flexibility and encourage proper alignment of the body and bring balance, strength, and calmness. Hatha Yoga classes are based on the classic and ancient practices with attention to alignment and the deeper layers of yoga. Some flow of movement and core work may be included. Suitable for all levels Bring yoga mat & water!

Tuesdays 6:30-7:30pm
Oct 2-Dec 4 m\$100 nm\$110
Jan 8-Mar 12 m\$100 nm\$110
Apr 2-Jun 4 per 10 week session

Watercolour for Adults
Learn about flat wash, dry brush, splattering, salt, alcohol, masking fluid, colour harmony in the 6 week program. Last 3 weeks work on a complete painting. Supplies additional.

Thursdays 6:30-8:00pm
Apr 25-May 30 m\$70 nm\$80

Woman's Self Defence Class Coming Winter 2019

Bath & Body Products
Learn how to design your own Bath & Body products using all natural ingredients. Class will include recipe booklet and all materials needed for each product.

Monday 6:30-8:00pm
Nov 19/26 m\$30 nm\$40

Jewelry Design
Design your very own Wire wrap Jewelry.
Coming Winter 2019



Bread Making
Take home basic skills to fill your home with the comforting smells of fresh baked bread.
Saturday
Nov 17 10am-2pm
\$30



Drop In Sports

Drop in \$3.00 Or
Purchase a Punch Card for \$30.00 and get 1 Drop-In FREE!!

Pickleball	Tuesdays	6:00-8:00pm
Volleyball	Tuesdays	8:00-10:00pm
Badminton	Thursdays	7:00-9:00pm



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Rosedale BC V0X 1X2
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Fax: 604 794-7872
Email: rtcss@rtcsc.ca
Web: www.rtcsc.ca

Office Hours

Monday-Thursday 8am-8pm

Friday/Saturday 10am-4pm

Party Rentals



\$75 for two hours

Includes:

Multipurpose room

Kitchen

Small gym and equipment

Check us out on
Facebook!



<http://www.facebook.com/RosedaleTraditionalCommunitySchoolSocietyrtcsc>

RTCSS Membership

RTCSS memberships are issued throughout the year commencing September. All memberships expire in August the following year. Membership fees are \$10 for an individual and \$20 for a family. These fees fund the many different programs and events offered throughout the year. Membership benefits include program discounts (membership pays for itself when registering for a class), and annual voting privileges.