

Sunrise Montessori School
AFTER SCHOOL PROGRAM 2022 – 2023 (September 2022 – June 2023) - OPTIONAL

Junior Soccer (children ages 2.5 – 4 years old) – Class 1 ()

Date : every Tuesday starting from September 27, 2022 – June 27, 2023
No lessons during winter break and spring break and statutory holidays
Time : 3.30 p.m. – 4.30 p.m.
Minimum : 10 children
Fees : \$695 per child including the jersey

Senior Soccer (children ages 4 – 7 years old) – Class 2 ()

Date : every Tuesday starting from September 27, 2022 – June 27, 2023
No lessons during winter break and spring break and statutory holidays
Time : 4.30 p.m. – 5.30 p.m.
Minimum : 10 children
Fees : \$695 per child including the jersey

Zumba Class (children ages 2.5 – 4 years old) ()

Date : every Thursday starting from September 29, 2022 – June 29, 2023
No classes during winter break and spring break and statutory holidays
Time : 4.00 p.m. – 4.30 p.m.
Fees : \$630 per child
Minimum : 7 children per class

Drum Fitness & Zumba Class (children ages 4 – 8 years old) ()

Date : every Thursday starting from September 29, 2022 – June 29, 2023
No classes during winter break and spring break and statutory holidays
Time : 4.30 p.m. – 5.15 p.m.
Fees : \$700 per child
Minimum : 7 children per class

Junior Multi-Sport (2.5 years – 3.9 years old)
Ball fitness, Tennis, Soccer, Dodgeball ()

Date : every Friday starting from September 30, 2022 – June 23, 2023
No classes on Statutory holidays, winter break and spring break
Time : 3.30 p.m. – 4.30 p.m.
Minimum : 9 children
Fees : \$620 per child

Senior Multi-Sport (3.9 years – 8 years old)
Tennis, Floor Hockey, Dodgeball and Basket ball ()

Date : every Friday starting from September 30, 2022 – June 23, 2023
No classes on Statutory holidays, winter break and spring break
Time : 4.30 p.m. – 5.30 p.m.
Minimum : 9 children
Fees : \$680 per child

Ball Fitness - To stay on the ball—literally—you're forced to engage all your muscles, which builds strength and improves stability.

Floor Hockey - Let your kids give it their best shot as this program is designed for maximum fun and learning.

The Floor Hockey program...

- Uses child friendly equipment for indoor or outdoor use
- Uses soft pucks and low compression balls (tennis or rubber balls are used outdoors)
- Well rounded program, including stick handling, shooting and goal keeping drills, as well as game play

Kids Basketball is...

- High paced, engaging and fun
- Suitable for all ages and skill levels
- A great way to enhance key skills such as dribbling, shooting and overall game play
- A unique way to improve anticipation and fast thinking skills

Dodgeball is the quintessential kids' game. Our Dodgeball program is highly active, in the moment, on the go and heaps of fun. There's no dodging those facts.

The Dodgeball program...

- Incorporates the 5D's: Dodge, Duck, Dip, Dive and Dodge again
- Uses specialized dodgeballs of various sizes

Tennis - We're going to serve you a tennis program that has been specifically designed for children

The tennis program is...

- Fun, easy to learn and is great exercise
- A progressive tennis program that covers all the fundamental elements of this sport
- Incorporates ball skills, technique instruction, drills, exercises and gameplay
- Uses smaller tennis rackets, sponge balls or low compression balls and portable nets
- Ideal for beginners as well as for kids who have previously participated in the program

Junior Taekwondo Class (2.5 years – 4 years old)

()

Date : every Monday starting from September 26, 2022 – June 26, 2023

No classes on Statutory holidays, winter break, spring break, December 19, 2022

Time : 4.00 p.m. – 4.30 p.m.

Fees : \$620 per child (inclusive of a T-shirt, starting belts and board breaks during testing). Uniforms are available at \$25 per set. Testing Fee of \$5 for the new belts

Minimum : 8 children per class

Senior Taekwondo Class (4 years – 8 years old)

()

Date : every Monday starting from September 26, 2022 – June 26, 2023

No classes on Statutory holidays, winter break, spring break, December 19, 2022

Time : 4.45 p.m. – 5.30 p.m.

Fees : \$650 per child (inclusive of a T-shirt, starting belts and board breaks during testing). Uniforms are available at \$25 per set. Testing Fee of \$5 for the new belts

Minimum : 8 children per class

Robotics (STEAM – SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH)

Class 1 (children ages 6 – 8 years old).

()

Date : every Wednesday starting from September 28, 2022 – June 28, 2023

No classes during winter Break and spring Break and Statutory holidays

Time : 4.30 p.m. – 5.15 p.m. (Class 1)

Minimum : 6 children per classroom

Fees : \$600 per child including materials

Class 2 (children ages 4 – 6 years old).

()

Date : every Thursday starting from September 29, 2022 – June 29, 2023
No classes during winter Break and spring Break and Statutory holidays
Time : 3.30 p.m. – 4.15 p.m. (Class 1)
4.30 p.m. – 5.15 p.m. (Class 2)
Minimum : 6 children per classroom
Fees : 600 per child including materials

Program : Emphasize the importance of technology and utilize many educational resources such as digital microscopes, Snap Circuits, LEGO WeDo robotics, printers and more. The children will be learning about printers, scanners, laptops, digital cameras and more!

Develops valuable life skills like:

Logical reasoning, Algorithmic thinking, Collaboration, Structured problem solving, Communication, Creativity

Builds character traits like:

Confidence, Self – esteem, Imagination, Persistence, Motivation

The schedule is based on first come first serve. Will open more classes if the response is good

Child's Name : _____

Fees : _____

Program : _____

Parent Signature : _____

Kindly remit all payments in the form of cheque made payable to Grace Koo

No refunds will be made for non-attendance

Registration Dateline : September 14, 2022

Thank You

Ms Grace

Please note: If fewer than the minimum number of children required enrolled in a particular session, a full refund will be given. Once registered and paid, no refunds will be given. Refunds will NOT be issued for missed classes.