

**Sunrise Montessori School**  
**AFTER SCHOOL PROGRAM 2023 – 2024 (September 2023 – June 2024) - OPTIONAL**

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

Date : every Tuesday starting from September 26, 2023 – June 25, 2024  
No lessons during winter break and spring break and statutory holidays  
Time : 3.30 p.m. – 4.30 p.m.  
Minimum : 10 children  
Fees : \$720 per child including the jersey

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

Date : every Tuesday starting from September 26, 2023 – June 25, 2024  
No lessons during winter break and spring break and statutory holidays  
Time : 4.30 p.m. – 5.30 p.m.  
Minimum : 10 children  
Fees : \$720 per child including the jersey

**Drum Fitness & Zumba Class (children ages 3 – 8 years old)** ( )

Date : every Thursday starting from September 28, 2023 – June 27, 2024  
No classes during winter break and spring break and statutory holidays, November 16, December 21, and April 25, 2024  
Time : 4.00 p.m. – 4.30 p.m.  
Fees : \$660 per child  
Minimum : 10 children per class

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

Date : every Friday starting from September 29, 2023 – June 21, 2024  
No classes on Statutory holidays, winter break and spring break  
Time : 3.30 p.m. – 4.30 p.m.  
Minimum : 10 children  
Fees : \$550 per child

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

Date : every Friday starting from September 29, 2023 – June 21, 2024  
No classes on Statutory holidays, winter break and spring break  
Time : 4.30 p.m. – 5.30 p.m.  
Minimum : 10 children  
Fees : \$550 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 25, 2023 – June 24, 2024

No classes on Statutory holidays, winter break & spring break

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 \$40 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 25, 2023 – June 24, 2024

No classes on Statutory holidays, winter break & spring break

Time : 4.45 p.m. – 5.30 p.m.

Fees : \$660 per child (inclusive of a T-shirt, starting belts and board breaks during testing). Uniforms are available at \$40 per set. Testing Fee of \$5 for the new belts

Minimum : 8 children per class

### **STEAM – SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH**

#### **Class 1 (children ages 4 – 6 years old).**

( )

Date : every Wednesday starting from September 27, 2023 – June 26, 2024

No classes during winter Break and spring Break and Statutory holidays

Time : 4.00 p.m. – 4.45 p.m.

Minimum : 10 children per classroom

Fees : \$660 per child including materials

#### **Class 2 (children ages 6 – 8 years old).**

( )

Date : every Wednesday starting from September 27, 2023 – June 26, 2024

No classes during winter Break and spring Break and Statutory holidays

Time : 4.45 p.m. – 5.30 p.m.

Minimum : 8 children per classroom

Fees : \$660 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 Sunrise Montessori School

No refunds will be made for non-attendance

Registration Deadline : September 15, 2023

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.*