

Lunchtime and After School Programs Fall 2025

Registration Starts: Thursday, September 18th

Last Day to Register: Thursday, October 2nd

No Late Registrations

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH PROGRAMS					
	October 6-December 1	October 7-November 25	October 8-November 26	October 9-November 27	October 17-December 12
12:20-12:55	Soccer CASMA (Gr. 1-5) (Gym)	Video Game Design and Coding CreateIT (Gr. 1-5) (Rm. 121)	Chess CASMA (Gr. 1-5) (Rm. 120)	Basketball CASMA (Gr. 1-5) (Gym)	Architecture CCSA (Gr. 1-5) (Rm. 122)
	Sculpture CCSA (Gr. 1-5) (Rm. 120)	Public Speaking and Debate CASMA (Gr. 2-5) (Rm. 122)	Fashion Design CCSA (Gr. 1-5) (Rm. 123)	Ukelele Ukelele Kids (Gr. 1-5) (Rm. 102)	Pottery and Painting Creations CreateIT (Gr. 1-5) (Rm. 123)
AFTERSCHOOL PROGRAMS					
3:40-4:40	MultiSport CASMA (Gr. JK-SK) (Gym)	Ultimate Lego Creations CreateIT (Gr. JK-SK) (Rm. 117)	Learn to Paint Ms. Lupita (Jk -Gr 5) (Rm. 104)	Little Design Lab CCSA (Gr. JK-SK) (Rm. 106)	No After School Programs on Fridays
	Farsi Ferdowskids (Gr. Jk-5) (Rm. 118)	Spanish HOLA Spanish (Gr. 1-5) (Rm. 116)	Chess CASMA (Gr. 1-5) (Rm. 114)	Mixed Martial Art TAC (Gr 1- 5) (Gym)	
	Strong Food - Cooking and Nutrition TAC (Gr 1- 5) (Rm. Staffroom)	Volleyball Stars TAC (Gr 2. - 5) (Gym) Cancelled	Sphero Robotics & Coding CreateIT (Gr. 1-5) (Rm. 102)	Time Management Bright Ones Academy Cancelled (Gr. 3-5) (Rm. 111)	

Remember that registration is “first come, first served.”

Programs fill up quickly - register early to avoid disappointment!

Registration Instructions:

To sign up for one or more of the above classes please:

- Contact the provider directly via email, phone or their website. Registrations and payments are not handled by the school office.

Please note that once registration is closed, we will not accept any new requests

- The provider will confirm registration with you and direct you to pay via their website/credit card or interac e-transfer.
- If you must pay by cheque, write one cheque per program and send it with your child to the first session, to be given to the program instructor (Credit card or Interac e-transfer preferred).

Subsidies:

Families in financial need who qualify for a subsidy, must FIRST contact Vice Principal Jeremy Nusinowitz for approval before registering. Providers are unable to approve subsidies. You may be eligible for one program per term.

Lunch and After School Program Coordinator:
Nazanin Dadkhah nazanindadkhah83@gmail.com

Programs Description and Cost

LunchTime:

Monday:

Soccer: Grades:1-5

Cost: \$120

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Our soccer programs focus on the development of fundamentals and basic concepts through fun drills, exercise, modified games and scrimmages. Our coaches consist of Canadian and international coaches having played university/collegiate and semi-pro levels and high school level players. Our soccer program is always in high demand at our summer camps and after school programs.

Students will be grouped in the following order: skill, age.

Start /End Dates: October 06 – December 8 (There is no session on October 13)

Number of weeks/sessions: 9

Sculpture: Grades: 1-5

Cost: \$206.84 (after tax)

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: This class introduces young learners to the exciting world of design through a blend of architecture, interior design, and urban design projects. This program nurtures creativity, spatial awareness, and problem-solving skills. Students explore foundational concepts of design, focusing on forms, colors, textures, and layouts in fun and engaging ways. Through hands-on activities, they learn to create small-scale models and imaginative spaces, sparking their curiosity and creativity.

By the end of this class, students learn:

- Create simple models using various materials.
- Understand basic design elements like shape, space, and color.
- Develop problem-solving skills through creative projects.
- Explore the connection between design and everyday environments.

Start /End Dates: October 06 – December 8 (There is no session on October 13)

Number of weeks/sessions: 8

Tuesday:

Video Game Design and Coding: Grade 1-5 (Grades 1-2 & 3-5 will be instructed separately).

Cost: \$145+HST

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Ready to create your very own video games? Get ready to level up your skills with our one-of-a-kind Video Game Design & Coding lunchtime program! Throughout this program, students will create up to four different video games, each reflecting their creativity and new skills. Working solo or in pairs, students will design and code their video game creations in a fun, non-competitive environment, mastering the creation of levels, title pages, cheat codes, customized characters, and dynamic jumping and flying objects. For each game, they'll also learn how to add their own characters, obstacles, backgrounds, and multiple unique skill levels, including BONUS and BOSS levels! As a grand finale, each student will receive a copy of everyone's video games to play and enjoy with family and friends! Don't miss out on all the fun and excitement this lunchtime program has to offer! Let the games begin!

Start/End Dates: October 7th - November 25th

Number of weeks/sessions: 8

Public Speaking and Debate: Grade 2-5

Cost: \$120

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: The CASMA debating program prepares students to use language with increasing fluency and accuracy, as a powerful tool of persuasion. Students will develop oral communication and writing skills required for success in all school subjects. They will improve listening and speaking skills through participation in open discussions, controlled debate and a wide variety of rhetorical activities. Indeed, debating helps students express themselves with confidence, but it also teaches them to think critically, to respond precisely and most importantly, to listen attentively. Every lesson, the students' toolboxes become increasingly filled with rhetorical devices, knowledge of current events and logical fallacies. If you aren't a critical thinker when you enter the program, it's only a matter of time before you become one.

Start/End Dates: October 7th - November 25th

Number of weeks/sessions: 8

Wednesday:

Chess: Grades: 1-5 *Grades 1-3 & 4-5 will be working separately*

Cost: \$120

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Full understanding of all the rules and terminology used in chess.

Development of pattern recognition, positional play, and move evaluations.

Learn the very basics of opening theory (queens gambit, london, french defense and kinds indian defense). For every student to enjoy themselves and leave with a deeper appreciation of the game. Students will be separated by skill and by age when possible for activities as a group or with a partner.

Start/End Dates: October 8th - November 26th

Number of weeks/sessions: 8

Fashion Design: Grade 1 -5

Cost: \$206.84 (after tax)

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: This fashion design class helps children to learn design elements, such as lines, textures, shapes, forms, volumes, contrast, perspective, etc. Then, students draw their own figure and learn to use design elements to create different looks. Moreover, they have a chance to do hands-on activities in fashion design, and the teacher provides them with regular feedback to improve their artworks.

By the end of this class, students learn:

- Design principles
- Colors and styles
- Simple garment construction
- Key concepts of clothing

Start/End Dates: October 8th - November 26th

Number of weeks/sessions: 8

Thursday:

Basketball: Grade 1-5

Cost: \$120

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Fun, Basketball Authentic, Maximum Basketball Touches NBA Canada and Canada Basketball decided to partner up to merge and expand their existing youth basketball development programs- the Jr. NBA Rookie Division and Steve Nash Youth Basketball- to create the Jr. NBA Youth Basketball program (JNYB).

JNYB is the official grassroots basketball development program in Canada now reaching youth ages 5-12.

The program is designed to offer a fun and enjoyable experience with emphasis on appropriate basketball training at different stages of development for young athletes following Sport Canada's Long-Term Athlete Development model (LTAD). Our aim is to deliver an aligned, consistent and systematic development system for all youth at the grassroots level across Canada.

Start/End Dates: October 9th - November 27th

Number of weeks/sessions: 8 weeks

Ukelele Kids: Grade 1-5

Cost: \$129 (\$119 for returning students)

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

If you need assistance registering, please call Linda Pfeifer at 416-831-9939 or email us at linda@ukulelekids.ca

Program Description: Ukulele Kids is a very popular lunchtime program having taught over 25,000 students in 13 years. The ukulele is a very easy instrument to learn! While having fun playing and singing with their friends, our students develop listening and concentration skills, self-confidence and group performance skills. Children must have a ukulele to participate. Ukuleles in 8 bright colours are available to purchase upon registration.

VIDEO: <https://www.youtube.com/watch?v=P18RSLjEN1k>

Start/End Dates: October 9th - November 27th

Number of weeks/sessions: 8 weeks

Friday:

Architecture: Grade 1-5

Cost: \$206.84 (after tax)

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: This class helps students to learn architecture design, develop their problem solving skills, and also improve their creativity. The teacher teaches architectural concepts focusing on history of architecture, model buildings, space design, creative thinking, planning, forms, shapes, sustainability, etc. Moreover, students have ample opportunities to put everything they learned into practice by involving in hands-on activities.

By the end of this class, students learn:

- Model building
- Key concepts of architecture
- Plan designing
- Form techniques

Start/End Dates: October 17th - December 12th *(No Classes on October 10th & November 14th)*

Number of weeks/sessions: 8

Pottery and Painting Creations: Grade 1-5

Cost: \$145+HST

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Back by popular demand, get ready to get your hands dirty and your imagination flowing! In this revamped lunchtime program, students will become master artists as they create up to six unique pottery projects. From learning the art of hand-building to molding and sculpting clay, students will learn a variety of fun and exciting techniques. Once each creation is complete, students will also learn how to paint and polish their creations to give them a truly professional finish. This program is all about having a lot of fun, getting very creative, and making a bit of a mess! The best part is that every child gets to take home all their finished creations to show off to friends and family, safely wrapped in bubble wrap.

Start/End Dates: October 17th - December 12th *(No Classes on October 10th & November 14th)*

Number of weeks/sessions: 8

AfterSchool Time:

Monday:

MultiSport: Grade JK/SK

Cost: \$160

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: The multi-sport program is a combination of basketball, soccer, volleyball and other fun team games. Students are introduced and develop a different sport/activity every week. This after school sport program offers the most variety and students learn many techniques and concepts that can be applied to all sports while developing their all- around athleticism and gross motor skills.

Start /End Dates: October 06 – December 1 (There is no session on October 13)

Number of weeks/sessions: 8

Farsi: Grades 1 -5

Cost: \$200

Register via email to ferdowskids@gmail.com

Program Description: At Ferdowskids we immerse children in Farsi language without direct instructions. We hire a wide variety of activities and skill sets according to children's age group and language proficiency levels.

Start /End Dates: October 06 – December 1 (There is no session on October 13)

Number of weeks/sessions: 8

Strong Food - Cooking and Nutrition: Grade 1-5**Cost: \$216+tax****REGISTER ONLINE: [CLICK HERE TO REGISTER](#)****Access Code: OWEN20252026**

Program Description: This program is the perfect opportunity for children to learn how to be fantastic cooks and healthy-minded eaters for life! Each week focuses on a different recipe, with a different theme. Students learn cooking techniques such as prepping, timing, proper heat maintenance, balancing flavours and plating. They learn nutritional principles of each of the meals and have a thorough understanding of nutrition by the end of the program. All food focuses on a healthy emphasis on everyone's favourite food (think healthy pasta and gorgeous healthy gourmet cookies!). Classes have an emphasis on safety and operating with prevention and cut-safe tools and equipment.

Start/End Dates: October 7th - November 25th**Number of weeks/sessions: 8****Tuesday:****ULTIMATE LEGO CREATIONS - Photo Slideshow - "Build & Discover"- JK/SK****Cost: \$145+HST****REGISTER ONLINE: [CLICK HERE TO REGISTER](#)**

Program Description: This program offers a one-of-a-kind LEGO building experience that goes WAY beyond "LEGO Bricks". Each week, students will be challenged to design and create different themed LEGO creations, learning fundamental building techniques and exploring their creative potential. In each class, students are given a new exciting LEGO challenge and theme to work with, allowing them to plan and build independently or in groups. At the end of each week, students will use iPads to photograph their final creations from different angles. At the end of the program, your child will receive a digital folder to view and enjoy all of their LEGO Creation photos, complete with a LEGO photo highlight slideshow movie of all their creations.

Start/End Dates: October 7th - November 25th**Number of weeks/sessions: 8**

Spanish: Grades: 1-5**Cost: \$280****REGISTER ONLINE: [CLICK HERE TO REGISTER](#)**

Program Description: HOLA is a Spanish academy that applies a unique teaching technique for students to think and speak in Spanish by engaging the 5 senses through play and interactive activities. We'll be donating 5% of the registration fees to Owen PS.

Start/End Dates: October 7th - November 25th**Number of weeks/sessions: 8****Volleyball Stars : Grade 2-5****Cost: 184+tax****REGISTER ONLINE: [CLICK HERE TO REGISTER](#)****Access Code: OWEN20252026**

Program Description Our weekly indoor volleyball lessons are designed to be fun, engaging, and skill-building! Participants will master essential techniques like powerful serving, precise volleying, accurate setting, dynamic spiking, solid blocking, and strategic digging. Along the way, they'll build teamwork, confidence, and a love for the game.

Each week brings exciting opportunities to improve court positioning, game awareness, and strategy. Players will receive progress report cards to celebrate their growth. Plus, our 5-Star development system keeps everyone motivated and focused. Whether you're a beginner, intermediate, or advanced player, this program is your chance to shine!

Start/End Dates: October 7th - November 25th**Number of weeks/sessions: 8**

Wednesday:

Learn to paint: Grade JK-5

Cost: \$165 includes HST

Register by emailing: lupita_romo@yahoo.com Or text 647-888-8239

Program Description: Learn to paint is a fun program based on the Masters of painting. You will learn to paint following art movements. Techniques such as acrylics, watercolors, oil pastels, and collages will be learned. You will experiment with colours, and textures and develop your own painting skills. Join us and start painting right away!

Start/End Dates: October 8th - November 26th

Number of weeks/sessions: 8

Chess: Grades: 1-5 *Grades 1-3 & 4-5 will be working separately*

Cost: \$ 160.00

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Full understanding of all the rules and terminology used in chess. Development of pattern recognition, positional play, and move evaluations. Learn the very basics of opening theory (queens gambit, london, french defense and kinds indian defense) For every student to enjoy themselves and leave with a deeper appreciation of the game Students will be separated by skill and by age when possible for activities as a group or with a partner.

Start/End Dates: October 8th - November 26th

Number of weeks/sessions: 8

SPHERO ROBOTICS & CODING 101 - "Robot Missions & Epic Coding Challenges" - Grades: 1-5 (Grades 1-2 & 3-5 will be instructed separately)

Cost: \$150+HST

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: Dive into the captivating world of ROBOTICS & CODING! This hands-on program introduces students to the versatile Sphero robot family, empowering them to program, customize, and control up to six different models. From basic commands to

advanced coding techniques, students will explore the limitless possibilities of robotics. Using the intuitive Lighting Lab app, they'll tackle exciting challenges like Robot Rumble, Coding quests, Robot bowling, maze navigation, and high-speed mission chariot races, fostering problem-solving skills and sparking a passion for STEM. Featuring 7 SPHERO ROBOTS USED THROUGHOUT THE PROGRAM INCLUDING: Sphero BOLT, Sphero Sprk+ , Ollie & Dark-Side Trick Coding Robots, Sphero INDI *NEW*, R2D2 & BONUS BB-8 Robots

Start/End Dates: October 8th - November 26th

Number of weeks/sessions: 8

Thursday:

Little Design Lab: Grade JK/SK

Cost: \$206.84 (After Tax)

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: This class introduces young learners to the exciting world of design through a blend of architecture, interior design, and urban design projects. This program nurtures creativity, spatial awareness, and problem-solving skills. Students explore foundational concepts of design, focusing on forms, colors, textures, and layouts in fun and engaging ways. Through hands-on activities, they learn to create small-scale models and imaginative spaces, sparking their curiosity and creativity.

By the end of this class, students will learn:

- Create simple models using various materials.
- Understand basic design elements like shape, space, and color.
- Develop problem-solving skills through creative projects.
- Explore the connection between design and everyday environments.

Start/End Dates: October 9th - November 27th

Number of weeks/sessions: 8

Mixed Martial Arts: Grades 1-5

Cost: \$184+tax

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Access Code: OWEN20252026

Program Description: Our MMA program blends fundamental martial arts techniques with essential self-defence skills, teaching children how to stay composed and confident while engaging in practice. Through age-appropriate drills and interactive activities, kids will develop their physical abilities and learn the importance of respect, discipline, and teamwork.

Start/End Dates: October 9th - November 27th

Number of weeks/sessions: 8

Time Management: Grade 3-5

Cost: \$205.92 (After Tax)

REGISTER ONLINE: [CLICK HERE TO REGISTER](#)

Program Description: This hands-on afterschool class helps students take charge of their time! Each 60-minute session explores essential time management skills through fun games, personal planning tasks, group challenges, and reflection activities. Students learn to value time, plan wisely, stay focused, and build routines, all while boosting confidence and responsibility in their daily lives.

Learning objectives:

- Understand that time is a valuable and limited resource
- Practice planning, prioritizing, and scheduling strategies
- Identify and manage personal distractions
- Build routines and time habits for school and home success

Start/End Dates: October 9th - November 27th

Number of weeks/sessions: 8