

## TERM 1: SEPTEMBER 8 – OCTOBER 23

### GROUP 1 – GRADES 1-3

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	Art and Yoga	CFL classroom and gym	Painting clothes/apron, Long hair tied back, Comfortable clothing, Water bottle
Tuesday	Dance	Off-site location (TBD)	Comfortable clothing, Long hair tied back, Water bottle
Wednesday	Environmental Stewardship	Various off-site locations (outdoor)	Weather appropriate clothing (including rubber boots if necessary), Water bottle
Thursday	FITKIDS (Fundamental Movement Training)	Outdoor – Wellness Field or CFL gym	Athletic clothing, Running shoes, Long hair tied back, Water bottle
Friday	S.T.E.M (Science, technology, engineering, and math projects)	CFL Classroom	N/A

### GROUP 2 – GRADES 4-6

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	Art and Yoga	CFL classroom and gym	Painting clothes/apron, Long hair tied back, Comfortable clothing, Water bottle
Tuesday	Champions of Health	Various locations – indoor and outdoor	Water bottle
Wednesday	Rugby	Wellness Field (outdoor)	Athletic clothing, Running shoes, Long hair tied back, Water bottle
Thursday	Environmental Stewardship	Various locations – Outdoor	Weather appropriate clothing (including rubber boots if necessary), Water bottle
Friday	Basketball	Outdoor courts	Athletic clothing, Running shoes, Long hair tied back, Water bottle

### GROUP 3 – GRADES 7-9

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	Basketball	Outdoor courts	Athletic clothing, Running shoes, Long hair tied back, Water bottle
Tuesday	Soccer	Wellness Field	Athletic clothing, Running shoes or soccer cleats, Long hair tied back, Water bottle
Wednesday	Orienteering	Outdoor	Athletic clothing, Running shoes, Long hair tied back, Water bottle
Thursday	Rugby	Wellness Field	Athletic clothing, Running shoes, Long hair tied back, Water bottle
Friday	Champions of Health	Various – indoor and outdoor	Water bottle

## TERM 1 PROGRAMS

My PATH works with many highly qualified coaches and local organizations to provide a diverse programming schedule for our students.

---

### MAKE YOUR MARK

My name is Halie, owner and operator of MAKE YOUR MARK. I have always loved art, décor and crafting. We all have a creative side and I am so excited to create with your children this year as they explore theirs. Together we will beautify our community with a project that will create and deliver special messages of hope and community togetherness to our neighbors. Our next project will be a multi-step, multimedia project that will evolve as we create! This project will combine music, art and movement. I look forward to exploring a variety of art mediums with your children this year encouraging them to unlock and explore their creative potential!

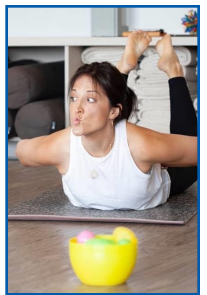


---

### LITTLE WONDERS YOGA

Little Wonders Yoga offers yoga and mindfulness programs specifically designed to enrich students wellbeing. Their curriculum rich yoga lessons are infused with yoga, mindfulness, and fun. All lessons are student focused and taught in an age appropriate manner.

Sara Morris began teaching yoga in 2005, she is a 350 hr certified yoga and meditation teacher who holds an additional 95 hour children's yoga specialty as well as 50 hr pre and post natal yoga. Sara is also a level 2 Reiki practitioner, Early Childhood Educator and currently pursuing her EFT training. Specializing in yoga for children and meditation/mindfulness education through trauma informed practices.



---

### MISS MADDI'S DANCE

In the dance portion of the My Path program, students will have the opportunity to learn about themselves and others through the exploration of movement, expression and collaboration. As the dance program unfolds, students will establish confidence to work independently as well as in a group setting, and will have the chance to play with their own creativity in a safe and supportive environment.



---

### ENVIRONMENTAL STEWARDSHIP

Students will love exploring all that nature has to offer during this amazing program facilitated by Jeanette Radchenko. Jeanette was raised in rural Alberta in a cozy log home located next to a small creek that ran into the Pembina River. She spent much of my time exploring the creek and acres of surrounding forest. As a young girl, she decided she wanted to be an educator and spent four summers in Algonquin Park, Ontario as a camp leader instructing canoeing and kayaking. When her own children entered the education system, Jeanette realized that there was a huge disconnect between children and nature. Through her work as a nature kindergarten teacher with Parkland School division, she sees children discovering what they are capable of as they explore nature. We are excited to have Jeanette on board this year with My PATH!



# TERM 1 PROGRAMS

---

## FITKIDS – LINDSAY MURPHY

FITKIDS is a children's fitness program that develops physical literacy in children ages 6-15. We follow the Canadian Sport for Life long-term athletic development model to help children become confident and competent moving in all physical environments.

I am a mother to 3 active boys aged 11, 9 and 6! In winter, our lives are consumed with hockey, but we try to hit the slopes when we can! The rest of the year, we love camping, hiking, swimming, paddle boarding, biking, and playing games together. When my kids were all in school, I decided to pursue a career in what I am passionate about and became a Certified Personal Trainer and Children's Fitness Leader. I am thrilled to be able to pass on my knowledge and teach your children the fun of fitness!



---

## ORIENTEERING – EDMONTON OVERLANDERS ORIENTEERING

Orienteering is a fun and challenging sport that involves finding your way through woodland terrain, a park, or a schoolyard area with the aid of a detailed map. The aim is to find the specified spots (controls) which are precisely shown on the map and described on an accompanying control description sheet.

---

## RUGBY – GRAEME DAWES

With over 40 years of rugby experience at local, provincial, and national positions

Graeme has a wealth of knowledge. As a player he played against local and international teams and as a coach he coached high school, club, provincial and national competition. His love of the game is what keeps him coming back to teach kids and adults the great game of rugby.



---

## SOCCER – PARTNER LOGO INCLUDED

Capital SP is an exciting soccer company in Stony Plain, Spruce Grove & Parkland County area that aims to prepare and equip players with the necessary skills to compete at the highest level achievable. Focus on abc's of soccer - Agility, Balance, Coordination & Speed, we believe in creating a modern well-rounded player.



---

## CHAMPIONS OF HEALTH

This program involves multiple community partners and My PATH staff to deliver a variety of lessons that will cover the full spectrum of the health curriculum as outlined by the Alberta Program of Studies. This program will also include more comprehensive learning in the areas of food and nutrition, the benefits of physical activity, mental health, social/emotional learning, personal safety and care, inclusion and diversity, growth mindset, and civic engagement and leadership.

---

## S.T.E.M

STEM is a curriculum based on the idea of educating students in four specific disciplines — science, technology, engineering and mathematics — in an interdisciplinary and applied approach. Rather than teach the four disciplines as separate and discrete subjects, STEM integrates them into a cohesive learning paradigm based on real-world applications.

**GROUP 1 – GRADES 1-3**

<b>DAY</b>	<b>ACTIVITY</b>	<b>LOCATION</b>	<b>REQUIREMENTS</b>
<b>Monday</b>	Kangoo/High Fitness	Spruce Grove Kangoo Club	Athletic clothing, water bottle, long hair tied back, running shoes
<b>Tuesday</b>	Champions	Various locations	Water bottle
<b>Wednesday</b>	Environmental Stewardship	Various off-site locations (outdoor)	Weather appropriate clothing (including rubber boots if necessary), Water bottle
<b>Thursday</b>	Hockey/Skating	Glen Hall Arena	Hockey skates, Hockey helmet (certified), hockey gloves, hockey stick, comfortable clothing (layers)
<b>Friday</b>	BATON	PERC Gym	Athletic clothing, water bottle, long hair tied back, running shoes, water bottle

**GROUP 2 – GRADES 4-6**

<b>DAY</b>	<b>ACTIVITY</b>	<b>LOCATION</b>	<b>REQUIREMENTS</b>
<b>Monday</b>	High Fitness/ Kangoo	Spruce Grove Kangoo Club	Athletic clothing, water bottle, long hair tied back, running shoes
<b>Tuesday</b>	Dance	TBD	Athletic clothing, water bottle, long hair tied back
<b>Wednesday</b>	Champions	Various locations	Water bottle
<b>Thursday</b>	Drama	KaRAR Performing Arts	Comfortable clothing, water bottle
<b>Friday</b>	S.T.E.M	CFL	N/A

**GROUP 3 – GRADES 7-9**

<b>DAY</b>	<b>ACTIVITY</b>	<b>LOCATION</b>	<b>REQUIREMENTS</b>
<b>Monday</b>	Yoga/Leadership	CFL	Athletic clothing, long hair tied back, water bottle
<b>Tuesday</b>	Hockey/Skating	Glen Hall Arena	Hockey skates, Hockey helmet (certified), hockey gloves, hockey stick, comfortable clothing (layers)
<b>Wednesday</b>	Music	CFL	Water bottle
<b>Thursday</b>	Cognitive Perceptual Training	Peak Performance Training (Edmonton)	Comfortable clothing, water bottle
<b>Friday</b>	Champions of Health	Various – indoor and outdoor	Water bottle

## TERM 2 PROGRAMS

My PATH works with many highly qualified coaches and local organizations to provide a diverse programming schedule for our students.

---

### KANGOO

Kangoo Discovery combines aerobic programs, fun games, sport activities, teamwork and dance. It consists of 2 programs for children and teens. It builds coordination, endurance, good posture and self-image in children and teens, as it challenges both the body and brain. Kangoo Discovery fights obesity and turns negative energy into positive in a fun and enjoyable workout.



---

### HIGH FITNESS

High Fitness is the hottest trend in exercise classes! This high energy workout offers participants a lot of sweaty fun, Nostalgic and fun music from all decades and genres that will motivate you to the max, Simple and easy to follow fitness choreography, Interval training moves: jump squats, burpees, tuck jumps, etc.

Options given for all levels of fitness. An energetic, fun, inspiring and welcoming environment.

---

### BATON – ALBERTA BATON TWIRLING ASSOCIATION

Baton twirling is an excellent way of maintaining good health and fitness. It provides an opportunity for recreation, competition and social contact. The sport also offers leadership opportunities in training and promotion.

Baton Twirling is a sport requiring grace, coordination, concentration and strength. It is for fun, fitness or relaxation. It allows for personal achievement in recreation or competition as an athlete, coach, judge or administrator. It includes individual, small and large group participation for competitions and performances. There are various levels of achievement that can be obtained, from beginner to elite.

---

### CLASSIC KIDS MUSIC

Classic Kids is an educational music program where various genres of music are used to teach rhythm, note recognition, music expression and interpretation, music history, develop hand-eye coordination and more! I have adapted the program to include more active learning games to engage students.

---

### DRAMA – KARAR PERFORMING ARTS

Students will explore the many facets of this performing art including but not limited to: drama games, stage blocking, sets & costume management, improvisation, vocal projection, script work, and performance.

Our lead instructor will be Natalie Dyck, owner and Artistic Director of KaRAR, who's primary passions are directing our full productions and getting to know her students through teaching hip hop and musical theatre. Ms. Nat loves to see students try new things and step past their comfort zones to find the aspect of performing arts that most appeals to them, whether that be on stage in the spotlight, or behind the scenes with the backstage crew.



## CHAMPIONS OF HEALTH

This program involves multiple community partners and My PATH staff to deliver a variety of lessons that will cover the full spectrum of the health curriculum as outlined by the Alberta Program of Studies. This program will also include more comprehensive learning in the areas of food and nutrition, the benefits of physical activity, mental health, social/emotional learning, personal safety and care, inclusion and diversity, growth mindset, and civic engagement and leadership.

---

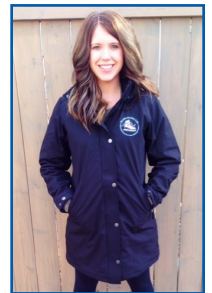
### HOCKEY – PARKLAND HOCKEY GROUP COACH JASON AND COACH JORDI



Parkland Hockey Group will be providing on-ice training for the MY PATH Participants. Kids will learn to be confident and competent on the ice and will develop sport-specific skills as well as skating fundamentals.

Craig Kibblewhite and Jason Fischer started Parkland Hockey Group 9 years ago to service Stony Plain, Spruce Grove and Parkland County. Currently we work with the following associations: Beaumont Minor Hockey, Westlock Minor Hockey, Edson Minor Hockey, Eagles Hockey Academy and the Spruce Grove Saints.

Coach Jordi grew up in Spruce Grove where she found her love of skating at an early age. She figure skated for over sixteen years and enjoys all aspects of the ice. Jordi is a certified Skate Canada Power Skating Coach as well as a Certified Skate Canada Figure Skating Coach.



---

### COGNITIVE PERCEPTUAL TRAINING ZONE PERFORMANCE PSYCHOLOGY, JOHN STEVENSON

Zone Performance Psychology improves an athlete's performance by training visual skills such as:

**Peripheral Awareness** – allows perception of what's going on at either side of you without turning your head

**Dynamic Visual Acuity** – enables sustained and clear focus on objects when they are moving quickly

**Depth Perception** – provides spatial judgments, such as how far away an object or person is

**Eye-Hand Coordination** – involves the coordinated processing of visual input and motor-skills involved in hand movement

**Color Vision** – the ability to detect different colors and hues to interpret subtle features in the environment

**Contrast Sensitivity** – the ability to distinguish between fine increments of light versus dark

John obtained his Master's degree in Sports Psychology from Toronto's York University in 1992 and subsequently obtained a second Master's degree in Counselling Psychology from City University in Edmonton in 2006. John was also hired by Team Alberta, to be a Mental Performance Consultant and sports psychology specialist for the 2015 Canada Winter Games, and has worked with a wide variety of clients in clinical, sports and executive coaching categories.



## TERM 3: JANUARY 4 – FEBRUARY 19

### GROUP 1 – GRADES 1-3

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	Environmental Stewardship	Various Outdoor locations	Weather appropriate clothing (including rubber boots if necessary), water bottle
Tuesday	Tumbling/Cheer	Deep Blue Athletics	Athletic clothing Long hair tied back Water bottle, indoor running shoes
Wednesday	Music/Champions of Health	CFL	Comfortable clothing
Thursday	Gardening	CFL	N/A
Friday	Sportball	CFL gym	Athletic clothing, long hair tied back, water bottle, indoor running shoes

### GROUP 2 – GRADES 4-6

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	Champions of Health	Various locations	N/A
Tuesday	Gardening	CFL	N/A
Wednesday	Gymnastics	Aerials Gymnastics, Spruce Grove	Athletic clothing, long hair tied back, water bottle
Thursday	Hockey/Skating	Glen Hall Arena	Hockey stick, helmet, gloves, skates. Layered clothing appropriate for on-ice activities.
Friday	Environmental Stewardship	Various outdoor locations	Weather appropriate clothing, water bottle

### GROUP 3 – GRADES 7-9

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	ART	CFL	Paint shirt/apron
Tuesday	Champions of Health	Various locations	N/A
Wednesday	Lacrosse	Tri Leisure Centre	Athletic clothing, indoor running shoes, long hair tied back, water bottle
Thursday	Drama	KaRAR Performing Arts	Comfortable clothing, indoor running shoes, water bottle
Friday	STEM	CFL	N/A

## TERM 3 PROGRAMS

My PATH works with many highly qualified coaches and local organizations to provide a diverse programming schedule for our students.

---

### TUMBLING/CHEER – DEEP BLUE ATHLETICS

Deep Blue Athletics Ltd is an elite all star cheerleading company anchored in the desire to ensure a strong athletic foundation while fostering the safe development and progression of new skills. Our athletes will be empowered to succeed, in and out of the gym, because of our determination to provide high quality instructors and exceptional role models.

Owners, Deanna & Heather, created DBA to provide a safe and well- structured all star cheerleading program for the children and youth of Parkland County. Deanna and Heather have over 40 years of combined experience in the cheerleading community. From being athletes in high school, cheering for the professional Edmonton Eskimos Cheer Team, coaching various ages and levels of cheer and judging for the Alberta Cheerleading Association (ACA) they have the experience and knowledge necessary to run a successful cheer program. No experience is necessary, so climb aboard as we set sail together on this amazing adventure!!



---

### GARDENING – LITTLE GREEN THUMBS

Leanne Weatherald and Shauna Dalwood, both grew up on farms in Saskatchewan where a love of planting and growing was instilled at an early age. Leanne went on to achieve a Bachelor of Education at the University of Saskatchewan and taught for many years in the Stony Plain/Spruce Grove area. Shauna recently completed the Organic Master Gardener Program at the Multicultural Heritage Centre.

Little Green Thumbs gardens and Tower Gardens in Parkland schools are their new passion. Exploring the joys of planting and growing food to a new generation is not only fun, but essential in our changing world. Gardening supports inquiry-based, hands-on, and cross-curricular learning. Youth unlock the magic of food and agriculture education and explore the connections between their health, environment, and food system.

---

### SPORTBALL – EDMONTON SPORTBALL

Sportball has been teaching children the fundamentals skills behind sports since 1995. First across North America, and now, Internationally our star program Multi-Sport has put thousands of children on the path to healthy, active living and a life-long love of sport.

Sportball methodology is designed to support three key areas of early childhood development including sport, social, and motor skills.



## LACROSSE – ALBERTA LACROSSE ASSOCIATION

The Alberta Lacrosse Association is a non-profit organization that acts as the recognized lacrosse authority throughout the province of Alberta.

### *Our Vision*

To enhance character, community, and culture through lacrosse.

### *Our Mission*

Through innovation and collaboration, the Alberta Lacrosse Association strives to foster partnerships that inspire participation and inclusiveness while honouring our game.

### *Our Values*

Respect - We act with honour and courage on and off the field of play.

Innovation - Our drive for excellence is led with ideas, passion, and inspiration

Accountability - We are responsible and answerable for our actions.



---

## ART – TINA BOURASSA

Miss Tina Bourassa leads the students through a variety of artistic concepts and includes a variety of mediums that are age and grade appropriate. Students display their creativity with each project from week to week learning concepts like Unity, Focal Point, Balance, Scale Proportion, Illusion of Space, Illusion of Motion, Rhythm, line, Shape/form, Texture, and Colour.

## TERM 4: DATE???

### GROUP 1 - GRADES 1-3

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	Champions of Health	Various Locations	N/A
Tuesday	Gymnastics	Aerials Gymnastics, Spruce Grove	Athletic clothing Long hair tied back Water bottle
Wednesday	Environmental Stewardship	Various outdoor locations	Weather appropriate clothing, water bottle
Thursday	Musical Theatre	KaRAR Performing Arts	Comfortable clothing, indoor running shoes, water bottle
Friday	STEM	CFL	N/A

### GROUP 2 - GRADES 4-6

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	ART	CFL	Paint shirt/Apron
Tuesday	Swimming	Tri Leisure Centre	Swim wear, towel, water bottle
Wednesday	Music	CFL	N/A
Thursday	Tumbling/Cheer	Deep Blue Athletics	Athletic clothing, long hair tied back, indoor running shoes, water bottle
Friday	Champions of Health	Various locations	N/A

### GROUP 3 - GRADES 7-9

DAY	ACTIVITY	LOCATION	REQUIREMENTS
Monday	ART	CFL	Paint shirt/apron
Tuesday	Tumbling/Cheer	Deep Blue Athletics	Athletic clothing, long hair tied back, indoor running shoes, water bottle
Wednesday	Gymnastics	Aerials Gymnastics, Spruce Grove	Athletic clothing, long hair tied back, water bottle
Thursday	Champions of Health	Various locations	N/A
Friday	Outdoor Education	Various Outdoor Locations	Weather appropriate clothing, water bottle

## TERM 4 PROGRAMS

My PATH works with many highly qualified coaches and local organizations to provide a diverse programming schedule for our students.

---

### MUSICAL THEATRE – KARAR PERFORMING ARTS

At both the junior and senior levels, there is a focus on vocal training, harmonies, and reading sheet music/ lyrics. All music is then paired with either or both dance and drama to create a dynamic triple threat performance. We will also include elements of drama instruction in this high energy, engaging class.

Our lead instructor will be Natalie Dyck, owner and Artistic Director of KaRAR, who's primary passions are directing our full productions and getting to know her students through teaching hip hop and musical theatre. Ms. Nat loves to see students try new things and step past their comfort zones to find the aspect of performing arts that most appeals to them, whether that be on stage in the spotlight, or behind the scenes with the backstage crew.



---

### GYMNASTICS – AERIALS GYMNASTICS CLUB

There are so many health benefits for children who participate in the sport of gymnastics including improved coordination and flexibility, increased strength and balance, cognitive skill development, stronger bones, and positive self esteem.

Aerials gymnastics is dedicated to providing safe and high quality gymnastics for all children. Individuals of all ages and abilities are encouraged to develop in a positive, respectful environment.



---

### SWIMMING – TRANSALTA TRI LEISURE CENTRE

This is a recreational swimming program where students will have the opportunity to explore their skills in the water to build confidence and competence in this environment. The classes are not structured swim lessons, but rather, unstructured free play and exploration in a safe, supervised environment.