

Jump into healthy living
The Salvation Army
Community and Family
Services



“What should I know?”

When?

Monday, Wednesday &
Friday
3pm - 6pm

P.A. Days 10:00—3:00 pm

Where?

The Salvation Army
Community and Family Services
342 Patrick Street



After School Program Coordinator
342 Patrick Street, Kingston, ON
9am - 4pm



613.548.4411 ext.36



afterschool@kingstonsa.ca



**A F T E R
S C H O O L
P R O G R A M**

*for children
grades 2 to 8*



Giving Hope Today

**Promoting physical and
spiritual wellness
in children for a healthier
tomorrow.**

The Salvation Army Community and Family Services After School Program Application Child's Information

Surname: _____

Given: _____

Address: _____

Postal Code: _____

Telephone Number: _____

Male/Female: ____ Age: _____

Parents Information

Mother's Surname _____

First Name: _____

Address: _____

Telephone Number: _____

Father's Surname: _____

First Name: _____

Address: _____

Phone Number: _____

I am interested in receiving more information
about the After School Program



Programs and Activities

Our program is centered around fitness and nutrition for healthy kids.

Other aspects of the program include:

- Sport and Athletics
- Art and Music
- Personal Wellness
- Homework Assistance
- Better Communities
- Value Teaching

Homework Club

Our staff will assist your children in any homework, projects or presentations that they may have. We also offer tutoring for basic subjects, and test preparation.

Sports and Exercise

Your child will be able to participate in a number of sports and exercise activities which will center around team building and creating a healthy active lifestyle.

Creative Expressions

Your child will have the option to participate in a number of creative outlets. Crafts, music, theatre and dance will be included in those activities.

Games

The staff with the After School Program will provide games for the children that will involve them in exercise, mental stimulation and fun.

Skateboard Club

Our staff will assist your children in safely learning the basics of skateboarding.

News Cast

The staff will work together to provide parents with a newsletter updating and outlining all of the activities your child has been working on.

Boys Night / Girls Night

Our staff will occasionally host a Boys night/ Girls night filled with tons of activities.

Supper/Snack Program

Each day your child will be provided a nutritious and filling snack. As well, the supper program will run to educate children on healthy meal choices that they will learn to make themselves.

End of the Year Field Trip

At the end of the school year, the children who attended the program are invited on a fun and educational Trip. Past trips included the Ontario Science Center and Toronto Zoo.

Value Teaching

Our staff will be integrating valued teaching into each day with a variety of life lessons.