



Laval Junior Academy

2323 Daniel Johnson Blvd.

Laval (Québec) H7T 1H8

T 450 680-3044

F 450 686-1577

www.lja.schoolqc.ca

AN ENGLISH
EDUCATION,
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COMMISSION SCOLAIRE SIR-WILFRID-LAURIER
SIR WILFRID LAURIER SCHOOL BOARD

www.swlauriersb.qc.ca

Parent Update 4

September 19, 2023

Dear LJA Parent / Guardian,

After School Activities

We are pleased to once again offer many **FREE** after school activities. We recommend participating and actively engaging in many of our school activities. Our extraordinary teachers, professional coaches, and leaders within our community are ensuring the success of the program's vision and mission. All activities require an online registration. Students are responsible for their own transportation back home or must plan arrangements to be picked up immediately after the end of the activity. Please read the information below carefully.

Important: Throughout the year, there may be some new activities added. Contact Coach Doron for questions or more information ldoron@flowinsports.com. You may register for activities via the following site: www.tspa.ca/lja. In the case where an activity may be full, you may join the waiting list by registering. It is important that if your child cannot attend the activity on a specific day that you cancel the registration. This can be done by logging in, clicking on the reservation, and then depending on the platform that you are using, you may need to click on a paperclip or simply click on "cancel this reservation". This important procedure is done to allow other students who may wish to join this activity since space is limited. If an activity is full, you can be placed on a waiting list. Please register for each session you wish your child to attend. We need to know who will attend since we work on a first come, first serve basis. Space is limited for all activities.

If you have any questions, please contact Coach Doron.

Thank you.



Eric Ruggi
Principal
LJA Administration Team



Free After School Activities

Laval Junior Academy is pleased to offer free after school activities as shown below. Please note online registration must be done by going to www.tsps.ca/lja which has the most accurate information i.e. date, number of spots left, as things may change from time-to-time. You may join the waiting list in the case that an activity is full. The line up of activities are shown below:

Weekday Activities

When?	Activity	Service Provider	Location	Max # of students
Mondays 3-4 PM for Diversified Path Students Only.	Mingle Mangle of Activities	Mrs. De Gennaro (ldegennaro@swlauriersb.qc.ca)	Staff kitchen (2 nd floor)	6
Students will be baking, cooking, crafting, or dancing during this activity.				
Tuesdays 3-4:15 PM. Starts Oct. 17.	Badminton 	Coach Alessandrini valessandrini@swlauriersb.qc.ca	Gym	25
Learn gripping, footwork and basic shots so that you can smash your way to victory against fellow classmates.				
Tuesdays 3-4:30 PM Weekly commitment required.	Singing and Stage Performance 	Sheli Stevens sheli@stagecraftcoach.com	Auditorium	15
Stage Craft Song & Dance After-school Program helps build children's confidence through song, dance, and performance. In a safe, relaxed, and creative environment, students will learn to have fun while singing! Students choose a favorite song to sing, learn simple warm-up techniques, and explore how to use the voice, body, and space to create a dynamic musical performance. Group song and dance numbers will be taught to expand co-ordination, grow creativity and create bonds with other students. Stage Craft activities will encourage the students to develop important aspects such as self-confidence, positive self-image, and body awareness.				

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Wednesdays 3-4:30 PM	Fitness Training	Coach Biard sbiard@swlauriersb.qc.ca and Coach Alessandrini valessandrini@swlauriersb.qc.ca	Weight room	30
Student will learn and apply various methods and movement to increase fitness and muscle. This activity will help reduce injuries and have increase health benefits.				
Tuesdays or Wednesdays Full session commitment required. 3-4:30 PM	Khozy Chef 	Mrs. Khozozian akhoozian@swlauriersb.qc.ca	Staff Room (2nd floor)	8
<p>Session 1: Sept. 26th to Oct. 31st on TUESDAYS</p> <p>Session 2: Nov. 7th to Dec. 12th on TUESDAYS</p> <p>Session 3: Jan. 17th to Feb. 21st on WEDNESDAYS</p> <p>Session 4: Mar. 13th to Apr. 17th on WEDNESDAYS</p> <p>Session 5: Apr. 24th to May 29th on WEDNESDAYS</p>				
<p>You can only select one session.</p>				
By joining "KHOZY Chefs", students will put on an apron, eager to make and bake delicious desserts and quick n' easy meals. Each week, they will be given new recipes to explore and we will work together to bring them to life. Students will get yummy foods to then bring home to share. Please only register for ONE session although you can be on a waiting list for many sessions.				

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Thursdays 3-4:30 PM Commitment required until June. Starts November 11th.	Aeronautics 	Mr. Teoli & Mr. Dimacacos gdimacacos@swlauriersb.qc.ca	A207	12
Learn the intricate details of building and flying a model airplane. Students will learn to build a gas / glow powered RC model airplane using plans (CAD Drawings). They will also install all electronics and radio control equipment ultimately flying the model with the instructor on a designated air field within the school.				
Thursdays 3-4:30 PM Starts October 19.	Flag Football 	Coach Alessandrini valessandrini@swlauriersb.qc.ca	Gym	24
Learn fundamentals of football and develop your game with Coach Vince Alessandrini (drafted by Montreal Alouettes; 7th round, 2020 CFL Draft). The sessions will involve: dynamic & static stretches, footwork, agility, route-running, catching and competing in a safe & controlled game of flag-football.				
Fridays 3-4:30 PM Starts October 20.	Basketball & Volleyball 	Coach Mike mjabbour@swlauriersb.qc.ca	Gym	30
Learn and improve basic skills such in basketball such as dribbling, lay-ups and free throws. In volleyball, improve your bump, set, and spike. Play matches against fellow students in an open gym.				
Mondays 3-4:30 PM Starts Sept. 25	Music Club 	Mr. De Luca ddeluca@swlauriersb.qc.ca	B107	12
The students will be working together to learn songs as a band. These consist of mixed instruments such as guitar, drums, singing, and keyboards. The goal is to put on a music concert at the end of the school year.				


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<p>Fridays 3-4:30 PM Commitment required for each session.</p> <p>Session #1: Sept. 29, Oct. 6, 20, 27 and Nov. 3.</p> <p>Session #2 Nov. 10, 17, 24, Dec. 8 & 15th.</p>	<p>Dungeons & Dragons</p> 	<p>Mrs. Vruggink kvruggink@swlauriersb.qc.ca</p> <p>Please choose only one session.</p>	A137	6
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Do you love playing tabletop board games and using your imagination to solve complex puzzles? Do you enjoy working together with other like-minded individuals with strategy? Or perhaps you just enjoy rolling dice! Join the after-school Dungeons and Dragons Club! You will learn the basics of Dungeons and Dragons and play a full adventure in each 5-week session

<p>Thursdays 3:15 – 4:30 PM Oct. 12 & 26 Nov. 9 & 23</p>	<p>Clip'n Climb</p> 	<p>Ms. Kerry Kswanson@swlauriersb.qc.ca</p> <p>Please choose one session (Date) only</p>	<p>Meet in Block C, then walk to the site</p>	20
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Clip'n Climb is an activity in which students learn how to climb walls of varying heights in a safe and fun atmosphere. Pick-up will be on site located at 2929 Boulevard Saint-Martin Ouest Laval H7T 2Y8. Activity may not be ready as details with the location are still being finalized. Check the online reservation system daily.

Registration: www.tspa.ca/lja

More information: Contact Coach Doron ldoron@flowinsports.com

Eric Ruggi
Principal
Laval Junior Academy Administration Team