

ACSA After School Program

A free after school program designed to promote a healthy lifestyle among children 6-12 years.

Physical Activity

Program activities will increase children's physical activity and confidence through the inclusion of physical literacy, structured and unstructured play.

Healthy Eating

Children will participate in creating meals while learning about nutrition. Children will receive a healthy snack everyday based on Canada's Healthy Food Guide

Health & Wellness

Children will follow a daily curriculum that focuses on life skills, such as leadership, team building, and cooperation to help build resiliency.

Activities also include homework support, cultural awareness, and arts & crafts

Program Information

Program Time: 3:00-5:30 pm
(Monday-Friday, excluding holidays, school closures, and staff meetings)

Cost: Free of Cost

Ages: 6-12 years old (Grades 1-6)

Servicing:

- St. Lawrence C.S.
- General Crerar P.S.
- Edgewood Jr. P.S.
- Highland Heights Jr P.S.
- Lynnwood Heights Jr. P.S.
- Dorset Park Jr. P.S.
- Timberbank Jr. P.S.
- Pauline Johnson Jr. P.S.
- Tam O Shanter Jr. P.S.
- Silver Springs P.S.
- Fairglen Jr. P.S.
- Chester Le Jr. P.S.



For more information please contact ACSA's Child and Family Centre at (416)-299-9872