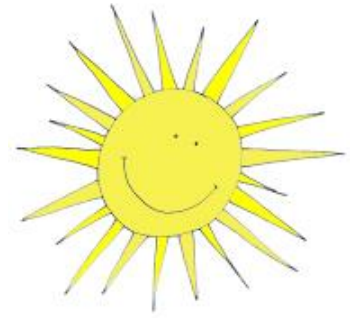




Spring SPARK Booklet 2022



Dates: May 20, 27, June 3, 10, Rain date: June 17

Please rank your top 6 choices beginning with your first choice as number 1.

1. **GSMS School of Cycology**– It's spring and that means BICYCLES! Come for a great series of rides along our amazing trail network. Pace will be chill, but come dressed for the weather because we will be riding the whole time, and BRING A HELMET! We do have a limited supply of bikes if you can't get yours here or don't have one! Some time will also be spent talking about basic safety and some maintenance about your rig!

Cost: \$0

Location: All over town!

2. **Beach Volleyball**- Beach Volleyball is an opportunity for students to play and have fun in a recreational setting. Students should bring water, sunscreen, and clothing that is appropriate for the weather. Participants do not need to have previous volleyball experience to sign up. Please note, this is not for volleyball skill instruction but rather an opportunity to play and experience the game.

Cost: \$5.50

Location: Willie O'Ree Place Outdoor Courts

3. **Walk the Trails** - Enjoy taking in the scenery of beautiful Fredericton as we walk the trails around the downtown and across the bridge. We will stop for a treat on our last day (bring own change). Be prepared with comfortable walking shoes (flip flops and slides don't count) and a water bottle.

Cost: \$0

Location: Downtown trails

4. **Golf @ Kingswood** - The golf program will take place at Kingswood and will be taught by PGA of Canada Teaching Professionals Bari Gourley and Gordon Kay. This 4-week program will teach the FUNdamentals of the golf game. The first lesson will teach the skill of putting and the group will finish with a little contest. The second lesson will teach the "shortgame" where we will work on

George Street Middle School

chipping and pitching around the green. The third and fourth lessons will be on the driving range learning about the full swing using irons and driver. This program will be set in a fun and safe environment. If you have golf clubs, you will be able to drop them off the night before the SPARK. If you do not, clubs will be provided.

Cost: \$26.50

Location: Kingswood Golf Course

5. **Bouldering** - Want to learn how to rock climb? Come climb at the Fredericton Bouldering Coop! This rock climbing SPARK offers 30 minutes of instruction on climbing techniques and safety, followed by 30 minutes of climbing practice on their indoor bouldering walls. Students will be bused to the facility and back to the school. Rental shoes are included in the cost. Students must have their online waiver signed prior to participating (<https://www.fbcwall.com/waivers>).

Cost: \$31.50

Location: Fredericton Bouldering Co-op

6. **Tennis** - Students will travel by bus to the Abony Family Tennis Centre. Whether you are an experienced player or you simply want to try tennis for the first time, this is guaranteed to be a fun time! You will learn the basic fundamentals of how to play tennis, the rules of the game and play mini matches. **You will need non-marking sneakers, but you do not need your own racquet.

Cost: \$26.50

Location: Abony Tennis Centre

7. **Gym Games** - Students will get to practice different sports every week with this SPARK. Namely: indoor volleyball, Floorball, Ultimate Frisbee, pickle ball and more. Please bring indoor court shoes.

Cost: \$0

Location: School Gym

8. **Rugby** - Rugby is a fast paced, fun, and exciting sport that is played in more than 90 countries by over 7 million people, making it one of the most popular sports in the world. Through various games you will get to work on your passing, agility, and movement on the field. This will be friendly and more strategy based, and will not be full contact type rugby.

Cost: \$0

Location: Queen Square

9. **Soccer Baseball** - We will be walking as a group over to Queen Square spending some time playing a few rounds of Soccer Baseball! All levels of experience welcome as this will simply be friendly competition. Students should be dressed for the weather/activity and have a water bottle.

Cost: \$0

Location: Queen Square

10. **Fencing** - Learn the exciting sport of Olympic fencing! An introduction to the sport with games, footwork & plenty of fencing, ending with a team competition. Please dress comfortably in track pants and non-marking sneakers and bring a water bottle.

Cost: \$26.50

Location: 512 George Street

11. **Archery** – This is an introduction to the sport of archery. Students will learn the proper techniques and form from experienced archers. Students will get practice time and may even play in some friendly competitions among their peers.

Cost: \$34.25

Location: Archery Center (Industrial Park)

12. **Pickleball** - One of the fastest growing sports in North America involves a court and a net. Pickleball is something of a mix between tennis, racquetball, and ping pong. Players use special paddles and a wiffle ball, and games take place on tennis courts with specific pickleball lines. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the “kitchen” — but they’re easy to learn.

Cost: \$0

Location: Queen Square

13. **Dance!** - Dance SPARK will offer classes in stretching, across the floor and choreography. Styles can be chosen based on interest, but can include jazz, ballet, lyrical and hip-hop. Students will be bused to Capital Dance Company Studio and will work with a dance instructor for their sessions.

Cost: \$5.50

Location: Capital Dance Company Studio on Prospect

14. **Cross Country** - Join us for an intermediate cross country run through downtown Fredericton. Each session we will be doing a warm-up, medium (5km) to long distance (7-10k) run and a cool down. High level of fitness and running endurance for at least 30 minutes or more required. Be sure to dress appropriately for the activity and bring a water bottle.

Cost: \$0

Location: Downtown Fredericton

15. **Skateboarding** - Come get rad and learn gnarly new tricks at Skateboard Spark! We will be travelling to the Garrison Skate Park for some fun under the sun. Be sure to bring your own skateboard and helmet. Helmets are mandatory. Catch ya there!

Cost: \$0

Location: Garrison Skate Park (downtown)

16. **The Nest Yoga (Hot Yoga)** - Do you like yoga? Join this SPARK and we will walk to The Nest Yoga studio at Kingsplace. The class will be suitable for beginning and experienced students. You will develop body awareness, learn basic postures and proper alignment. The studio will provide mats and towels for all students; however, you are free to bring your own if you prefer! Since it will be a warm class, a water bottle will be needed. This relaxing space will calm your mind. Get on your mat and get healthy!

Cost: \$19

Location: The Nest Yoga Studio @ Kingsplace

17. **Beginner Guitar** - Are you interested in learning to play guitar? Are you somebody with little-to-no music experience? Then this is the perfect opportunity for you! Students will learn how to hold, tune, and play your first few chords on guitar. By the end, you will be able to play a song or two on guitar! This SPARK is not for those who already play guitar - beginners only, please! There will be no fee for those who have their own guitar. Those without a guitar will be required to pay \$5 to rent a guitar to use (arranged by the instructor).

Cost: \$5 if renting a guitar – cash only

Location: School

18. **Clay Café** - Students will get to select their two choices of ceramic pieces to paint. At the end of the four weeks, pieces will be glazed and sent back to the school for the students to take home. (All supplies are provided by Clay Café for the price)

Cost: \$26.50

Location: Clay Café

19. **String Art with String by Sterling** – In this popular SPARK, students will learn how to create beautiful String Art pieces with String by Sterling. All materials are provided. Beginners are welcome!

Cost: \$25

Location: School

20. **Lego Creations!** – Do you enjoy creating something original and one of a kind? Do you like to be part of a team inventing something amazing or would you rather create your own masterpiece? If you said yes to these questions than the LEGO SPARK may be for you.

Cost: \$5.50

Location: School

21. **Snack N' Paint** - Have you ever thought you'd like to paint but didn't know how or where to start? Come join artist Andrea Parent Milley for step-by-step instruction to create your very own masterpieces. No experience necessary. By learning different techniques and how to use the tools, you will build confidence in your abilities and leave with completed paintings done by you to hang on your wall!

Cost: \$26.50

Location: School

22. **Jewelry-Making and Crafts: Craft it Unique!** - Join us as we create a completely different craft project EACH WEEK! You'll BLING things up by creating a one of a kind jewelry set. The fun will continue as you create handcrafted greeting cards, a handmade journal and even learn to design and paint your own laser cut phone holder or door hanger! Yes, you read that right! All supplies are included for the price. See you there!

Cost: \$21.25

Location: School

23. **Paper Art** - Do you like to paper craft? Learn how to make greeting cards with Inky Moose to give to your family and friends! Each week you'll make three projects to keep for yourself, or share. Come get creative!

Cost: \$26.50

Location: School

24. **Games Unplugged** - Board game lovers unite?! If you love playing board games and discovering new ones, this SPARK is for you! We will be spending four mornings at Games Unplugged downtown playing their huge selection of games. They have over 500 games of all genres and skill levels. Bring your friends and competitive spirit, it's time to put away those phones....it's board game time!

Cost: \$21.25

Location: Games Unplugged Boardgame Café

25. **Chess** - Do you play chess? Do you want to learn how to? If you said yes to either question, then this SPARK is for you! You will learn how to set the board, chess etiquette, the name of all pieces, how they move and strategies to help you begin and finish the game. You will also play against other students in a friendly in-class competition. All experience levels are welcome!

Cost: \$0

Location: School

26. **Pokemon Go! Downtown Walk** - Bring your phone (You'll need data), get some raid passes, and get ready to walk through the downtown core looking for your favourite Pokemon. We'll target gyms and take get some Legendaries.

Cost: \$0

Location: Downtown

27. **Bowling @ Kingswood** - Have some fun bowling with your classmates! No experience necessary. The group will travel by bus to Kingswood for four sessions. Students will be placed into smaller groups per lane. **Socks are required. Shoes will be rented and required on the lanes.

Cost: \$16

Location: Kingswood Entertainment Centre

28. **Global Minds** – If you are passionate about making a difference, if you are interested in helping newcomers feel welcome at our school, if you would like to meet students from around the world, this is the SPARK for you! The primary goal of Global Minds is to bring students from diverse backgrounds together through community service and student-led activities centered on human rights, diversity, sustainable development, and international relations. Join us as we eat, play, talk and create change together! Grade 6 and 7 students only.

Cost: \$5.50

Location: School

29. **Babysitting Course** - Do you have younger siblings? Do you like to care and play with younger children? Would you like to make some spending money? If so, join Babysitting Spark to become a certified babysitter (age 11 and up). The Saint-John Ambulance instructors will be here to teach you everything you need to know about babysitting. At the end of the 4 weeks of SPARK you will have your babysitting certificate just in time for the summer months.

Cost: \$52.50

Location: School

30. **Indigenous Drumming/Cultural SPARK** - Indigenous culture SPARK will offer a variety of activities that will teach about the beautiful teachings of the Wolastoqiyik people. This includes drumming, guest speakers, story-telling and crafts.

Cost: \$0

Location: School

31. **Robotics @ Science East**– Students will work with circuit hardware to create a structure using LED lights. Groups will then use a coding language to control the effects of the light. Coding, engineering, and art design all in one project!

Cost: \$26.50

Location: Science East

32. **Exploring Technology Through the Ages** - Has technology always had screens? What about buttons? Has technology always been electronic of some kind? In this SPARK program, we will become mini-archaeologists and try our best to make technology from more than 10 000 years ago - long before screens, buttons, or electronics. We will be learning how technology was made in the past and how we use technology today in archaeology. Students will make their own stone tools using ancient techniques and then using new technology, like the b.Board, students will create an invention that can help with modern-day archeological digs to help us learn more about the same ancient technologies we had previously explored.

Cost: \$0

Location: Brilliant Labs (GSMS)

33. **Writing the Incredible Tale** - The Mysterious Mr. M teaches you the secrets of incredible storytelling. By the end of the module you'll have a 24- or 32-page picture book manuscript. Furthermore, the priceless storytelling lessons will help you if you want to write novels, short

stories, social posts, or YouTube videos! Fee will cover the cost of a composition book and a nice z-grip pen. Bring an open mind and come get creative!

Cost: \$7.00

Location: School

34. **Good Neighbour** - What are employers looking for? Would you make a good employee? Find out about job skills then go into our community businesses and be a "good neighbour" by volunteering your time and sharing your skills with local merchants or community groups. Being a good volunteer will make our neighbourhood a better place (and may someday help you get a job)! Open to grade 8 students of good standing only.

Cost: \$0

Location: Downtown Businesses

35. **Babysitting Club** - Are you interested in getting experience with young children? Are you a good role model who is inspired to be a leader? In this SPARK you will get one on one experience with children from the three year old and four year old classes from The Preschool Centre who will be visiting our school. You will read to your assigned child, help them with their snack, and plan an additional activity to do with them. Whether you just like hanging out with children, want to gain experience and a reference for babysitting, or are thinking about going into a career working with children later on, this SPARK is for you.

Cost: \$0

Location: School