



MONDAY

Little Beats (ages 0-3)
 9:45 - 10:30 AM
 Sept 14 - Dec 14
 Closed: Sept 21 & Oct 12

Children's Art (ages 3-6)
 4:45 - 5:45 PM
 Sept 14 - Dec 14
 Closed: Sept 21 & Oct 12

Junior Boxing Club (ages 7-11)
 5:30 - 6:30 PM | Year Round
 Closed: Sept 7, 21 & Oct 12

KESHER Arts and Crafts (Grade K-2) - יצירה
 5:30 - 6:30 PM
 Oct 19 - Dec 7

KESHER Dance (ages 4-6) - ריקוד
 5:30 - 6:30 PM
 Oct 19 - Dec 7

KESHER Beginner Chess (ages 5-11) - רמה למתחילים
 5:30 - 6:30 PM
 Oct 19 - Dec 7

KESHER Teen Lounge - מועדון נוער
 5:30 - 6:30 PM (ages 10 - 11)
 6:30 - 7:30 PM (ages 12-13)
 Oct 19 - Dec 7

Teen Boxing Club (ages 12-15)
 6:30 - 7:30 PM | Year Round
 Closed: Sept 7, 21 & Oct 12

KESHER Arts and Crafts (Grade 3-6) - יצירה
 6:30 - 7:30 PM
 Oct 19 - Dec 7

KESHER Dance (Ages 7-10) - ריקוד
 6:30 - 7:30 PM
 Oct 19 - Dec 7

KESHER Intermediate Chess (ages 7-14) - רמה בינונית
 6:30 - 7:30 PM
 Oct 19 - Dec 7

TUESDAY

Novice Karate (ages 6-8)
 5:00 - 6:00 PM
 Sept 15 - Dec 15

Workshops for Children: Adult and Child Paint Night (ages 5+ with an Adult)
 5:15 - 7:15 PM
 Oct 6, Nov 17, Dec 1

Workshops for Children: Candle Making (Ages 8+)
 5:15 - 7:15 PM
 Oct 20

Advance Karate (ages 9-14)
 6:00 - 7:30 PM
 Sept 15 - Dec 15

Workshops for Children: Create & Decorate: Sukkot (ages 5+ with an Adult)
 6:30 - 7:15 PM | Sep 22

J-Fit Teen Training Co-ed (ages 10-14)
 6:30 - 7:30 PM
 Sept 15 - Dec 15



WEDNESDAY

The Magic Club (ages 5-10)
 4:45 - 5:45 PM
 Sep 16 - Dec 16

Crochet (ages 7-11)
 5:30 - 6:30 PM
 Sep 16 - Dec 16

Junior Boxing Club (ages 7-11)
 5:30 - 6:30 PM | Year Round
 Closed: Sept 7, 21 & Oct 12

Teen Boxing Club (ages 12-15)
 6:30 - 7:30 PM | Year Round
 Closed: Sept 7, 21 & Oct 12

THURSDAY

Sculpture and Pottery (ages 7-11)
 4:45 - 6:15 PM
 Oct 1 - Dec 3

Kol HaLev Children's Choir (ages 8-12)
 5:30 - 6:30 PM
 Sep 24 - Nov 5

KESHER Junior Coders (Grades 2-4) - קידוד
 5:30 - 6:30 PM
 Oct 22 - Dec 10

KESHER Shorashim (ages 7-10) - שורשים
 5:30 - 6:30 PM
 Oct 22 - Dec 10

J-Fit Teen Training Girl Power (ages 10-14)
 6:30 - 7:30 PM
 Sept 17 - Dec 17

Sculpture and Pottery (ages 12-17)
 6:30 - 9:30 PM
 Oct 1 - Dec 3

KESHER Middle Coders (Grades 5-7) - קידוד
 6:30 - 7:30 PM
 Oct 22 - Dec 9

KESHER Shorashim (ages 11-14) - שורשים
 6:30 - 7:30 PM
 Oct 22 - Dec 9

FRIDAY

SATURDAY

SUNDAY

Junior Boxing Club (ages 7-11)
 11:00 - 12:00 PM | Year Round
 Closed: Sept 7, 21 & Oct 12

Teen Boxing Club (ages 12-15)
 12:00 - 1:00 PM | Year Round
 Closed: Sept 7, 21 & Oct 12

Mini Movers (ages 2-4)
 10:30 - 11:15 AM
 Sept 20 - Dec 20

Kids Pickleball
 11:00 - 12:00 PM
 Sept 20 - Nov 1
 Nov 8 - Dec 13

J-Fit Teen Training Co-ed (ages 10-14)
 11:30 - 12:30 PM
 Sept 20 - Dec 20

Gymnastics (ages 4-7)
 1:15 PM - 2:30 PM
 Oct 18 - Dec 13
***Pizza Lunch included**

Computer Animation (ages 7-11)
 Oct 18 - Dec 13
 1:15 - 2:30 PM
***Pizza Lunch included**

Chess (ages 7-11)
 Oct 18 - Dec 13
 1:15 - 2:30 PM
***Pizza Lunch included**

Teen Club Workshop
 2:30 - 4:00 PM
 Oct 25 & Nov 29

Clay-tastic Workshop (ages 5+ with an Adult)
 1:30 - 3:30 PM
 Oct 18 & 25, Nov 1, 8, 22 & 29

3D Printing & Modeling (ages 8-12)
 2:30 - 4:00 PM
 Oct 18 - Dec 13

Sculpture and Pottery (ages 10-17)
 4:00 - 6:00 PM
 Oct 18 - Dec 13



- Ceramics Classes
- Art Classes
- Physical Activity
- Workshops/Social Groups
- Game Programs
- KESHER (Prog. in Hebrew)

Register today for these great programs

Boxing Club

Build strength, confidence, and discipline with our Boxing Club. Led by experienced coaches, participants learn proper stance, footwork, and punch combinations while improving endurance, coordination, and overall fitness.

Training includes pad work, bag drills, and conditioning – all in a supportive environment that challenges you to reach your potential.

J-Fit Teen Training

J-Fit offers supervised strength and conditioning training for teens in a fun, supportive small-group setting. Participants develop fitness, strength, and healthy habits through safe, age-appropriate workouts.

Karate

Our karate program introduces children to the art of Karate in a fun, safe, and supportive environment. Through traditional training and engaging activities, participants build confidence, discipline, fitness, and self-defence skills.

Classes are led by Hamideh Abbasali, a 4th Dan Black Belt and Tokyo 2020 Olympian who represented the Iranian National Team. Students learn fundamental Karate techniques while developing focus, respect, character, and physical strength.

Mini Movers

Mini Movers introduces toddlers and preschoolers to movement through fun games, sports, and creative play. Led by engaging coaches, children build confidence, coordination, social skills, and fundamental movement abilities in a safe, supportive environment that encourages a lifelong love of physical activity.

Kids Pickleball

Introduce your child to the fast-growing sport of pickleball with our coaches who bring great energy, patience, and a kid-focused teaching style that makes learning the game exciting and approachable for young players. These lessons focus on building core skills—proper grip, footwork, basic shots, and court awareness—through fun drills, engaging activities, and age-appropriate instruction.

Teen Club

Meet once a month on Sundays for fun and engaging experiences throughout the year. Each meeting will feature a different activity, from creative workshops and games to social events and themed experiences. It is a great opportunity for teens to connect, try new things, and build friendships in a welcoming and relaxed environment.

Adult & Child Art Workshop

Candle Making | Create & Decorate: Sukkot | Paint Night

Spend quality time together through creative, hands-on experiences designed for adults and children. Explore new techniques, create unique projects, and enjoy a fun and inspiring atmosphere while making memories together.

Chugim

Chess | Computer Animation | Gymnastics

An after-school program designed for children attending supplementary Hebrew school and for those looking for a fun and engaging activity. Explore creativity, movement, and self-expression through cartoon creation and Hip-Hop dance in a welcoming environment.

Sundays, 1:15 PM – 2:30 PM

Pizza lunch included!

Clay-Tastic Workshop

Join us for a fun two-session ceramic workshop! Explore hand-building techniques, create your own unique clay pieces, and discover the joy of working with ceramics in a hands-on, creative environment.

Children ages 5–6 must be accompanied by a registered adult. All materials are included.

Sculpture and Pottery

Teens get hands-on experience with hand-building and wheel-throwing techniques in a professional ceramics studio. Build real 3D art skills while exploring creativity and personal expression. Instructors offer personalized support in a welcoming and encouraging environment. Materials and supplies provided.

3D Printing & Modeling

Explore the exciting world of 3D design! Participants will learn the basics of 3D modeling, create their own digital designs, and watch their creations come to life using a 3D printer. Each child will complete a custom project to take home.

KESHER

Arts & Crafts | Chess | Dance | Mini Coders | Teen's Lounge | Shorashim

Conducted in Hebrew, KESHER offers engaging hands-on experiences where children explore creativity, cooking, and technology. Through fun activities and projects, participants build confidence, learn new skills, and discover their interests in a supportive environment.

Crochet

This class is ideal for beginners or anyone looking to refine their crochet skills and techniques. Students will focus on mastering the fundamentals, exploring various stitches, and developing their own projects at their own pace. With hands-on guidance and expert tips, participants will strengthen their skills and gain confidence in their crochet work.

Materials are provided.

Kol Halev Children's Choir

A fun and inspiring choir for young singers! Children will build confidence, develop vocal skills, and enjoy singing Israeli and international songs in a welcoming and supportive environment. No audition or previous choir experience is required.

The Magic Club

Get ready for a world of wonder! Our magic classes teach exciting tricks, illusions, and sleight of hand while boosting confidence, creativity, and presentation skills. Young magicians will learn fun, age-appropriate techniques and amaze their friends and family with incredible feats of magic!

Little Beats

A joyful music and movement class for babies and toddlers, and their caregivers. Through songs, dancing, sensory props, and playful activities, little ones explore the world while strengthening their bond with their grown-up. Classes are conducted in English with gentle touches of Hebrew and Jewish culture.

Children's Art

Prepare to paint and grab the brush! This creative class introduces young children to colours, shapes, textures, and basic art techniques through fun hands-on activities. Children will build confidence, develop artistic skills, and explore their imagination in a joyful and supportive environment.

- Ceramics Classes
- Art Classes
- Physical Activity
- Workshops/Social Groups
- Game Programs
- KESHER (Prog. in Hebrew)

www.srcentre.ca

For program information contact:
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