

Long Branch PTA Enrichment Classes - Winter/Spring 2016

Advanced Boolean Girl (3 - 5) Provider: Boolean Girl (www.booleangirl.org)

For girls who have completed a Boolean Girl class. The Advanced Boolean Girl class builds on programming skills learned in the Girlsâ€™ Scratch Programming class and introduces physical computing concepts through a series of challenging hands on projects. Advanced programming topics like variables and operators are introduced. Girls are encouraged to develop their own concepts and bring them to life. In addition, the class will briefly introduce basic physical computing where the girls learn to use their programming skills to control real world objects like motors, lights and other hardware.

Arlington Triathlon Club (3 - 5) Provider: Triathlon Family USA, Inc. (www.triathlonfamilyusa.com)

(Please note that this class meets 3 days/week.) Triathlon is an Olympic sport consisting of a swim, bike ride, and a run to the finish. The Arlington Triathlon Club program includes sports nutrition and hydration, a practice triathlon and a triathlon race. Athletes receive a club uniform, race goodies, and other items. The Club is open to all 3rd - 5th graders who can swim 25 yds unassisted and ride a 2-wheel bike. Triathletes will be required to buy a 1-year youth membership to USA Triathlon (\$10). There is a mandatory parents meeting on Tuesday, March 15th. In its 10th year at Long Branch, the program is led by USA Triathlon-certified coaches. Participants need a bicycle, running shoes, a swimsuit, and goggles. We meet beginning April 2nd on Mondays and Wednesdays from 7:30-8:15 am to bike and run at Long Branch and Saturdays from 7:30 - 9:00 a.m. to swim at Washington-Lee High School. (Times subject to modification by Arlington Public Schools). Race day is Sunday, June 5th.

Art Trekkers (3 - 5) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

You don't have to board a plane to experience what artists around the globe are working on. We'll be your personal guide! We will examine and explore the works of contemporary artists all over the world, from right down the street to halfway around the world. After we learn about these artists, we will use their pieces as inspiration to create our own works of art, paying close attention to color, composition, and detail.

Art: Finding Art in Nature (3 - 5) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

In this course, we'll look to the natural world for creative inspiration. We will take a fresh approach to still-lives, landscapes, and even sculpture projects! Art fundamentals and traditional materials will be explored along with more experimental materials like twigs, leaves, and recycled goods. Nature has long been depicted in art, we'll render it and use it to create our own works!

Art: Mix it Up! (K - 2) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

This class will be about exploring collage, mixed media, and their distinguishing wide-ranging materials, in the most fun way possible. We will use found images and objects, natural and recyclable materials, and art supplies for our unique creations. We will cut, paint, draw, glue, and construct, making some of the coolest 2D and 3D works of art.

Art: Whimsical, Mystical, Real Creatures (K - 2) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

We will learn how to use lines, shapes, color, and textures to create both real and imagined creatures like lions with wings or ants with itty-bitty bodies and enormous heads. We'll traverse the varied environments of our world and explore our imaginations while we create unique works of art using different types of media including charcoal pencils, watercolor, tempera paint, and more.

Basketball (2 - 5) Provider: Lindsey Brizendine

The course will focus on the fundamentals of basketball: dribbling, passing, shooting, offense and defense, while emphasizing sportsmanship and rules.

Boolean Boy (Extended Day) (3 - 5) Provider: Boolean Girl (www.booleangirl.org)

Boolean Boy introduces boys to computer science fundamentals at a young age through a series of unique projects and hands-on challenges. Our goal is to mix play and programming. Classes are designed using a holistic approach to learning. A typical class begins with an introduction to programming by the class acting out stories they will later program on the computer. Students take turns writing a script using interactive tiles that the rest of the class to acts out. These short stories are then written in Scratch, a programming language developed by MIT on a Raspberry Pi device. Through these projects, boys learn more than computer science, they learn to work through project challenges in a collaborative method and ultimately present their final products to the group.

Boot Camp for Kids (K - 5) Provider: FIT 4 KIDZ, LLC (www.cordarofit.com)

Adults like them, so why not offer them to your child? A boot camp for kids to work their muscles and stimulate their brains. Studies show that walking or running will increase blood flow to the brain. I have developed a program where your child will be physically active and mentally energized by presenting them with combinations of exercises that will increase their heart rate and make them THINK about what they are doing! They will work toward heightened metabolism and better sleep. Regardless of your child's current physical condition, we can help them achieve his or her fitness goals. We can't tell you how excited we are to be offering this boot camp for kids! Let's introduce our kids to a healthy fitness lifestyle in a safe, fun, non-competitive way.

Boys Gotta Run! (3 - 5) Provider: FIT 4 KIDZ, LLC (www.cordarofit.com)

A running program designed for boys encouraging integrity, teamwork, sportsmanship, responsibility, honesty and caring. Each week is dedicated to one of these fundamentals. The program is known for its valuable lessons in strength, flexibility, creativity and stress relief. FIT 4 KIDZ BOYS GOTTA RUN! is aimed at strengthening children in body and spirit. Our mission is to guide your children to learn the power of running through basic drills, group activities and stories shared by avid runners. We will equip them with agility drills as well as injury preventative stretches to add value to their running experience. Each week they will log their laps at class and on their own on a map leading to a collective number of miles as a group. We welcome all levels of runners or non-runners. Let us share our love of running with them.

Capoeira (K - 5) Provider: Abada-Capoeira DC (<http://www.abadadc.org/ingles/index.htm>)

CAPOEIRA (pronounced ka-poo-eyh-rah) is an Afro-Brazilian martial and art self-defense form that brings together fighting techniques, acrobatics, dance, percussion, and songs, in a rhythmic dialogue of body, mind, and spirit. It is a communal game in which two opponents play each other inside a circle, formed by other players, who establish a rhythm for the game by clapping, singing and playing traditional instruments. Capoeira brings many physical, mental, social benefits, particularly for young people whose bodies and minds are growing. Capoeiristas are people who practice the martial

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art à€ gain strength, flexibility, coordination, balance, and stamina because the sport requires staying in constant motion and learning a wide variety of moves using all different parts of the body, from handstands to jumps and kicks. In order to perfect these moves, capoeiristas also practice and improve their rhythm, since capoeira is played to musical accompaniment.

Cheerleading (K - 5) *Provider: Alyssa Watkins*

Learn to cheer, chant, do simple stunts, jumps and a cheer dance with the Wakefield freshman cheer coach.

Chess (K - 5) *Provider: Silver Knights Chess (www.silverknightschess.com)*

Learn chess from a Silver Knights Chess coach! We teach more than 3,000 children each week. State and national champions have come from our programs, but most of our students are just looking to have fun! Club time is split between lesson and play. Lessons range from learning the rules to advanced tournament strategies, depending on the children. Play time is structured to pair each student against an opponent of similar skill. All grades and skill levels are welcome. Silver Knights will supply all the equipment during chess club. Students will have the opportunity to play in local, state and national tournaments.

Creative Crafts - Upcycled/Recycled/Green (1 - 5) *Provider: Carolyn Raich (www.brighterdaybeads.com)*

In this class, your child will make cool, fun crafts out of everyday items; stuff found in nature; and plain old garbage. Not everything has to end up in the trash bin! Come dressed in clothing that may get a bit messed. Note to Returning Students: I will continue to create projects that will be interesting for all of my students.

Creative Jewelry - Upcycled/Recycled/Green (1 - 5) *Provider: Carolyn Raich (www.brighterdaybeads.com)*

In this cool jewelry class, we will make amazing, contemporary jewelry out of everyday items; stuff found in nature; and plain old garbage. Come dressed in clothing that may get a bit messed. Note to Returning Students: I will continue to create projects that will be interesting for all of my students.

Fencing (K - 5) *Provider: The Fencers Club, LLC (www.thefencersclub.com)*

Olympic Fencing for Kids: The class is conducted in the discipline of Epee and provides an introduction to the sport of fencing. The class focuses on learning movements, blocks and attacks and introduces the kids to fencing in fun and exciting atmosphere. K-2 use foam sabers for safety, while older kids 3rd-5th grades use real fencing epees. Let's have some fun!

Flag Football (3 - 5) *Provider: Lindsey Brizendine*

The course will focus on the fundamentals of football: passing, catching, ball carrying, stance & start, while emphasizing sportsmanship and rules. Reminder: Flag Football is a modification of football and there will be NO contact.

It's Electric: Basic Circuitry (4 - 5) *Provider: Erik Endo*

For girls and boys who like to work with their hands. We will explore the basic concepts of electricity through hands-on activities. Students will build switches and construct different types of circuits. Each student will design, decorate, and install lighting in their own shoe box "room" which they will take home at the end of the course. All materials will be provided by the instructor. This course will repeat its content from winter to spring so sign up for only one session.

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Kids Fitness (K - 5) *Provider: Nancy Palmer*

A fun exercise class for children in Kindergarten through 5th grades. Have fun with a variety of high-energy, non-competitive games. Safety, team work, cooperation and FUN will be emphasized. Taught by Nancy Palmer, a well-known area fitness instructor specializing in exercise for younger children.

Science Exploratorium (K - 2) *Provider: Little Scholars, LLC (littlescholarsllc.com)*

Did you know that science and art are related? Come discover, experiment, and create as we learn about the colliding worlds of art and science in this STEAM-based class. We will examine the fundamentals of chemistry by watching colors ignite a canvas and practice the principles of physics by designing creative inventions with pulleys and levers. Put on your lab coat and pull out your paintbrush as we dive into the art of science!

Tennis - Spring (K - 5) *Provider: FirstServe Tennis Academy (www.tenniseveryone.net)*

A tennis introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball, racket, and fundamental strokes. Players will be grouped according to their skill level and experience. Experienced players will continue stroke development by practicing the fundamental strokes (forehand, backhand and forehand volley) with an introduction to movement while hitting. Tennis players should bring an age-appropriate racquet and wear tennis shoes and athletic clothing. For questions, please contact FirstServe Tennis.

Tennis - Winter (K - 5) *Provider: FirstServe Tennis Academy (www.tenniseveryone.net)*

A tennis introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball, racket, and fundamental strokes. Players will be grouped according to their skill level and experience. Experienced players will continue stroke development by practicing the fundamental strokes (forehand, backhand and forehand volley) with an introduction to movement while hitting. Tennis players should bring an age-appropriate racquet and wear tennis shoes and athletic clothing. For questions, please contact FirstServe Tennis.

Tennis- Winter (Extended Day) (K - 5) *Provider: FirstServe Tennis Academy (www.tenniseveryone.net)*

A tennis introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball, racket, and

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fundamental strokes. Players will be grouped according to their skill level and experience. Experienced players will continue stroke development by practicing the fundamental strokes (forehand, backhand and forehand volley) with an introduction to movement while hitting. Tennis players should bring an age-appropriate racquet and wear tennis shoes and athletic clothing. For questions, please contact FirstServe Tennis.

The Complete Martial Arts Experience (K - 5) *Provider: Evolve All, LLC (evolveall.com)*

Evolve All has designed the curriculum for this enrichment program to give participants a complete experience in martial arts training. This includes three focuses: 1.) The Training Experience: Learning the techniques - Students first learn the defensive position and how to move around in it.

Students then learn the basic defensive techniques such as shielding, escaping, and situational avoidance. Finally students learn how to attack using their hands and feet, learning the quick punch and kick, and the strong punch and kick. Classroom etiquette - Being respectful by always greeting the instructor with a handshake and bow. Being disciplined by always sitting and standing straight during class. Being focused by keeping their eyes on the instructor, target or partner. 2.) The Challenge and Testing Experience: At the end of the session students are tested on all that they have learned and are required to break a wooden board using their strong punch or kick. For most this is the highlight of the program as breaking a board is extremely rewarding and fun. Don't worry, all participants will be able to break the board! 3.) The Promotion Experience: After the students have gone through the training, and completed the testing experience they deserve to be rewarded for their hard work and dedication. This is a very important part of the process as it helps to encourage this behavior in the future. Participants receive their first belt and celebrate in the success with their classmates, friends and family.

Theater 2-3 (2 - 3) *Provider: Liz Demery*

For 2nd and 3rd graders who enjoy the performance aspect of theater, the focus will be on creating and rehearsing a play that will be performed by the kids on the last day of class for extended day, family and friends. Tuition includes all costumes and props.

Theater 4-5 (4 - 5) *Provider: Liz Demery*

Course description: For 4th and 5th graders who enjoy the performance aspect of theater, the focus will be on creating and rehearsing a play that will be performed by the kids on the last day of class for extended day, family and friends. Tuition includes all costumes and props.

Whiz Kids (K - 2) *Provider: Little Scholars, LLC (littlescholarsllc.com)*

New lessons for 2016! Grab your goggles and lab coat—we are heading on a scientific discovery mission! We will explore the world of science through everyday objects, experiments and encounters. This class will enhance the STEM education philosophies taught in your science class. Physics, biology, chemistry, geology, astronomy and zoology will all be covered in the Whiz Kids class.

Wild and Crazy Pottery Painting (K - 5) *Provider: Clay Cafe Studios (www.claywire.com)*

Learn how to paint pottery using some fun techniques and unusual tools. Techniques include: Masking; Stenciling; Create your own Stamp; String Painting; Layered Dots; Using Add-Ons This course introduces students to a variety of methods for decorating ceramics. Each project will allow the student to try a different style of painting. Clay Cafe Studios will provide on-site instruction at Long Branch and will bring all materials needed each week. After each session, pottery pieces will be brought back to our studio to glaze and fire, and returned to school at our next session. Fee includes all materials.

Yoga (K - 5) *Provider: Bendy Yoga (www.bendyyoga.com)*

Our children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. Their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Bendy Yoga is taught by an Arlington Public School parent of 9 years, who is also a fully trained, certified and insured instructor. Bring a favorite beach towel and an open mind!