

Long Branch PTA Enrichment Classes - Winter/Spring 2017

Archery (3 - 5) Provider: YMCA Arlington

Our youth archery program gradually teaches kids the concentration, patience and confidence essential for safety and enjoyment of the sport. Focus will be on the basics and fundamentals of how to shoot a bow, aim better, and overall eye-hand coordination with the anticipated outcomes to develop proper body positioning, arm turn and control, proper draw, increased distance and an introduction to scoring. In addition, fun games and competitions will be played. All equipment will be provided for this class.

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

Course description: (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 mini-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 Thursday, March 23rd. In its 11th 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 Sat. 3/25 at W-L pool for mandatory swim testing and 1st practice. Beginning March 27th, we meet 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 and run at Washington-Lee High School. (Times subject to modification by Arlington Public Schools). Race day is Sunday, June 11th.

Art: Around the World (K - 2) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

We'll be going on a trip around the world, learning about different cultures and creating art inspired from countries across the globe. On our art adventures to India, China, Mexico, Egypt, Nigeria, and beyond, we'll use a variety of materials to create drawings, paintings, and sculptures. We will also learn about several famous artists who have come from these places!

Art: Strange Landscapes (K - 2) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

In this creative and sometimes strange class, we will explore the elements of artmaking (line, shape, form, value, space, color, and texture) through themes and concepts surrounding nature, landscape, and natural resources. We'll depict the world around us realistically, craft inventive landscapes of our own design, and even use recycled materials in some of our art projects!

Basketball (3 - 5) Provider: Lindsey Brizendine

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

Beads & Handicrafts (K - 5) Provider: YMCA Arlington

Get creative and learn how to make a variety of crafts. Tye-dye a T-shirt, learn what boondoggle is, stamp a leather key chain, and use beads for more than just jewelry (maybe a sun catcher or to design a creature). Leather, beads, baskets and more are just some of the materials you'll use to make creative crafts in this custom club.

Boot Camp for Kids (K - 2) 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.

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Boys Gotta Run! (3 - 5) Provider: Cordaro Fit, 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 - people who practice the martial art - 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.

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Chess (K - 5) Provider: Silver Knights Enrichment (www.skenrichment.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.

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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.

Girls Scratch Programming (Spring) (3 - 5) Provider: Boolean Girl (www.booleangirl.org)

Girls are introduced to computer science fundamentals through a series of unique projects and hands-on challenges. A typical class begins with an introduction to programming by the class acting out stories they will later program on the computer. A student writes a program using interactive tiles for the rest of the class to act out. These short stories are then reproduced in Scratch, a programming language developed by MIT on a Raspberry Pi. No previous programming skills are required, but girls should have some familiarity with a mouse and keyboard. In addition, girls who have taken the class before are welcome to re-enroll in order to continue working on previous projects or take on new challenges.

Girls Scratch Programming (Winter) (3 - 5) Provider: Boolean Girl (www.booleangirl.org)

Girls are introduced to computer science fundamentals through a series of unique projects and hands-on challenges. A typical class begins with an introduction to programming by the class acting out stories they will later program on the computer. A student writes a program using interactive tiles for the rest of the class to act out. These short stories are then reproduced in Scratch, a programming language developed by MIT on a Raspberry Pi. No previous programming skills are required, but girls should have some familiarity with a mouse and keyboard.

Gymnastics (K - 5) Provider: YMCA Arlington

Come join this high-energy class in which participants learn basic gymnastic skills, body awareness, strength, and flexibility in a fun environment. Young gymnasts master the five ways to roll, practice different balances such as headstands or handstands, and put them all together into a sequence to show friends and family!

It's Electric (S) (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 repeats the curriculum from last year. In addition, it will repeat its content from winter to spring so please be sure to sign up for only one session.

It's Electric (W) (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 repeats the curriculum from last year. In addition, it will repeat its content from winter to spring so please be sure to sign up for only one session.

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.

Origami - Beginner & Intermediate (3 - 5) Provider: Erik Endo

Introduce your son or daughter to the ancient art of paper folding. Beginning with the basic folds, we will learn how to read diagrams and follow models to create a variety of 2-dimensional figures including animals, geometric shapes, and other objects. This course will progress into 3-dimensional folding. For students who have already taken Beginning Origami or who have some experience with origami (and especially reading diagrams), we will create

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more 3-dimensional figures as well as more intricate 3-dimensional projects some of which use multiple pieces of paper. Fine motors skills, attention to detail, and patience are essential to this paper-folding course! Materials included.

Recyclin' Art (K - 5) *Provider: YMCA Arlington*

Treasure from "trash." Shoeboxes, newspaper, paper bags and more turned into something artistic and fun.

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

New lessons for the 2016-2017 school year. 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)*

Same as regular Tennis, but for students in the extended day program.

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.

Theater K-1 (K - 1) *Provider: Liz Demery*

For Kindergarten and 1st graders who enjoy being creative and silly together. 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 K-1 (K - 1) *Provider: Liz Demery*

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

New lessons for the 2016-2017 school year! 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: Christina Potts*

Yoga is a great way for your child to unwind after a long school day. We will explore breathing techniques, yoga poses (all with variations), aromatherapy, and meditation. This class provides an opportunity to cultivate strong minds and bodies while releasing tension and having fun. Parents are requested to read, sign and return an activity waiver for each of their children on the first day of class.