



Amigos-Cambridgeport Community School & Neighborhood Council

Spring 2020 Brochure

Manual de clases

Primavera 2020

February 24th—June 12th

Lissette Castillo

Directora

lcastillo@cambridgema.gov

15 Upton Street, Cambridge MA

(617) 349-6824



PRIORITY REGISTRATION FOR RETURNING FAMILIES:

Tuesday / Martes January 21st Grades JK, K, 1st

8:00am @Office 009 /011

4:30pm-6:00pm @ Office 009/011

Wednesday / Miércoles January 22nd 2nd—3rd

8:00am @Office 009 /011

4:30pm-6:00pm @ Office 009/011

Thursday/ Jueves January 23rd 4th - 5th

8:00am @Office 009 /011

4:30pm-6:00pm @ Office 009/011

Friday /Viernes January 24th JK—5TH DROP OFF

8:30am—6:00pm @ Drop Box located outside offices 009 / 011

OPEN REGISTRATION FOR NEW FAMILIES :

Monday/Lunes February 3rd , 2020

8:00am @Office 009 /011

4:30pm-6:00pm @ Office 009/011

What are Community Schools? - *¿Qué son las escuelas comunitarias?*

Community Schools provide a network of neighborhood based services offering educational, cultural, social and recreational opportunities for all age groups. We work with residents and local institutions to provide services and activities that enhance learning, creative expression, health, as well as foster a sense of community.

Operating in every public elementary school, Directors work with their Neighborhood Councils to assess community needs and design quality, cost effective Out of School Time programs.

Las escuelas comunitarias proveen servicios que ofrecen oportunidades educativas, culturales, sociales y recreativas para todas las edades en nuestra comunidad. Trabajamos con residentes e instituciones locales para proveer servicios y actividades que enriquecen el aprendizaje, la expresión creativa, la salud, y además establecen un sentido de comunitario.

Operando en todas las escuelas primarias públicas, los directores trabajan con el Consejo de vecinos para evaluar las necesidades de la comunidad y la calidad de los programas.

The Amigos Community School provides:

- ◇ After school enrichment classes for children, adults and families
- ◇ Community field trips, special events and family nights
- ◇ February & April Vacation activities (in collaboration with The Morse Community School)
- ◇ Summer Camp and year round activities

La Escuela Comunitaria Amigos ofrece:

- ◇ *Programación después de la escuela para niños/niñas adultos, y familias*
- ◇ *Actividades de enriquecimiento, eventos especiales, y noches de familia*
- ◇ *Actividades durante las vacaciones de Febrero y Abril (en colaboración con la escuela comunitaria Morse)*
- ◇ Summer Camp and year round activities

For more information / Para más información:



Amigos-Cambridgeport Community School

15 Upton Street
Cambridge, MA 02139

Roslyn Shoy, Division Head

rshoy@cambridgema.gov

Ellen Thompson, Program Manager

ethompson@cambridgema.gov

Lissette Castillo *Directora*
lcastillo@cambridgema.gov

Phone Number / Teléfono: (617) 349-6824

Turquoise Gosmon, Programming Director

tgosmon@cambridgema.gov

Partnerships— *Colaboraciones*

Enrichment Program Staff:

Nelson Arroyo

Jordanis Baéz

Corinna Colo

Jamila Derring

Harry Janeway

Farah Jeune

June Lee

Patricia Londono

Edith Martinez

Keilah Michel

Samira Peña

Fabio Taboada

Enrichment Programs Specialists:

Pablo Ablanado, Piano Teacher

Nikki DelliColli, Hip Hop Instructor

Sarah Fader, Drama

Caro-Fatou Carol & Allison Stamaris, African
Drumming & Movement

Alicia Palombo, Baton Instructor

Javier Rosario Guitar & Ukulele Teacher

Alla Vishnevetsky, Piano Teacher

Partnerships & Collaborations:

Drumlin Farm & Wildlife Sanctuary

EMPOW

Mad Science

Chess Wizards

Cambridge Wildlife

Cambridge Green

Knucklebones

Vegetable Circus

Inclusion Support Staff

Michelle Raymond

Niedra Stevens



Registration Procedures & Important Dates

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CLASS SELECTION

When filling out the registration form, **please choose your child's first and second choices for each time block. Please mark with a "1" and a "2" your selection. Families may drop off class registration forms only on dates assigned by grade level.** We need to honor our student teacher ratio, space allocation needs as well as equitable enrollment practices to ensure all families get a chance to participate in our enrichment opportunities.

CLASS CHANGES

ALL class changes must be made by the 2nd week of classes. If a change is requested after this deadline, it will be *reviewed on an individual basis*. No partial refunds will be given for changes made after this deadline.

The deadline to request / change classes is Friday, March 6th, 2020

PAYMENTS:

Full payment is due at time of registration, however a payment plan can be arranged with the *directora* Lissette Castillo. Checks or Money Orders should be made payable to: Amigos Cambridgeport Community School and write your child's full name in Memo Line. We do not accept cash as payment

***PLEASE NOTE: If you have an outstanding balance with any Department of Human Service Program, your child's registration will not be accepted until all payments are made.**

Returned checks will be charged an additional \$25.00. Full payment must be made within 48 hours to avoid disruption in your child's schedule.

REFUNDS

If a class is not fully enrolled, the class may be cancelled. You will be notified and given a refund, or an alternative options available. We understand that there may be times when a class is not what your child expected. A full refund will be given if we are notified within 24 hours after the first class. Partial refunds will only be given if a child is no longer able to participate due to medical reasons. Refunds are not issued for missed classes, including private music lessons. Partial refunds are not given for class changes made after the deadline (see above for class change policy).

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Registración para nuevas familias tomara lugar el Lunes, 3 de Marzo.

Selección de clases

Al completar el formulario de registración, **elija 2 opciones de su hijo/a para cada bloque de tiempo.** Los horarios y selección de grupos serán confirmados lo mas pronto posible.

Cambios de clases

Todos los cambios de clase deben hacerse durante la segunda semana de clases. Si se solicita un cambio después de este plazo, cada caso será considerado individualmente. No se otorgarán reembolsos parciales por los cambios realizados después de la segunda semana de inicio.

La fecha límite para cambiar las clases es el Viernes 6 de Marzo del 2020

Pagos

El pago total del costo del programa debe ser entregado con la solicitud de inscripción. En casos especiales se puede acordar un plan de pago con la directora Lissette Castillo. Los cheques o giros postales deben ser dirigidos a: Amigos Cambridgeport Community School. Por favor no pague con efectivo.

***TENGA EN CUENTA: si tiene un saldo pendiente con cualquier programa del Departamento de Servicios Humanos, no se aceptará la petición de registración de su hijo/a hasta que el pago sea saldado en su totalidad.**

Los cheques sin fondos serán procesados un costo adicional de \$25.00. El pago total debe hacerse dentro de las 48 horas para evitar interrupciones en el horario de su hijo/a.

Reembolsos

Algunas clases pueden ser canceladas según el numero de niños/as inscriptos. Se le notificará y será reembolsado/a o podrá sustituir con otra clase siempre y cuando haiga disponibilidad . Entendemos que puede haber momentos en que su hijo/a sea asignada a una clase que no es de su gusto/ selección. Se otorgará un reembolso completo si recibimos una notificación dentro de las 24 horas posteriores a la primera clase. Los reembolsos parciales solo se otorgarán si un niño/a ya no puede participar por razones médicas.

Program Information & Policy

FINANCIAL ASSISTANCE

Partial scholarships are available to families who qualify. Please request a financial aid form from the director. Income verification in the form of W-2 or 4 current pay stubs must be submitted with the application. All information provided will be kept confidential.

Deadline for financial assistance is February 7th, 2020

CHILD PICK UP & ABSENCES

Children will only be released to those you have authorized on your child's registration / emergency card. If there is any change in pick up arrangements the director must be notified in advance. Only children ages 9 & up will be allowed to walk home with parent/guardian permission. Please notify us by phone or email if your child will be absent from the program.

LATE FEE POLICY

Please respect our staff and pick up your child / children on time. All children must be promptly picked up at the end of class. Due to chronic lateness, you will be asked to withdraw your child/children from the program and no refund will be given.

PROGRAM CLOSINGS

Classes are not held on city holidays, snow days, or on days the Cambridge Public Schools are closed.

2019 SCHOLARSHIP DRIVE—PLEASE DONATE!

We welcome your contribution to assist us with providing scholarships to families in financial need. You may choose to support a particular program or contribute to our general scholarship fund. Please stop by the Amigos Community School office to make a donation. We thank you for your support.

EQUAL ACCESS

The City of Cambridge, Department of Human Service Programs / Community Schools Division does not discriminate in providing services on the basis of race, religion, national origin, cultural heritage, political beliefs, sexual preferences, marital status, or disability. The Department of Human Services will provide auxiliary aids and services, written materials in alternative formats, and reasonable modifications in policies and procedures to qualified individuals with disabilities upon request. For more information call 617-349-2000 (voice) or 617-492-0235.

INCLUSION POLICY

Department of Human Service Programs welcomes individuals with disabilities in all of its Out of School Time Programs. DHSP will provide reasonable accommodations to individuals with disabilities who meet the basic eligibility requirements of the OST Programs or who with the provision of reasonable accommodations will be able to meet the basic eligibility requirements to facilitate equal participation for those individuals in existing OST Programs.

Asistencia Financiera

Tenemos disponibles becas parciales para aquellas familias que califiquen. Solicite un formulario de asistencia a la directora. Se requiere la verificación de ingreso en forma de W-2 o W4 y prueba de salario debe presentarse con la aplicación. Toda la información proveída es confidencial.

La fecha límite para solicitar asistencia financiera es el [7 de Febrero del 2020](#)

Al recoger al niño/niña...

Los niños /as solo serán entregados a aquellas personas que usted haya autorizado en la tarjeta de registro / emergencia de su hijo/a. Si hay algún cambio en los arreglos debe usted notificar a la directora con anticipación. Solo los niños/as de 9 años en adelante podrán caminar a casa con el permiso de los padres / tutores.

Por favor notifíquenos por teléfono o correo electrónico si su hijo/a estará ausente del programa.

Tardanza

Por favor respeto a nuestros instructores y recoja a su hijo/ja a tiempo diariamente. Los instructores no son responsables de los niños después de la hora que finalice la clase. Todos los niños deben ser recogidos puntualmente a las 6:00pm. La tardanza crónica puede resultar en la suspensión de la participación de su hijo en el programa.

Cierre

Las clases no se llevan a cabo en días festivos, días de nieve o los días en que las Escuelas Públicas de Cambridge están cerradas.

Donaciones 2019!

Agradecemos su contribución para ayudarnos a proporcionar becas a familias con necesidades económicas. Puede optar por apoyar un programa en particular o contribuir a nuestro fondo general de becas. Pase por la oficina de Amigos Community School para hacer una donación. Le damos las gracias por su apoyo.

Acceso

El Departamento de Servicios Humanos de la Ciudad de Cambridge / División de Escuelas Comunitarias no discrimina en la prestación de servicios por motivos de raza, religión, origen nacional, patrimonio cultural, creencias políticas, preferencias sexuales, estado civil o discapacidad. El Departamento de Servicios Humanos proporcionará ayudas y servicios auxiliares, materiales escritos en formatos alternativos y modificaciones razonables en las políticas y procedimientos a personas calificadas con discapacidades que lo soliciten. Para obtener más información, llame al 617-349-2000 (voz) o al 617-492-0235.

Inclusión

El Departamento de Programas de Servicios Humanos da la bienvenida a las personas con incapacidades en todos sus programas de tiempo fuera de la escuela. El DHSP proporcionará adaptaciones razonables a las personas que cumplan con los requisitos básicos de elegibilidad de los Programas de OST o que con la provisión de adaptaciones razonables, podrán cumplir con los requisitos básicos de elegibilidad para facilitar la participación de las personas en los Programas de OST.

IMPORTANT DATES FECHAS IMPORMATES JANUARY – JUNE 2020

January / Enero 20 LUNES	Día Dr. Martin Luther King	No School / Escuela No Community School
FEBRUARY 17,18, 19,20,21	February Vacation	No School / Escuela No Community School February Camp @ Amigos
MARCH 4 (March 11th snow day) WEDNESDAY / WEDNESDAY	CAMP INFO NITE Noche de información de cam- pamentos de verano	<u>CRLS CAFETERIA 6:30PM – 8:30PM</u>
March 18th LUNES	Early Release / Medio Día	After School Fieldtrip <u>REGISTRATION REQUIRED</u>
April 10th VIERNES	Viernes Santo / Good Friday	No School / Escuela No Community School
APRIL 20, 21, 22, 23, 24	April Vacation	No School / Escuela No Community School April Camp @ Morse
May 13th MIERCOLES	Early Release / Medio Día	After School Fieldtrip TBD <u>REGISTRATION REQUIRED</u>
May 25th LUNES	Eid al-Fitr	No School / Escuela No Community School
June 3rd MIERCOLES	Early Release / Medio Día	After School Fieldtrip TBD <u>REGISTRATION REQUIRED</u>
June 16th	Last day of school & Early Re- lease (with NO snow days)	
June 23rd	Last day of school & Early Re- lease (with 5 snow days)	

For access to the official Cambridge Public School Calendar, please visit:

https://www.cpsd.us/UserFiles/Servers/Server_3042785/File/CPS_Calendar_2019-20.pdf

Early Release Days

Primavera 2020

Please note that regular classes do not meet on Early Release days. Children must be signed up separately for special Early Release day. The cost is \$50.00 /per child, per trip.

*Sign up located on class selection form. Space is limited!

@On Site

Wednesday, March 16th

1:00 - Students released from school

1:15 - Gathering at Cafeteria: Attendance / Snacks

2:00-5:00 -Knucklebones w. Wes & Awesome enrichment activities

5:15-6:00 -Pick up at Cafeteria



@Plaster Fun Time—Somerville, MA

Wednesday, May 13th

1:00— Students released from school

1:15— Depart Amigos

2:00— Arrive at Plaster Fun Time [72 Joy St, Somerville, MA 02143](#)

4:15— Depart Plaster Fun Time

5:30-6:00— Return to Amigos Pick up in Cafeteria *(*Please note potential late arrival to site due to traffic)*

Let's Go To The Fair @ Peabody School
Wednesday, June 3rd

12:30— Students released from school

1:15— Depart Amigos

2:00— Arrive at Community School Fair @ Peabody

4:30— Depart Peabody School

5:30-6:00— Return to Amigos Pick up in Cafeteria

*(*Please note potential late arrival to site due to traffic)*



Bus Policy

The Community School Programs offer after-school enrichment classes in every elementary school in Cambridge. Most children attend the classes at the Community School located in their school building.

Some families prefer to have their children attend classes in the school building located in their neighborhood. **If an established bus route exists from a child's school to the preferred Community School**, very often the Cambridge Public Schools are able to transport children to that Community School. Parents/guardians need to make transportation arrangements with the Cambridge Public Schools.

In an effort to support families, beginning this year a staff person from Community Schools will be available in front of the school to greet children under the age of 9 arriving by bus and will escort them into the school. Children age 9 and older who have parental permission may enter the school on their own.

To avoid disrupting ongoing classes and to support children's full participation in the enrichment classes, children must arrive no earlier than 15 minutes prior to the start of Community School Program and no later than 1 hour past the program start time. For a breakdown by school of the times that children may arrive for programs, please refer to the schedule below:



Cambridge Public Schools	Dismissal Times	Community Schools	Community Schools Approved Arrival Times
Amigos	2:55 pm	Amigos/Cambridgeport CS	2:45 – 4:00 pm
Cambridgeport	2:25 pm	Elm Street CS	2:15 – 3:30 pm
Peabody	2:55 pm	Fitzgerald CS	2:45 – 4:00 pm
Haggerty	1:55 pm	Haggerty CS	2:00 – 3:00 pm
King Open	2:55 pm	Harrington CS	2:45 – 4:00 pm
Graham and Parks	2:25 pm	Linnaean CS	2:15 – 3:30 pm
Kennedy-Longfellow	1:55 pm	Kennedy CS	2:00 – 3:00 pm
Morse	2:25 pm	Morse CS	2:15 – 3:30 pm
Tobin	1:55 pm	Tobin CS	2:00 – 3:00 pm

Please note: bus schedule does not apply to Fletcher Maynard and M.L. King Schools due to 4:00pm dismissal.

Behavior Policy & Expectations

When a child's behavior has been unusually difficult and disruptive to the learning of others and or our staff, the director will communicate with the child's parents/guardian about the incident (s). The intention is to solicit their insights into potential causes of the behavior and to provide additional support when needed it.. Parents/guardians cooperation and support in an integral part of their child's learning and growth that can lead to solving any future behavioral issues. If the problem persists, a parent/ guardian conference will be scheduled to discuss the matter and to formulate collectively an action plan .

In cases where a child's behavior poses a threat to his / her safety and or the safety of our staffs and other children with recommendation of the Program Manager and the Division Head, the child may be removed from the program for an extended time . Before the child may return to the program, a conference will be held with the Director, the Program Manager and the parents / guardians , and in some cases , the child, to determine whether or not is appropriate for the child to continue in the program. When it is appropriate for the child to continue in the program, an action plan will be created to address the child's needs and implemented. In some cases, the action plan may include recommending counseling services for the child.

If the standards for safe and respectful participation in the program with the existing staff/child rations cannot be met, the parent/guardian maybe asked to withdraw the child from program. In any case of withdrawal / termination, the DHSP staff will work with the parent/guardian to provide appropriate closure for the child. **Please note that if a child has been suspended from the regular school day, the child may not attend Community School after school programming.**

**Knucklebones
Creative Movement & Team Building**
Grades JK-1st
Fee: \$180
Instructor: Wes

Students will learn good sportsmanship and coordination through alternative games. This is a great chance for students to burn off energy while having fun!

Mixed Media Portrait Painting
Grades 2nd—5th
Instructor
\$125

Create your own unique portrait of yourself or someone you love in canvases and wood panels using various art mediums such as oil, acrylic, gouache and watercolor paints.

Latin América Arte Adventures en español
Grades JK—1st
Fee: \$135

Instructor: Edith & Patricia
Latin América Arte Adventures is an exploration of Latin América art, dance, folklore, food and culture coupled with fun hands on project so that all students can learn about the riches and diversity of Latin America.

Fuse Bead Creations
Grades 1st-2nd
Fee: \$115

Instructor: Harry
Each week students will be given a special project using fuse beads, the tiny plastic beads that are ironed to make interesting objects! . Special projects will include 3D structures, puzzles, keychains, jewelry and much more!

Afro Beats Dance Mix
Grades JK-K
Fee: \$140

Instructor: Jamila & Keilah
This class is designed for students to be able to express themselves through creative movement, learn how to create and master their own unique dance style and costumes, while gaining confidence in themselves.

EMPOW Digital Arts & Design Studio
Grades 2nd-5th
Fee: \$290

Instructor: Lenny
Digital Arts & Design Club is for designers, storytellers, and aspiring tech gurus. Using technology as a tool, kids can create movies, animations, music compositions, and even 3d models that we print so they can share with family and friends. This club is a great way to expose the power of technology, while retaining the art and storytelling elements kids tend to always love. No previous coding or digital art experience is required. Learn more about Empow Studios at <https://empow.me>

Story to Stage
Grades 1st—3rd
Fee: \$150

Instructor: Sarah Fader
In this beginning-intermediate theatre class, students will work together to create stories from their own imaginations. They will explore ways of telling those stories in performance, using language, movement, props, and costumes. Theatre games will be played for inspiration and to build skills in listening and collaboration.

Homework Support
Grades 3rd-5th
Fee: \$115

Instructor: Sr. Fabio
This class is designed to give students in 3rd—5th grade time to complete their homework before heading home for the day. The teachers will oversee completion of homework and provide academic support when needed.

Cocina Criolla
Grades 1st—3rd
Fee: \$150

Instructor: Nelson
Students will work together to create Cocina Criolla recipes del Caribe learning how to safely use everyday kitchen equipment. This class is designed to build each student's interest in Caribbean recipes and culture and build confidence with cooking!

Team Building & Outdoor Play (2 groups)

Grades JK-2nd - 3rd-5th

Fee: \$110

Instructor: TBD

Good ol' fashion fresh air— this is the perfect class for students who need to get outside after a long day of classes. Teachers will supervise outdoor activities on the playground and will facilitate with games such as tag, dodgeball, and much more.

**Please note that alternative activities will be arranged when weather does not permit us to take children outside.*



Mondays 3:30

ForageKid club: Playing videogames to promote cognitive executive functions

Grades K-1st

Fee: Free

Language: English/Spanish

Instructor: Beatriz Gil & Laura Cruces

Playing video-games is part of the day life of our children. Suppose we could develop a video game promoting cognitive development in children while at the same time is fun for them? In the “Foragekid” club, we will ask children to play with different versions of a video game-like task that is currently being tested to determine if it can improve the development of attention and executive functions. The game is designed to be fun for the children. They will be looking for familiar toys like “beanie boos” with occasional breaks to answer some simple and fun quiz questions. There will also be some exercise challenges in order to win games. Cooperative gaming may also be tested where two or more children work together to gain prizes like stickers, “research-diplomas” or other type of arts & crafts. Children will run a few standard executive function tasks for comparison with the foraging game; tentatively scheduled for the beginning of the club in late February and at the end in June. The tests provide baselines to determine if the video game can really help children to increase their executive functions during this research study. From time to time, we may also unobtrusively record childrens’ eye movements using a fun device where they can also play with blinking eyes, following a dot and “see” how their eyes move around the screen. Parents may be asked to fill out a couple of short questionnaires before and after the program. You can learn more about this project at <https://sites.google.com/site/bgilgomezdelianno/foragekid-project/foragekid-club>

Mondays 4:30

ForageKid club: Playing videogames to promote cognitive executive functions

Grades 2nd - 4th

Fee: Free

Language: English/Spanish

Instructor: Beatriz Gil & Laura Cruces

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Grades 1st—3rd

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Instructor: Jamila

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Latin América Arte Adventures en español

Grades 1st-2nd

Fee: \$135

Instructor: Patricia

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Grades 3rd—5th

Fee: \$150

Instructor: Nelson

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EMPOW Coding Club

Grades 3rd-5th

Fee: \$290

Instructor: Lenny

Coding Club is for kids who want to try their hand at creating games, animations, and applications by learning how to code. Club members will start with fundamental concepts using Scratch, an easy-to-understand, block-based, drag & drop coding language. Kids will also be able to apply their new coding knowledge to create a playable video game they can share with friends. Once kids are familiar with the basic concepts, we introduce Java, an industry

standard language used in many of the applications running on your Android device, and in the 2nd best-selling video game of all time, Minecraft. No prior experience is required. Learn more about Empow Studios at <https://empow.me>

Knucklebones Baseball

Grades 3rd-5th

Fee: \$160

Instructor: Wes

This class is designed to teach students the rules of baseball, while also developing their skill and technique. Through a combination of drills, games and hands on practice, students will increase their knowledge of, and love for one of America's favorite pastime!

Board Games & Free Play

Grades JK-K

Fee: \$110

Instructor: Jojo

This class is specially designed for our younger students who are tired by the end of the day. This class is designed to accommodate a range of activities, including individual drawing/coloring, story time and small group board games. Each week will be different and will reflect student choice.

Team Building & Outdoor Play (2 groups)

Grades JK-2nd - 3rd—5th

Fee: \$110

Instructor: TBD

Good ol' fashion fresh air— this is the perfect class for students who need to get outside after a long day of classes. Teachers will supervise outdoor activities on the playground and will facilitate with games such as tag, dodgeball, and much more.

**Please note that alternative activities will be arranged when weather does not permit us to take children outside.*

Mixed Media Portrait Painting

Grades: JK—K TBD & 1st—3rd W. Farah Jeune

\$125

Create your own unique portrait of yourself or someone you love in canvases and wood panels using various art mediums such as oil, acrylic, gouache and watercolor paints.

Cool Down Zumba

Grades JK-K

Fee: \$150

Instructor: Patricia

Cool Down Zumba incorporates fun choreography set to mellow music and rhythms. Students will follow Patricia's lead as they build coordination and basic choreography skills. This fun class is a great chance for students to move!

Hip Hop Dancing

Grades JK-1

Fee: \$170

Instructor: Nikki

In this class students learn the basics of movement to rhythm and beat. There will be a focus on individual skill-building as well as a chance for students to work on choreography as a group. Students build confidence as they learn some serious dance moves!

Team Building & Outdoor Play (2 groups)

Grades JK-2nd - 3rd—5th

Fee: \$110

Instructor: TBD

Good ol' fashion fresh air— this is the perfect class for students who need to get outside after a long day of classes. Teachers will supervise outdoor activities on the playground and will facilitate with games such as tag, dodgeball, and much more.

*Please note that alternative activities will be arranged when weather does not permit us to take children outside.

Chess Wizards

Grades 3rd-5th

Fee: \$190

Instructor: Karen

In this class students will build upon their mastery of this classic game, including playbook strategies to capture their opponents queen. This class is also perfect for beginners who can learn from their more advanced peers

Homework Support

Grades 3rd-5th

Fee: \$115

Instructor: Mr. Fabio

This class is designed to give students in 3rd—5th grade time to complete their homework before heading home for the day. The teacher will oversee completion of homework and provide academic support when needed.

Ceramics

Grades JK-1st

Fee: \$200

Instructor: June Lee

Hands on fun with clay! Students will explore the world of ceramics through engaging hands on projects ranging from a soap dish to a wall clock. Students will learn to use ceramic tools, basic hand building techniques and glazing.

Skills 2 Grill

Grades 1st—3rd

Fee: \$160

Instructor: Nelson

Students will work together to create scrumptious snacks each week while learning how to safely use everyday kitchen equipment. This class is designed to build each student's interest in and confidence with cooking!

Taekwondo

\$30 additional fee for uniform

Grades : 1st—5th

Fee: \$160 *includes uniform (returning students encouraged)*

Instructor: Dr. Carlos Swaby

In this class, students will be learning Taekwondo, a Korean form of martial art and self defense. This class includes an introduction to the art of Taekwondo, hands and foot techniques, and drills using pads.

Skills 2 Grill

Grades 3rd—5th

Fee: \$160

Instructor: Nelson

Students will work together to create scrumptious snacks each week while learning how to safely use everyday kitchen equipment. This class is designed to build each student's interest in and confidence with cooking!

Board Games & Free Play

Grades JK -K

Fee: \$110

Instructor: TBD

This class is specially designed for our younger students who are tired by the end of the day. This class is designed to accommodate a range of activities, including individual drawing/coloring, story time and small group board games. Each week will be different and will reflect student choice.

Cool Down Zumba

Grades 1st -2nd

Fee: \$150

Instructor: Patricia

Cool Down Zumba incorporates fun choreography set to mellow music and rhythms. Students will follow Patricia's lead as they build coordination and build basic choreography skills. This fun class is a great chance for students to move!

Ceramics

Grades 2nd—5th

Fee: \$200

Instructor: June Lee

Hands on fun with clay! Students will explore the world of ceramics through engaging hands on projects ranging from a soap dish to a wall clock. Students will learn to use ceramic tools, basic hand building techniques and glazing.

Chess Wizards

Grades 1st -3rd

Fee: \$190

Instructor: Karen

In this class students will build upon their understanding of this classic game, including playbook

strategies to capture their opponents queen. This class is perfect for beginners and intermediate players looking to increase their skills.

Hip Hop Dancing

Grades 3rd -5th

Fee: \$170

Instructor: Nikki

In this class students learn about movement to rhythm and beat. There will be a focus on individual skill-building as well as a chance for students to work on choreography as a group. Students build confidence as they learn some serious dance moves!

Team Building & Outdoor Play (2 groups)

Grades JK—1st & 2nd—5th

Fee: \$110

Instructors: TBD

Good ol' fashion fresh air— this is the perfect class for students who need to get outside after a long day of classes. Teachers will supervise outdoor activities on the playground and will facilitate with games such as tag, dodgeball, and much more.

*Please note that alternative activities will be arranged when weather does not permit us to take children outside.



TUESDAY CLASSES — 4:30 (15 WEEKS)

Story Time & Puppet Show

Grades JK-K

Fee: \$150

Instructor: Edith

Each class will begin with a story, followed by hands on puppet making! Students will engage with a new story each week to find creative inspiration to make their own characters.

Girl Talk

Grades: 2nd—5th grade

Fee: \$120

Instructor: Jamila & Keilah

A fun and exciting class in which girls will have the opportunity to participate in activities and discussions geared towards friendship, health & fitness,, community service and also in a variety of arts, including performing, visual, culinary and more. The class will conclude at the end of the session with the girls having



Creative Building

Grades JK-K

Fee: \$100

Instructor: Nelson

Creative building will use a range of materials to get student's imagination flowing! Each week will be a different activity focused on a theme— from building a fish with found objects to using Legos to create a maze, students will be asked to engage using their creative eye!

Preparando la merienda con Samira

Grades JK-K

Fee: \$130

Instructor: Samira

Each week, we'll work together to prepare fun delicious & healthy snacks. Students will practice kitchen skills and safety, open-mindedness, and teamwork.

Baile Folklórico

Grades JK-1st

Fee: \$130

Instructor: Patricia

This class features kid-friendly routines based on various Latin American folkloric choreography. Patricia will help you break down the steps, add games, activities and cultural exploration elements into the class structure. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.

Yoga & Surfer MamaGrades : JK— 1st grade

Instructor: Fatou Carol

Fee: \$130

This is an active movement class that engages the students in Yoga poses that get built into a series based on a theme. These poses are reinforced with movement games such as Bear Mountain, Surfer Mama, Triangle Tag, Salute to the Sun dance with scarves, Watering the Garden, and Bird Pose Taking Flight. This active work is framed by brief centering exercises in the beginning of class and five minutes of relaxation at the end.

Homework Support

Grades 3rd-5th

Fee: \$115

Instructor: Fabio & Edith

This class is designed to give students in 3rd—5th grade time to complete their homework before heading home for the day. The Teacher (TBD) will oversee completion of homework and provide academic support when needed.

Drumlin Farm Wildlife Sanctuary

Grades JK—1st

Fee: \$180

Instructor: Wendy

Investigate the ecology of diverse habitats as well as the adaptations of the animals and the plants that live at Drumlin Farm Sanctuary. Students will investigate the life cycles of wild and domestic plants and explore animal adaptations.

Art Around the World

Grades 1st—2nd

Fee: \$120

Instructor: Jamila

Embark on a journey around the world through the lens of art! Students will be introduced to art mediums from all over the globe, while learning about the African and Native cultures that produce such unique pieces of work.

Team Building & Outdoor Play (2 groups)

Grades JK—1st & 2nd—5th

Fee: \$110

Instructors: TBD

Good ol' fashion fresh air— this is the perfect class for students who need to get outside after a long day of classes. Teachers will supervise outdoor activities on the playground and will facilitate with games such as tag, dodgeball, and much more.

*Please note that alternative activities will be arranged when weather does not permit us to take children outside.



Mad Science

“Forces of Nature!”

Grades 3rd—5th

Fee: \$170

Instructor: TBD

There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We’ll explore the forces of nature; investigate the powerful processes that shape the Earth and form rocks, minerals and gems; try out different types of simple machines - levers, incline planes, wheels, and pulleys; and discover how hurricanes, tornadoes and thunderstorms develop and how powerful they can be! We’ll also learn first hand how advances in science and technology are behind our favorite movie special effects and much more!

Mixed Media Portrait Painting

Grades 1st—3rd

Instructor

\$125

Create your own unique portrait of yourself or someone you love in canvases and wood panels using various art mediums such as oil, acrylic, gouache and watercolor paints.

Art Around the World

Grades 1st—3rd

Fee: \$120

Instructor: Jamila

Embark on a journey around the world through the lens of art! Students will be introduced to art mediums from all over the globe, while learning about the cultures that produce such unique pieces of work.

Preparando la merienda con Samira

Grades JK-K

Fee: \$130

Instructor: Samira

Each week, we'll work together to prepare fun delicious & healthy snacks. Students will practice kitchen skills and safety, open-mindedness, and teamwork.

Drumlin Farm Wildlife Sanctuary

Grades 2nd - 5th

Fee: \$180

Instructor: Wendy

Investigate the ecology of local diverse habitats as well as the adaptations of the animals and the plants that are native to Massachusetts. Students will investigate the life cycles of wild and domestic plants and explore animal adaptations.

Board Games & Free Play

Grades JK -K

Fee: \$110

Instructor: TBD

This class is specially designed for our younger students who are tired by the end of the day. This class is designed to accommodate a range of activities, including individual drawing/coloring, story time and small group board games. Each week will be different and will reflect student choice.

Mad Science

"Forces of Nature!"

Grades 3rd—5th

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There will be exciting hands-on activities, spectacular demonstrations, inquiry-based discussions, and amazing projects to make and take home. We'll explore the forces of nature; investigate the powerful processes that shape the Earth and form rocks, min-

erals and gems; try out different types of simple machines - levers, incline planes, wheels, and pulleys; and discover how hurricanes, tornadoes and thunderstorms develop and how powerful they can be! We'll also learn first hand how advances in science and technology are behind our favorite movie special effects and much more!

Yoga & Surfer Mama

Grades : JK— 1st grade

Instructor: Fatou Carol

Fee: \$130

This is an active movement class that engages the students in Yoga poses that get built into a series based on a theme. These poses are reinforced with movement games such as Bear Mountain, Surfer Mama, Triangle Tag, Salute to the Sun dance with scarves, Watering the Garden, and Bird Pose Taking Flight. This active work is framed by brief centering exercises in the beginning of class and five minutes of relaxation at the end.

DEAR DROP EVERYTHING AND READ

Grades 2nd -5th

Fee: \$115

Instructor: Lissette Castillo

Fee: \$115

This class is designed to give students in 3rd—5th time to read and discuss with their peers their readings while analyzing characters, genres, plots and *moralitas*.

Imagination Station
 Grades: JK—K
 Fee: \$125
 Instructor : Keilah

For all the littlest actors and actresses in JK/ Kindergarten, we've designed this class to open young minds and stimulate the imagination. Students will explore the world of make-believe through storytelling, imaginative play, fairy tale reenactment and movement exercises.

Young children thrive on pretend play, they love to dress up and act out real life situations in the play center. The Imagination Station will be filled with many opportunities for both learning and fun! When your kids engage in pretend play they are developing critical skills across all learning domains such as language and literacy, fine and gross motor, and even social skills! We'll change the themes regularly and use a story to set the scene!



YMCA Swimming Lessons (**April 29th—June 10th— five sessions*) (*no classes 5/13 & 6/13rd due to Early Release Days*)

*Grades K-1st
 Fee: \$150*

Instructor: YMCA Staff
**4:45-5:30*

Swim lessons are back! Each week students will walk down to the YMCA (located at 820 Mass Ave.) to participate in swim lessons lead by experienced YMCA staff. This is the perfect class for younger students who need to strengthen their swimming skills.

*Please note that all students who participate in swim lessons MUST be picked up at the YMCA by 5:45. Students must bring a swimsuit and towel to participate. Students must be in kindergarten or 1st grade to participate.

Please note that for the safety of the children and our staff, we don't send students to lessons during extreme weather conditions.



Mixed Media Portrait Painting
 Grades 1st—2nd
 Instructor
 \$125

Create your own unique portrait of yourself or someone you love in canvases and wood panels using various art mediums such as oil, acrylic, gouache and watercolor paints.

Wednesdays 3:30

ForageKid club: Playing videogames to promote cognitive executive functions

Grades K-1st

Fee: Free

Language: English/Spanish

Instructor: Beatriz Gil & Laura Cruces

Playing video-games is part of the day life of our children. Suppose we could develop a video game promoting cognitive development in children while at the same time is fun for them? In the "Foragekid" club, we will ask children to play with different versions of a video game-like task that is currently being tested to determine if it can improve the development of attention and executive functions. The game is designed to be fun for the children. They will be looking for familiar toys like "beanie boos" with occasional breaks to answer some simple and fun quiz questions. There will also be some exercise challenges in order to win games. Cooperative gaming may also be tested where two or more children work together to gain prizes like stickers, "research-diplomas" or other type of arts & crafts. Children will run a few standard executive function tasks for comparison with the foraging game; tentatively scheduled for the beginning of the club in late February and at the end in June. The tests provide baselines to determine if the video game can really help children to increase their executive functions during this research study. From time to time, we may also unobtrusively record childrens' eye movements using a fun device where they can also play with blinking eyes, following a dot and "see" how their eyes move around the screen. Parents may be asked to fill out a couple of short questionnaires before and after the program. You can learn more about this project at <https://sites.google.com/site/bgilgomezdelianno/foragekid-project/foragekid-club>

Wednesdays 4:30

ForageKid club: Playing videogames to promote cognitive executive functions

Grades 2nd - 4th

Fee: Free

Language: English/Spanish

Instructor: Beatriz Gil & Laura Cruces

Playing video-games is part of the day life of our children. Suppose we could develop a video game promoting cognitive development in children while at the same time is fun for them? In the "Foragekid" club, we will ask children to play with different versions of a video game-like task that is currently being tested to determine if it can improve the development of attention and executive functions. The game is designed to be fun for the children. They will be looking for familiar toys like "beanie boos" with occasional breaks to answer some simple and fun quiz questions. There will also be some exercise challenges in order to win games. Cooperative gaming may also be tested where two or more children work together to gain prizes like stickers, "research-diplomas" or other type of arts & crafts. Children will run a few standard executive function tasks for comparison with the foraging game; tentatively scheduled for the beginning of the club in late February and at the end in June. The tests provide baselines to determine if the video game can really help children to increase their executive functions during this research study. From time to time, we may also unobtrusively record childrens' eye movements using a fun device where they can also play with blinking eyes, following a dot and "see" how their eyes move around the screen. Parents may be asked to fill out a couple of short questionnaires before and after the program. You can learn more about this project at <https://sites.google.com/site/bgilgomezdelianno/foragekid-project/foragekid-club>

Skills 2 Grill*Grades 1st—3rd**Fee: \$150*

Instructor: Nelson

Students will work together to create scrumptious snacks each week while learning how to safely use everyday kitchen equipment. This class is designed to build each student's interest in and confidence with cooking!

Fuse Bead Magic*Grades JK-K**Fee: \$125*

Instructor: Jojo

Fuse beads are a great activity to build coordination in young students. In this class students will be encouraged to use their imagination to build interesting designs using fuse beads. Eager students will be given more challenging project ideas to keep them engaged!

Vegetable Circus*Grades JK-1st**Fee: \$140**Instructor: TBD*

Circus Sprouts! Take your first circus steps and grow your circus superpowers with Vegetable Circus!

Students

learn a variety of age appropriate circus skills while preparing for a final performance.

Throughout the session we connect circus arts to the themes of healthy eating, healthy moving, and healthy hydration. Join the circus today!

Puddlestompers*Grades JK - 1st grade**Fee: \$190*

Instructor: TBD

Discover the wonders of Spring! Students will participate in hands-on exploration activities, active movement and play, crafts, and stories to investigate the natural world around them. Students will be outside and moving as they explore.

Mixed Media Portrait Painting & Digital Art*Grades 3rd—5th**Fee: \$125*

Instructor: Farah Jeune

Create your own unique portrait of yourself or due illustration projects of national and personal heroes you love in canvases, wood panels, and digital art using various art mediums such as oil, acrylic, gouache and watercolor paints.

Baton*Grades 1st—3rd**Fee: \$133*

Instructor: Alicia

In this performance-based class students will hone their baton skills, along with stage presence, choreography and teamwork.

Yoga & Surfer Mama*Grades: JK— 1st grade**Fee: 1\$30*

Instructor: Fatou Carol

This is an active movement class that engages the students in Yoga poses that get built into a series based on a theme. These poses are reinforced with movement games such as Bear Mountain, Surfer Mama, Triangle Tag, Salute to the Sun dance with scarves, Watering the Garden, and Bird Pose Taking Flight.

Homework Support*Grades 3rd-5th**Fee: \$115*

Instructor: Sr. Fabio

This class is designed to give students in 3rd—5th grade time to complete their homework before heading home for the day. Teacher will oversee completion of homework and provide academic support when needed.

Karaoke con Doña Pati*Grades: JK—K**Fee: 120*

Instructor: Pati

Have you ever wanted to learn to sing a Mariachi? ¿Una bachata? In this class, children will continue to practice their Spanish while also gaining confidence to participate in front of their peers. Children will memorized age appropriate and fun songs to boost their confidence and bring them joy.

Taekwondo (one hour only)*\$30 additional fee for uniform**Grades: 1st—5th**Fee: \$160 includes uniform (returning students encouraged)*

Instructor: Dr. Carlos Swaby

In this class, students will be learning Taekwondo, a Korean form of martial art and self defense. This class includes an introduction to the art of Taekwondo, hands and foot techniques, and drills using pads.

Puddlestopper*Grades JK–1st**Fee: \$190*

Instructor from Puddlestopper

Discover the wonders of Spring! Students will participate in hands-on exploration activities, active movement and play, crafts, and stories to investigate the natural world around them. Students will be outside and moving as they explore.

Art Around the World*Grades 1st–2nd**Fee: \$120*

Instructor: Jamila

Embark on a journey around the world through the lens of art! Students will be introduced to art mediums from all over the globe, while learning about the African and Native cultures that produce such unique pieces of work.

Skills 2 Grill*Grades 3rd & 5th**Fee: \$150*

Instructor: Nelson

Students will work together to create scrumptious snacks each week while learning how to safely use everyday kitchen equipment. This class is designed to build each student's interest in and confidence with cooking!

Baton*Grades 3rd–5th**Fee: \$133*

Instructor: Alicia

In this performance-based class students will hone their baton skills, along with stage presence, choreography and teamwork.

Karaoke con Pati*Grades: JK–K**Fee: 120.00*

Instructor: Pati

Have you ever wanted to learn to sing a Mariachi? ¿Una bachata? In this class, children will continue to practice their Spanish while also gaining confidence to participate in front of their peers. Children will memorized age appropriate and fun songs to boost their confidence and bring them joy.

Vegetable Circus: Circus Skills*Grades: 2nd–5th**Fee: \$140*

Instructor: TBD

Learn amazing circus tricks that will wow your friends and family! Whether you are taking your first circus steps or bringing your circus skills to the next level, Vegetable Circus is ready to help you grow your circus superpowers! Students learn a variety of age appropriate circus skills while preparing for a final performance. Throughout the session we connect circus arts to the themes of healthy eating, healthy moving, and healthy hydration. Join the circus today!

Yoga & Surfer Mama*Grades: JK–1st grade*

Instructor: Fatou Carol

Fee: \$130

This is an active movement class that engages the students in Yoga poses that get built into a series based on a theme. These poses are reinforced with movement games such as Bear Mountain, Surfer Mama, Triangle Tag, Salute to the Sun dance with scarves, Watering the Garden, and Bird Pose Taking Flight. This active work is framed by brief centering exercises in the beginning of class and five minutes of relaxation at the end.

Mixed Media Portrait Painting & Digital Art*Grades 3rd–5th**Fee: \$125*

Instructor: Farah Jeune

Create your own unique portrait of yourself or due illustration projects of national and personal heroes you love in canvases, wood panels, and digital art using various art mediums such as oil, acrylic, gouache and watercolor paints.

Girl Talk*Grades: 2nd–5th grade**Fee: \$120*

Instructor: Keilah

A fun and exciting class in which girls will have the opportunity to participate in activities and discussions geared towards friendship, health & fitness, community service and also in a variety of arts, including performing, visual, culinary and more.

Ukulele Small Group Lesson *Limit 7 students

Grades JK-K

Fee: \$200

Instructor: Javier

In this fun small group lesson students will learn the basics of playing a string instrument through sing-alongs, games, movement and listening activities. Students will be provided with a ukulele during class, but instruments from home are welcome!

Legos & Board Games

Grades JK-K

Fee: \$100

Instructor: Jojo

In this free-time style class students will get a chance to unwind and have fun! Teachers will facilitate Lego building and board game activities. Each week will vary slightly, based on student interest.

West African Dance & Drumming

Grades JK—2nd grade

Fee: \$220

(3:30—5:30) (2 hours session)

Instructor: Carol & Allison

Students will have a double class allowing them to learn both W. African drumming and dancing including; traditional rhythms, dances and songs from Senegal and Guinea, W. Africa as well as have time for related creative games and improvisation.

Knucklebones—Spectacular Sports

Grades 1st-3rd

Fee: \$150

Instructor: Wes

This class is not your average sports class! This class will focus on strategy, fitness, and fun, allowing everyone to get involved and have a good time. Everyone will be challenged, learn new skills and have a blast!

*Proper clothing and sneakers required

Jamba Juice

Grades: JK—1st

Fee: \$150

Instructor: Nelson

Jamba Juice is serious fun, and seriously delicious! In this class students will learn basic food prep skills and how to follow a recipe. Each week students will make a different smoothie that will incorporate healthy ingredients.

Capoeira

Grades: 1st & 3rd

Fee: \$170

Instructor: Mestre Chuisquinho,

Capoeira is a dynamic Brazilian art form combining martial arts, self defense, acrobatic movements, music and dance. Students learn basic capoeira kicks and dodges, well as some acrobatics like handstands and cartwheels. It is also great for developing coordination. Beginning Portuguese vocabulary is incorporated into each class and students learn to sing capoeira music in Portuguese. This class emphasizes developing discipline and confidence as students learn capoeira movements and music. No prior dance or martial arts experience necessary.

Descubriendo el Mundo de la Química

(Clase en Español)

Discover the World of Chemistry

Grades: 2nd—5th

Fee \$135

Instructor: Fabio

Los estudiantes adquirirán una comprensión básica de las estructuras tridimensionales de algunas moléculas importantes que se encuentran en la naturaleza o son producto de la actividad humana. El ensamblaje de las pequeñas esferas y barras que representan átomos y enlaces, respectivamente, permitirá que los niños desarrollen e incrementen habilidades en el conocimiento de algunos fundamentos de la Química en una forma recreativa y divertida.

Karaoke con Pati

Grades: JK—K

Fee: 120

Instructor: Pati

Have you ever wanted to learn to sing a Mariachi? ¿Una bachata? In this class, children will continue to practice their Spanish while also gaining confidence to participate in front of their peers. Children will memorized age appropriate and fun songs to boost their confidence and bring them joy.

Mixed Media Portrait Painting & Digital Art

Grades 1st - 3rd Farrah / 3rd—5th Harry

Fee: \$125

Create your own unique portrait of yourself or due illustration projects of national and personal heroes you love in canvases, wood panels, and digital art using various art mediums such as oil, acrylic, gouache and watercolor paints.

Jamba Juice
 Grades 1st–3rd
 Fee: \$150

Instructor: Nelson

Jamba Juice is serious fun, and seriously delicious! In this class students will learn basic food prep skills and how to follow a recipe. Each week students will make a different smoothie that will incorporate healthy ingredients. This class will nurture teamwork and having an open mind to new ingredients (“You’re putting KALE in there?!”).

Textile Art
 Grades 1st–3rd
 Fee: \$120

Instructor: Harry

In this class students will focus on a wide range of textiles to complete fun weekly art projects. Projects may include pillow making, weaving, embroidery and much more.

Board Games & Free Play
 Grades 1st–2nd
 Fee: \$110

Instructor: Jojo

In this free-time style class students will get a chance to unwind and have fun! Teachers will facilitate Lego building and board game activities. Each week will vary slightly, based on student interest.

Knucklebones
 Skateboarding
 Grades 3rd–5th
 Fee: \$150

Instructor: Wes

In this class students will learn the basics of skateboarding, with attention on safety! This challenging class is a great way build balance and coordination. *Skateboards and helmets will be supplies.

Karaoke con Doña Pati
 Grades: JK–K
 Fee: 120.00

Instructor: Pati

Have you ever wanted to learn to sing a Mariachi? ¿Una bachata? In this class, children will continue to practice their Spanish while also gaining confidence to participate in front of their peers. Children will memorized age appropriate and fun songs to boost their confidence and bring them joy.

Imagination Play
 Grades: JK–K
 Fee: \$125

Instructor: Keilah

For all the littlest actors and actresses in JK/ Kindergarten, we’ve designed this class to open young minds and stimulate the imagination. Students will explore the world of make-believe through storytelling, imaginative play, fairy tale reenactment and movement exercises.

Team Building & Outdoor Play
 Grades JK–2nd 2nd–5th (two groups by grade)
 Fee: \$110

Instructor: Niedra and Corrina

Good ol’ fashion fresh air— this is the perfect class for students who need to get outside after a long day of classes. Teachers will supervise outdoor activities on the playground and will facilitate with games such as tag, dodge ball, and much more.

*Please note that alternative activities will be arranged when weather does not permit us to take children outside.

Mixed Media Portrait Painting
 Grades 1st–3rd
 Fee: \$125

Instructor Farah Jeune

Create your own unique portrait of yourself or someone you love in canvases and wood panels using various art mediums such as oil, acrylic, gouache and watercolor paints.

Capoeira
 Grades: 3rd–5th
 Fee: \$170

Instructor: Mestre Chuisquinho,

Capoeira is a dynamic Brazilian art form combining martial arts, self defense, acrobatic movements, music and dance. Students learn basic capoeira kicks and dodges, as well as some acrobatics like handstands and cartwheels. It is also great for developing coordination. Beginning Portuguese vocabulary is incorporated into each class and students learn to sing capoeira music in Portuguese. This class emphasizes developing discipline and confidence as students learn capoeira movements and music. No prior dance or martial arts experience necessary.