



BEFORE AND AFTER SCHOOL PROGRAMS Winter 2019

8 Sessions – Starting week of January 7th 2019

SINGING | Brought to us by the Music Loft | Grades 3rd-6th



Do you like to sing? Then this after school program is for you. Learn singing techniques, harmonies, beat boxing and more as you sing some of the greatest songs made famous by Pentatonix and more! This group is for guys and girls in grades 3rd through 6th. **\$72 | Tuesdays | 4:10-5:10pm | Stage Room**

ART | Brought to us by First Marks Art Studio | Grades K-3rd



Art Studio. **Sketch books and all supplies are included.**

Join First Marks as we explore the many themes of winter. Using various materials and techniques such as drawing, cut paper, water color pencil, model magic and more we will dive into your child's creative process. We will design magical winter landscapes, create the characters of winter and look at the quiet magic of the session. Your young artist will develop skills as they enjoy this hand-on and multi-medium art class presented by First Marks

\$127 | Wednesdays | 8:05-9:00am | Art Room

CHESS | Brought to us by Snow Chess Academy | Grades 3rd-6th



| Library

This program incorporates professional teaching of chess to children in a way that will help them appreciate the art, rules, strategies, tactics, decorum and joy of the game. The class includes casual supervised play, as well as chess "ladder play" for older or more experienced students. **\$80 | Wednesdays | 8:05-9:00am**

HIP HOP DANCE | Brought to us by Kids in Motion | Grades K – 5th

Hip Hop Dance is for kids in grades K-5th. This is a high energy, exciting dance class specifically designed for children - but with an emphasis on Hip Hop music. Classes are set up with kid friendly music, movements, and routines. Hip Hop Dance is a great fit for children as it creates an environment of excitement around being healthy and active! Dance instructors are certified Zumba Kids instructors through Zumba International or they are experienced Hip Hop instructors. All instructors receive further training through NOVA Kids in Motion lead Zumba and Dance instructors.

\$110 | Wednesdays | 4:10-5:10pm | Stage Room

PARKOUR | Brought to us by Urban Evolution | Grades K – 6th

Parkour is a physical discipline in which individuals move through their environment and conquer obstacles in their path. It includes climbing, balancing, jumping, running, vaulting, creativity and working past fear. The gym will be divided into two halves for the younger and older students. **\$136 | Thursdays | 4:10-5:10pm | Gym**

BASKETBALL | Brought to us by Apex Hoops and Aldrin Parent, Mr. Tao Hamilton | Grades K-3rd

Tau Hamilton, an Aldrin Elementary parent and former South Lakes High School and USCAA Division I College basketball player, is a passionate student-focused individual with proven expertise in teaching and motivating youth and young adults. During this class, students will learn the skills and strategies of the game along with the importance of teamwork and communication. The first half of the class will focus on skill building and the second half will be game play. **\$90 | Tuesdays | 4:10-5:10pm | Gym**

STEAM | Brought to us by Aldrin's STEAM Teacher, Theresa Reedy | Grades 2nd-6th

Mrs. Reedy will have this class explore and focus on coding and robotics. Coding for Beginners will explore basic ideas such as loops, events, and conditionals. Students will build a solid foundation on basic concepts so that they are able to explore a wider range of topics as we continue. Students will practice coding using robots, computers, and even through a few no tech lessons to deepen their understanding of coding.

\$95 | Wednesdays | 8:05-9:00am | STEAM Room

ART | Brought to us by Aldrin's Art Teacher, Amanda Davies | Grades 3rd-6th

Love art? Love Space? Come join Ms. Davis in an after-school exploration of robots, aliens, galaxies, planets in the forms of clay, painting, and more!

\$90 | Tuesdays | 4:10-5:10pm | Art Room

TENNIS | Taught by TGA Premier Tennis | Grades K– 5th

TGA Tennis introduces the life-long sport of tennis at an early age through programs that provide a fun and enriching experience for children. Coaches lead students through station-based drills and games that develop the fundamental skills of grip, forehand, backhand, volley, and serve. Students participate in STEAM labs that allow them to explore academic concepts like gravity, force, and spin through the game. **\$137 | Fridays | 8:05-9:00am | Gym**

UKULELE | Brought to us by Aldrin's Music Teacher, Katie Friedman | Grades 2nd-6th

This class is designed for beginning ukulele players—student who have never played or have played very little. We will focus on ukulele basics such as plucking, strumming and chord reading, and the proper way to hold and care for a ukulele. We will play a large variety of songs from the Beatles to Taylor Swift. **Each student is provided a ukulele to use for the duration of the class only. \$80 | Thursdays | 8:05-9:00am | Stage Room**

FLAG FOOTBALL | JSTA Athletics | Grades 3rd-6th



Players learn the how to pass, catch, run routes and play defense through flag pulling techniques. Develop a love for the sport as each class includes confidence-building drills and games incorporating skills learned. Activities include footwork agility, relays, 4 corners, capture the football and many more! **| \$105 | Wednesdays | 4:10pm-5:10pm | Gym**

VOLLEYBALL | Brought to us by Aldrin's Moms Annmarie Swope and Kate Brown | Grades 4th -6th



Aldrin Moms and former Division I George Washington University volleyball players will be teaching the game utilizing individual and team drills focusing on passing, setting, hitting, serving, and game play. Skill instruction and drills will be catered to the experience level of the student. Beginner and intermediate players welcomed! Portion of proceeds will go back to Aldrin for purchase of gym equipment. **| \$75 | Thursdays | 8:05-9:00am | Gym**



YOGA | Brought to us by Kaizen Athletics | Grades K-5th

Develops focus, flexibility, strength, and coordination through yoga poses, stories, songs, drawings, and games. Classes enhance energy while teaching children how to remain calm and centered. Children learn basic movements in a fun, relaxed setting. Benefits increase patience, posture, confidence and self-esteem. Poses are learned individually, with partners and groups. | **\$102** |

Tuesdays | 8:05-9:00am | Gym