

Long Branch PTA Enrichment Classes - Winter/Spring 2018

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 Saturday, March 24th in conjunction with swim testing and the first practice. In its second decade 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. 3/24 at W-L pool for mandatory swim testing and 1st practice. Beginning April 3rd, we meet on Tuesdays and Thursdays from 7:30-8:15 am to bike and run at Long Branch and Saturdays from 7:30 to 9:00 a.m. to swim and run at Washington-Lee High School. (Times subject to modification by Arlington Public Schools). There will be no swim practice March 31 or May 26th and no weekday weekday practices March 27th and 29th. Race day is Sunday, June 10th.

Art: Look, Learn, Draw (W) (K - 2) Provider: Arlington Arts Center (www.arlingtonartscenter.org)

Step into the classroom each day to find fun and sometimes WILD things to draw during warm-up sketches. Then, explore colored mediums and techniques, as you build your drawing fundamentals. Like most famous artists, you will draw from the world around you. You will also draw from pictures to develop observational skills and get the chance to draw subjects from your own imagination!

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

We will create works of art that reflect the world around us! Using a variety of materials and techniques in drawing, painting, and sculpture, we will invent exciting ways to portray the leaves, trees, and built world!

Basketball (W) (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.

Boys Gotta Run! (S) (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 (S) (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 (S) (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 for Young Jedi (S) (K - 5) Provider: The Fencers Club, LLC (www.thefencersclub.com)

Olympic Fencing for Kids: Fencing for Young Jedi classes are conducted in the discipline of epee. Classes focus on the fundamentals of fencing including footwork, handwork, strategy and rules of fencing. These one hour classes include group exercises as well as drills in pairs and bouts. Skills are reinforced with age-appropriate games and activities that build conditioning, speed and endurance while also emphasizing critical thinking and quick decision-making. At the end of the session a tournament will be held at Nova Fencing Club using electric fencing equipment. Fencing for Young

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Jedi is appropriate for both beginning and continuing fencers. Let's have some fun!

Flag Football (S) (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 Just Wanna Go Run (S) (3 - 5) Provider: Molly Spooner Agnew

Girls Just Wanna Go Run (formerly Girls on the Run) - For the first time this year, enjoy a running team specifically designed for the Long Branch girl! Our goal remains the same: to create a tight-knit, supportive, empowered team of runners who are ready for a 5K and focused on how they can positively impact their community. Some positive changes: Our curriculum will respond to the Long Branch environment, allowing girls to discuss and work through their own unique issues. Our new curriculum allows for more time for running and physical activity! Our 5K will be a local race - the ??? 5K on June ??? - allowing us to run through our own neighborhood! Come join this awesome, fun-loving team! ??? 5K Race Registration is NOT included in the cost of the class.

Gymnastics (W) (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!

Hip-Hop Pop Stars (W) (K - 5) Provider: 5-6-7-8-Dance LLC (www.5678danceclass.com)

5-6-7-8 Dance presents this fun, exciting, high-energy Hip-Hop Dance class set in a creative environment where students will learn choreographed and freestyle hip-hop dance movement giving them a chance to express their own style set to upbeat pop and hip-hop style music. Our version of hip-hop dance uses tasteful dance movement and age appropriate music. Set in a creative and encouraging environment, our class focuses on a proper warm-up, stretching, muscle control and dance terminology. Dance attire is totally optional. Classes are designed to accommodate a "come-as-you-are" group, though loose-fitting or athletic attire is best. Each 5-6-7-8 Dance session ends with a presentation to family and friends giving students a chance to present the different things they have learned during the session.

Introduction to Programming and Electronics (W/S) (3 - 5) Provider: Boolean Girl (www.booleangirl.org)

This Class introduces students to computer science fundamentals at a young age through a series of unique projects and hands-on challenges. Beyond basic computing, students will be provided the option to learn some basic electronics. Building on their programming skills, students learn to control and receive input from real world objects like switches and lights to build a reaction time tester, a game controller and other circuits. No prior experience is required but taking the introductory programming class in the fall is a bonus.

Jr. Chemical Engineering (W) (K - 2) Provider: Engineering for Kids Capital Area (www.engineeringforkids.com)

The Junior Chemical Engineering classes introduce our youngest engineers to fundamental concepts of solids, liquids, and solutions. Students investigate the properties of several crazy concoctions through lessons such as Secret Inkers, Flub and Bubble Bliss. Join us for the fun as we investigate chemical reactions and how they can change physical properties. And even find discover Ooblek!

Kids Fitness (W/S) (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.

No Bake Chef (W) (K - 5) Provider: YMCA Arlington

Learn how to prepare foods that do not require cooking. This class teaches the basics of preparing recipes, such as superb sandwiches, delectable desserts, and tasty treats.

Origami - Beginner & Intermediate (S) (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 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.

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

New lessons for the 2017-2018 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 (S) (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. Loaner racquets are available upon request. For questions, please contact FirstServe Tennis.

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

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

Theater 1-2 (W/S) (1 - 2) Provider: Liz Demery

For 1st and 2nd 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 3-5 (W/S) (3 - 5) Provider: Liz Demery

For 3rd, 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.

Think Outside the Box (W) (4 - 5) Provider: Erik Endo

Two-time Odyssey of the Mind Regional Championship coach from Long Branch offers an opportunity for current 4th and 5th graders to experience the fun team-building activities for which this competition is known. This class promotes awareness of group dynamics, multiple intelligences, and personality/communication styles in a goal-oriented setting. Each class will include three types of challenges that the group will explore in teams: building/engineering, wordplay, and dramatic expression. This class is not part of the OotM competition, but allows students to experience the thrill of participating in similar activities without making the heavy time commitment of the actual competition. Take advantage of this opportunity to think outside the box. Materials included.

Wild and Crazy Pottery Painting (W) (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 (S) (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.

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