



# ENRICHMENT

## — WINTER 2019 —

### AT-A-GLANCE



- Winter Play
- Body Awareness with Art
- Piano Lessons
- Fiber Arts Creation
- Parkour Jr.
- Karate-X
- DJ Music Producer
- Yoga & Ecstatic Dance
- Creative Coding Jr.
- Creative Coding Core
- Outdoor Wilderness
- Lego Engineering
- Ultimate Frisbee
- Tennis Class
- Ukulele Class
- Chess Academy
- Parkour
- Machine Sewing
- Indoor Soccer

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Once again, it is time for creativity, learning, and fun after school! Our winter enrichment class offerings are detailed in this brochure.

### REGISTRATION

Registration will begin on November 12th and will close on January 7th. Please visit the [Extended Day webpage](#) and click on the “Winter Enrichment Classes” tab to register.

### COST

FT=the per-student cost charged to families enrolled in full-time Extended Day

INT=the per-student cost charged to families enrolled in intermittent Extended Day. Intermittent pricing includes the daily extended day fee.

### QUESTIONS?

Please direct questions regarding class offerings and registration to Extended Day Program Supervisor, [Jessica Urdaz-White](#) (x343).



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## MONDAYS & WEDNESDAYS

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### WINTER PLAY

3rd-5th Grade

Mondays and Wednesdays, 3:30-5:00pm

January 9th-March 13th



This year we are excited to announce that 1st grades Spring Streetman will be directing Meridian's winter play! Eight weeks of play practice will culminate with an evening performance on March 13. A full dress rehearsal will be held on Tuesday March 12, and the Morning Meeting performance will be held on Friday, March 8. The cast is limited to 30 students.

**Cost: FT & INT=\$320**

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## MONDAY

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### BODY AWARENESS WITH ART

K-3rd Grade

Mondays, 3:30-4:30pm

January 14th-March 25th

All children are natural born artists - Picasso started painting when he was only seven years old! Creating art helps kids learn more about themselves and the world we live in. In this stimulating program students learn body awareness through art, developing fine motor skills, observation and decision making skills, self-expression and social development. Students will have the opportunity to explore painting, drawing and 3D sculpture with clay. Most importantly, providing a safe space for kids to take risks without failure will build the confidence for them to do anything! **Cost: FT=\$212, INT=\$292**



### PIANO LESSON WITH MUSIC ON WHEELS

K-5th Grade

Mondays, 3:30-5:45pm

January 14th-March 25th

A fun and educational piano class with a style of instruction where students will learn to play, read music, and compose their own short pieces! Our unique "twinned" (1 teacher with 2 students, each with their own instrument and headphones) lessons format allows students to learn with their friends and peers, but at their own pace. Lessons are 30 minutes in length. Lesson times are assigned based on student age and experience and can be anytime between 3:30-6:00 pm. Please send any requests for specific lesson times directly to us at [MusicLessonsOnWheels@gmail.com](mailto:MusicLessonsOnWheels@gmail.com). We will do our best to accommodate all requests.

**Cost: FT=\$200, INT=\$280**



### FIBER ARTS CREATION BY LITTLE HANDS CREATIONS

1st-5th Grade

Mondays, 3:30-5:00pm

January 14th-March 25th

Expand your imagination and get creative! This class will explore different techniques in fiber arts and other unique crafts. Fun new projects each quarter! Students will have the opportunity to work with both 2D and 3D materials to create unique and exciting artwork. Projects range from textile art, including knitting, weaving, and fabric printing, to paper crafts and stamp making. This class is designed to explore student's creative mind and teach both beginning and advanced techniques. Kids spend each class learning a new skill and get to take home a handmade piece of art that they can be proud of. All supplies included, let's get creative! **Cost: FT=\$192, INT=\$272**





## PARKOUR JR

K-2nd Grade  
Mondays, 3:30-4:30pm  
January 14th-March 25th

Parkour is the ability to move fluidly through your environment from one place to another. In this class, children will safely learn to progress through the basic parkour movements of: jumping, vaulting, climbing, swinging, balance, Create. Learn. Make Friends. Explore. Have FUN! 5 This class builds strength, balance, and coordination all while safely growing your ability to engage and conquer your environment, overcoming obstacles both physically and mentally. **Cost: FT=\$250, INT=\$330**



## DJ MUSIC PRODUCER 101

1st-5th Grade  
Tuesdays, 3:30-4:30pm  
January 15th-March 12th

Have you ever wanted to make your own music or learn to DJ like the professionals? In this exciting hands on class, students will jump into the basics of music-making the fun way! Using state of the art music production equipment, these young music producers will learn the art of songwriting through classic DJ analysis techniques & creating a remix of their favorite song!  
**Cost: FT=\$240, INT=\$320**

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## TUESDAY

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## KARATE-X

K-4th Grade  
Tuesdays, 3:30-4:15pm  
January 15th-March 12th

Join Karate-X this year for awesome classes that are disciplined, challenging and fun! Students will learn and practice Karate skills with punching bags, breaking boards, blocking drills, kicking targets and more! Karate-X has been teaching in the Puget Sound for 19 years, with a Martial Arts program specifically designed for preschool and elementary students. Our professional instructors know how to motivate kids while building self-confidence and discipline. Belt rank testing is held at the end of each session, giving students goals to aim for and recognition of their accomplishments. For beginners who have never tried Karate, to athletes of any sport, Karate-X will challenge and grow bodies and minds! Sign up now, our classes fill quickly! **Cost: FT=\$274, INT=\$354**



## YOGA & ECSTATIC DANCE

K-5th Grade  
Tuesdays, 3:30-4:30pm  
January 15th-March 12th

Practicing yoga creates a calmer and more focused child, and ecstatic dance, a free form style of dancing, helps students to have control over their bodies and builds confidence for their unique self-expression. Students will practice calmness and concentration, striving to maintain that same composure on and off the mat. Students will learn about nature through playful poses that are inspired by mountains, animals and trees, while playing games and having fun together! **Cost: FT=\$202, INT=\$282**



## CREATIVE CODING JR.

1st-2nd Grade  
Tuesdays, 3:30-5:00pm  
January 15th-March 12th

Get them started early! This class for 1st and 2nd graders features a mixture of guided and open-play activities using ScratchJr and other tablet apps to expose students to computational thinking and problem-solving. Students will learn about programming, practice it for themselves, then apply their new skills towards the creation of their own games and animations. At the end of the class, every student will get to present something they worked on for their friends, family, and classmates. Coders are welcome to repeat this course, receiving greater challenges each time until they are ready for our Core classes!  
**Cost: FT=\$307, INT=\$387**



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## WEDNESDAY

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### CREATIVE CODING CORE

3rd-5th Grade

Wednesdays, 3:30-5:00pm

January 16th-March 6th

Teaching kids the joy of coding computers by helping them write their own customized computer games! Today's computers are more like a box of crayons than a calculator. The most important traits for coding today are creativity and persistence. We teach girls & boys the fundamentals of coding by making it fun. Our non-sequential, project based approach wins rave reviews from parents & kids

**Cost: FT=\$307, INT=\$387**



### OUTDOOR WILDERNESS

K-5th Grade

Wednesdays, 3:30-4:30pm

January 16th-March 6th

Join Seattle Adventure Sports as we run our after-school enrichment program: Outdoor Wilderness!

We are excited to spend the winter term exploring the outdoors, learning wilderness survival skills and Leave No Trace principles. We will embrace the winter weather as we practice outdoor living techniques to stay warm and dry - some days in our lavvu- a Scandinavian tipi- and some days in shelters we build ourselves. (We always have a dry backup plan to make sure that everyone is staying warm.)

This term we are offering a K-5th grade program which will always be staffed with at least two of our enthusiastic instructors. The class will be broken up into age appropriate groups and instructors will provide unique experiences for students of all grade levels. Every term is its own new experience so whether this is your first quarter or your fourth, we hope you will join us for some Outdoor Wilderness fun!

\*If anyone needs assistance with warm/weatherproof clothes, Seattle Adventure Sports has loaners- please ask!\*

**Cost: FT=\$152, INT=\$232**



### A PIRATE'S QUEST LEGO ENGINEERING

K-5th Grade

Wednesdays, 3:30-4:30pm

January 16th-March 6th

Shiver me timbers as we explore the popular culture behind the life of a pirate! Build a motorized pirate ship, a helm and an anchor, as we batten down the hatches and prepare for mutiny. Protect the hands on deck by building a launching trebuchet. Beware me mateys', if it's too late, you must abandon ship and build a rowboat to escape. Watch out for crocodiles! Anchors aweigh!

**Cost: FT=\$160, INT=\$240**

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## THURSDAY

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### ULTIMATE FRISBEE

3rd-5th Grade

Thursdays, 3:45-4:45pm

January 17th-May 23rd

Meridian is excited to announce the formation of an Ultimate Frisbee team for 3rd-5th graders lead by our very own Etri Ajbour! From the beginner to the elite player, ultimate is a terrific sport that offers challenges at all levels of play. Ultimate combines athletic skills, running, catching, and throwing. Additional skills and athleticism beyond that are left up to the player's imagination. Many athletes of other sports find the transition to ultimate both easy and rewarding, as the sport requires many of the same techniques as basketball, soccer, and even lacrosse. Playing ultimate will leave you feeling energized and alive. This is a co-ed league. **Games will take place on Saturday**

**Cost: FT=\$250, INT=\$330**



### TGA TENNIS CLASS

K-3rd Grade

Thursdays, 3:30-4:30pm

January 17th-March 7th

TGA is serving up aces in our tennis class! We get students moving while teaching them the fundamentals of the game, important life skills, and academic lessons intrinsic to the sport. Station-based games and drills increase in difficulty as players progress through our 5-level enrichment program. Come play with TGA! **Cost: FT=\$160, INT=\$240**





## AFTER SCHOOL MUSIC ACADEMY UKULELE CLASS

K-3rd Grade

Thursdays, 3:30-4:30pm

January 17th-March 7th

The Meridian Uke Group is open to students in grades K-3. The uke is an excellent instrument on which to learn how to play music. It's relatively simple to learn, easy to tote around, inexpensive, super fun, and timelessly popular! In this ensemble, we will jump right into the fun stuff and learn how to play music on the ukulele. By the end of the course, students will know a few chord positions, will be able to play a couple of songs on the ukulele, and be able to sing along. Our instructors bring a classroom set of ukuleles with them to every class for the kids to use and we highly recommend that students also have a ukulele at home to practice. **Cost: FT=\$210, INT=\$290**



## ORLOV CHESS ACADEMY CHESS CLASS

1st-5th Grade

Thursdays, 3:30-5:00pm

January 17th-March 7th

Join the chess Club with Orlov Chess Academy and learn! Improve your problem-solving skills, train your memory, think and plan ahead. Learn chess tactics and strategies, solve chess puzzles, play competitive and just-for-fun games! Workbooks and other teaching materials are provided, just come ready to learn!  
**Cost: FT=\$152, INT=\$232**

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## FRIDAY

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## PARKOUR

3rd-5th Grade

Fridays, 3:30-4:30pm

January 25th-March 22nd

Parkour and the Art of Movement is the ability to move fluidly through your environment from one place to another. In this class, children will safely learn to progress through the basic parkour movements of jumping, vaulting, climbing, swinging, balancing, and rolling. The movements build strength, balance, and coordination. Your child will acquire the ability to engage with their environment

while overcoming obstacles, both physically and mentally. Practicing parkour skills fosters creativity and boosts confidence. Accomplishing challenges that seemed impossible at one point will give your child the confidence to achieve whatever they set their mind to.

**Cost: FT=\$250, INT=\$330**



## MACHINE SEWING BY LITTLE HANDS CREATIONS

1st-5th Grade

Fridays, 3:30-5:00pm

January 25th-March 22nd

Once a week, students are invited to learn a skill they will use for a lifetime... sewing! No experience necessary for boys and girls to learn the basics and beyond. Beginning students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have. Student will advance at their own pace to more exciting and challenging projects throughout the session. Projects, which are constantly rotating during the quarter, include slippers and phone cases, clothing, accessories, bags, games, stuffed animal and more! **Cost: FT=\$192, INT=\$272**



## INDOOR SOCCER

K-2nd Grade

Fridays, 3:30-4:30pm

January 25th-March 22nd

The indoor soccer class will provide a challenging and exciting time based on fun and participation. Children will play four quarters and will be taught: positional play and team organization on the court, according to their age and experience. Sessions will focus also on good training habits and good sportsmanship. The class will take place in the Meridian School gymnasium.

Regis Thevenet is a veteran who has been coaching locally for the last 30 years at High school, Clubs and Soccer Camp (Northwest Soccer Camp) and who has a USSF National Coaching License. During the school year he teaches Health and Fitness at The Meridian School.

**Cost: FT=\$200, INT=\$260**

