



THE
MERIDIAN
SCHOOL

ENRICHMENT

— FALL 2019 —

AT-A-GLANCE



- Cross Country
- Karate-X
- Fiber Arts & Crafts
- Logo Engineering
- Archery Club
- Cooking Around the World
- Junior Coding
- Creative Movement
- Youth Tennis
- Core Coding
- Music Production
- World Drumming
- Parkour
- Ukulele
- World Drumming
- Chess Club
- Machine Sewing



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

REGISTRATION

Registration for fall enrichment classes opens August 12th. Registration closes September 6th. Please visit the [Extended Day webpage](#) and click on the “Fall 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).



MONDAYS & WEDNESDAYS



CROSS-COUNTRY

1st-5th Grade

Mondays & Wednesdays, 3:45-4:45pm

September 11th-October 16th

Etri Ajbour is excited to coach Meridian's cross-country team for the second year! Coach Etri will be leading five weeks of action-packed practices at Meridian Park's playfield. Team capacity is 45 students. Meets will be held on Sundays through the Catholic Youth Organization (CYO). Although associated with the Archdiocese of Seattle, CYO meets are a secular activity. Students may participate in the Sunday meets only if they are attending cross-country practices during the week.

MONDAY



KARATE-X

K-2nd Grade

Mondays, 3:45-4:45pm

September 11th-November 18th

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 area for 20 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. From 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=\$308, INT=\$398**



Calling all Parents! A parent volunteer meeting will be scheduled sometime in September. Please note the specific roles where we need support:

- **Practice & Meet Volunteers:** Support children during practices and meets, and supervise activities. You don't need to be a runner to help out—skills in cheering and encouragement are necessary! We would like to have at least three parent volunteers at each practice.
- **Snacks & Celebrations:** Coordinate snacks for meets, and plan our end-of-season celebration.

Cost: FT=\$120, INT=\$210

IMPORTANT CROSS COUNTRY INFO

SIGN-IN

- At the end of the school day, Extended Day staff will sign-in and transfer students to cross-country practice
- Parents are welcome to pick-up their students from the front steps and transfer them to practice. If you select this option, sign-in will take place in the covered shelter area adjacent to the South Annex building
- All students will receive a snack before practice

SIGN-OUT/PICK-UP

- Students can be picked up by parents or guardians at 4:45pm in the covered shelter area
 - Parents picking up before 4:45pm must notify a coach before leaving
 - Students not picked up at 4:45pm will be signed-in to Extended Day
- Students who have signed in to Extended Day before practice will need to be signed out regardless of when they are picked up



MONDAY



FIBER ARTS AND CRAFTS BY LITTLE HANDS CREATIONS

1st–5th Grade

Mondays, 3:30–5:00pm

September 16th–November 18th

Expand your imagination and get creative! This class will explore intensive workshops with 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. Themes range from textile art (including knitting, macramé, weaving, and felting) and fabric printing, to paper crafts like stamp-making, pop-up books, and mosaics. This class is designed to explore students' creative minds 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=\$200, INT=\$290**



LIFE SCIENCES LEGO ENGINEERING

BY BRICKS 4 KIDZ

1st–5th Grade

Mondays, 3:30–4:30pm

September 16th–November 18th

Explore the fascinating science of living things and build engaging models of creatures from caterpillars to dinosaurs. During this exciting unit, students will explore topics such as how the human body stays cool, the amazing life cycle of a butterfly, and the incredible Venus flytrap—a plant that eats bugs! If you love creatures, this is the class for you!

Cost: FT=\$160, INT=\$250

TUESDAY



THE MERIDIAN SCHOOL ARCHERY CLUB

3rd–5th Grade

Tuesdays, 3:30–4:30pm

September 17th–November 5th

Right on target: Meridian School gymnasium. An archery camp is now being offered by Regis Thevenet. Mr. Thevenet (longtime former health and fitness teacher at The Meridian School) gained his credentials as a basic archery instructor through the National Archery in the Schools Program and is excited to offer this fun archery camp. **Cost: FT=\$240, INT=\$330**



COOKING AROUND THE WORLD

BY SEATTLE CUCINA
COOKING SCHOOL

2nd–5th Grade

Tuesdays, 3:30–5:00pm

September 17th–November 5th

Join us for seven exciting weeks of cooking from around the world! Each week we will whip up a recipe from across the globe, including everything from sushi to Indian dosas! By the end of this series, students will have the practical skills necessary to begin cooking at home, and the knowledge necessary to eat food in a wholesome, nutritional, and sustainable manner. Class prices include a large snack. Accommodations for dietary restrictions can be made; please submit requests two weeks prior to class start date by emailing whatscooking@seattlecucina.com.

Cost: FT=\$235, INT=\$325





JUNIOR CODING BY CREATIVE CODING

K-2nd Grade

Tuesdays, 3:30-5:00pm

September 17th-November 5th

Complete challenges and learn to code by solving puzzles, animating characters, and making games. A variety of apps like ScratchJr help students learn and practice commands, programs, loops, and so much more.

Cost: FT=\$298, INT=\$388



CREATIVE MOVEMENT AND CHOREOGRAPHY

1st-5th Grade

Tuesdays, 3:30-4:30pm

September 17th-November 5th

In this class, we will be using movement to explore creativity, body awareness, storytelling, and self-expression!

Students will play a variety of movement games that focus on using the body in all sorts of silly and imaginative ways. Throughout the program, they will practice learning choreography and creating their own original moves, as well as experimenting with improvisation individually and in groups! We will explore the limitlessness of creative movement, with the intention of encouraging body awareness and control, confidence, and embodied play. We will be doing all of this through the lens of consent, boundaries, and body positivity.

Cost: FT=\$263, INT=\$353

WEDNESDAY



TGA PREMIER YOUTH TENNIS

K-2nd Grade

Wednesdays, 3:30-4:30pm

September 18th-November 6th

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 five-level enrichment program. Come play with TGA!

Cost: FT=\$160, INT=\$250



CORE CODING BY CREATIVE CODING

3rd-5th Grade

Wednesdays, 3:30-4:30pm

September 18th-November 6th

Build a game to learn the basics of Scratch, plus all about conditionals, variables, debugging, and more. Then take your skills to the next level and bring your own ideas to life! At every class, the teacher will give new challenges or help you to craft the project you have in your imagination.

Cost: FT=\$298, INT=\$388





MUSIC PRODUCTION

BY AFTER SCHOOL AUDIO

2nd–5th Grade

Wednesdays, 3:30–4:30pm

September 18th–November 6th

Students take a comprehensive dive into songwriting, recording, and music creation. Using individual private recording studios on a computer, students are given a bird’s-eye view of the song-creation process—learning how to make and record music just like their favorite songs were professionally made. Students learn basic music theory, the major scales, simple chord structures, and rhythmic patterns. They explore layering and arrangement, learning how to create a cohesive song that grabs the interest of a listener and tells a story. They work with some real instruments, piano-keyboards, and microphones, with thousands of software instruments available in just a few clicks, as well as a large array of tools to cultivate their creative confidence! No experience necessary!

Cost: FT=\$240, INT=\$330



WORLD DRUMMING 3-5

3rd–5th Grade

Wednesdays, 3:30–4:30pm

September 18th–November 6th

World drumming will be exploring a variety of music from Puerto Rico, Cuba, Brazil, and the U.S. This fun and engaging class will expose your child to many different types of percussion instruments, including drums. Body percussion will help facilitate the understanding that percussion can be found anywhere. Students will learn basic technique and many concepts about rhythm and timekeeping, as well as developing their critical hearing and listening skills. Both short- and long-term memory will be utilized, exercised with games, and honed. These concepts about rhythm and music will carry students into everything else they do in life. Register now to save your spot. **Cost: FT=\$160, INT=\$250**

THURSDAY



PARKOUR AND THE ART OF MOVEMENT

BY KONG ACADEMY

K–2nd Grade

Thursdays, 3:30–4:30pm

September 19th–November 7th

Parkour and the art of movement emphasize 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=\$260, INT=\$350



UKULELE LESSONS

BY AFTER SCHOOL MUSIC ACADEMY

K–2nd Grade

Thursdays, 3:30–4:30pm

September 19th–November 7th

Ukulele lessons are open to students in grades K-2. 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, 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 to every class for the kids to use, and we highly recommend that students also have a ukulele at home for practice.

Cost: FT=\$210, INT=\$300





WORLD DRUMMING K-2

K-2nd Grade

Thursdays, 3:30-4:30pm

September 19th–November 7th

World drumming will be exploring a variety of music from Puerto Rico, Cuba, Brazil, and the U.S. This fun and engaging class will expose your child to many different types of percussion instruments, including drums. Body percussion will help facilitate the understanding that percussion can be found anywhere. Students will learn basic technique and many concepts about rhythm and timekeeping, as well as developing their critical hearing and listening skills. Both short- and long-term memory will be utilized, exercised with games, and honed. These concepts about rhythm and music will carry students into everything else they do in life. Register now to save your spot. **Cost: FT=\$160, INT=\$250**



CHESS CLUB

K-2nd Grade

Thursdays, 3:30-5:00pm

September 19th–November 7th

Join the Chess Club! Learn tactics and strategies of this great brain battle game. Play serious and just-for-fun games. Play with old friends and make new ones. Chess equipment and student workbooks are provided. Just come ready to learn! **Cost: FT=\$160, INT=\$250**

FRIDAY



MACHINE SEWING

By LITTLE HANDS CREATIONS

1st-5th Grade

Fridays, 3:30-5:00pm

September 20th–December 6th

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. Students 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 animals, and more! **Cost: FT=\$225, INT=\$315**

