



The Meridian School Extended Day 2017 Winter Quarter Enrichment Classes

Once again it is time for creativity, learning, and fun after school with Extended Day Enrichment Classes. Registrations at the on-line Extended Day Enrichment Class page on the school website at <http://meridianschool.campbrainregistration.com>. Registration will begin November 7th. Deadline is Dec. 5th. Check out the descriptions below.

If you have further questions contact Sandra Wilson Extended Day Program Supervisor at swilson@meridianschool.edu, or call at 206-632-7154 X339

For Prices, you will see FT for fulltime family pricing and INT for intermittent pricing. Intermittent price includes the daily extended day fee.

Mondays _____

Spring Play 3:15- 5:00 3rd -5th Grade FT and INT= \$320 (Time in play overlaps completely with extended day)

Play title and description are still to be determined.

3rd-5th grade, 3:15-5:00 Mondays and Wednesdays Starting January 18th. March 7th is a full dress rehearsal, March 8th is the chapel performance and March 10th is the school performance.

Piano Lessons w/Music Lessons on Wheels 3:15– 5:45 K-5th Grade FT \$180 INT \$260

8 Lessons



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" (1teacher 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. Please send any requests for specific lesson times directly to us at MusicLessonsOnWheels@gmail.com. We will do our best to accommodate all

requests. **Starting at 3:15-5:45pm. K-5th grade, Mondays. January 23rd- March 27th**

Tuesdays

Ultimate Frisbee 3:30- 4:30 3-5th Grade FT=\$150 INT=\$230

From the beginner to the elite player, ultimate is a terrific sport that offers challenges at all levels of play. Ultimate combines athletic skills of 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.

3-5th grade 3:30pm-4:30pm Tuesdays and Thursdays January 23rd to May 11th

Tennis 3:30- 4:30 p.m. K-5th Grade FT=\$176 INT=\$256

8 Lessons

TGA Premier Youth Tennis is bringing the tennis court to Meridian! TGA, in national partnership with the United States Tennis Association, co-designed a tennis enrichment program that focuses on athletic, academic and character development for children. In addition to professional tennis instruction, your child will take part in a combination of physical fitness for health benefits and academics such as math, science, language and social studies for educational development. TGA's mission is to empower our students with the tools to be successful on the tennis court and in life.

K-5 grade, 3:30-4:30 Tuesdays. January 24th- March 21st



Core Cooking and Nutrition 3:30- 5 p.m. K-5th Grade FT=\$200 INT=\$280

8 Lessons

Welcome to nourishME! and the Healthy Hands Cooking Program. In the Core Nutrition & Cooking Class, your child will learn how to make tasty and healthful snacks, breakfasts, lunches and dinners for him/herself. This is a foundational nutrition and cooking program

for any child aged 5-10 who is looking to help create nutrient-dense snacks and family meals or just learn some important cooking skills while building confidence in the kitchen. This program will be held for 8 weeks and each class is 90 minutes long. Each class begins with an interactive nutrition/cooking activity and is followed by delicious hands-on recipe creation and tastings! Each child will receive a Certificate of Completion and become eligible to attend additional advanced classes. For more information regarding the entire

Healthy Hands Cooking Program and the instructor, please



visit: <http://www.healthyhandscooking.com/instructor/erika-speirs> or email the instructor, Erika Speirs, at erikaspeirs@hotmail.com. Looking forward to making a mess, memories, and nutritious foods with your kids!

K-5 grade, 3:30-5p Tuesdays. January 24th- March 21st

Wednesdays

Spring Play 3:15- 5:00 3rd -5th Grade FT and INT= \$320 (Time in play overlaps completely with extended day)

Play title and description are still to be determined.

3rd-5th grade, 3:15-5:00 Mondays and Wednesdays Starting January 18th. March 7th is a full dress rehearsal, March 8th is the chapel performance and March 10th is the school performance.

**Rhythm & Percussion with Sound Math™ 3:30- 4:30 p.m. K-5th Grade
FT=\$200 INT=\$280**

8 Lessons

Hand-percussion is the ideal starting point and foundation for all music aspirants. You will be amazed at how your rhythm on percussion, will transfer over to piano, violin, and any other instrument. Our curriculum is simple, comprehensive, and delivers amazing results in a short time. The atmosphere is one of strategic games, enhancing creativity, having fun, connectivity, growing listening ability, developing attention, and strengthening each child's learning ability. We'll have an incredible performance on the last day. Workbook and materials included.

All Ages 3:30-4:30 Wednesdays. January 25th- March 15th



Thursdays

Ultimate Frisbee 3:30- 4:30 3-5th Grade FT=\$150 INT=\$230

From the beginner to the elite player, ultimate is a terrific sport that offers challenges at all levels of play. Ultimate combines athletic skills of 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.

3-5th grade 3:30pm-4:30pm Tuesdays and Thursdays January 23rd to May 11th

Hip Hop

3:30 -4:30 p.m.

3rd-5th Grade

FT=\$140

INT=\$220

8 Lessons

Students will explore various styles of jazz dance including: traditional, funk, musical theatre, hip hop, lyrical and improvisation. This class is designed to be accessible, regardless of experience and will teach FUN, coordination, rhythm, strength, flexibility, balance & much more. Missy Ponder- Reston, Meridian parent, has been teaching & choreographing over 20 years. She has worked in colleges, independent private schools, dance studios, and performing arts public schools. Her curriculum is designed for exploration thru professional and her choreography is nationally recognized.



3rd-5th grade 3:30-4:30 Class dates: Sept. 29th-Nov. 17th

Chess Club w/ Orlov Chess Academe 3:30 – 4:30p.m. 1st-5th Grade FT=\$120 INT=\$200

8 Lessons

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!



1-5th grade, 3:30-4:30 Thursdays. January 26th- March 16th

Fridays

Machine Sewing w/ Little Hands Creations 3:30- 5:00 1st-5th Grade FT=\$173 INT=\$253

8 Lessons

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!



1st-5th grade. 3:30pm-5pm Fridays. January 27th- March 24th

Smart with Art: Bite into Art 3:30 -4:30 p.m. K-5th Grade

FT=\$187 INT=\$267

8 Lessons

Bite into Art with us this session as we design original works of art all relating to different types of cuisine! Students will create unique projects exploring a wide variety of mediums like oil pastel,

paint, watercolor, and collage. We will have a feeding frenzy over famous works of art and styles while exploring new techniques.

Learn how to draw a wacky self-portrait out of fruits and vegetables inspired by famous artist, Archimboldo. Paint large format candy in a Pop Art style learning about Andy Warhol. Create a junk food collage after reading the well-known children's book "Cloudy with a Chance of Meatballs." Whatever your favorite foods are, whatever new foods you've tasted, or junk food you crave every student will salivate over these tasty art projects you'll get to create this session. And, as always, Dress for Mess!

FRIDAYS K-5th grade. 3:30pm-4:45pm Fridays. January 27th- March 24th



Don't Delay- Sign up Today!! Enrichment Class registration begins Nov. 7th and ends on December 5th. Please register and make payment at <http://meridianschool.campbrainregistration.com>.

Please remember- All students are invited to participate in the Enrichment classes. Your child(ren) must be enrolled in Extended Day Intermittent or Full Time AND sign up with full payment to participate in all Enrichment Classes.

Contact Sandra Wilson at swilson@meridianschool.edu or call at 206-632-7154 x 339 for more information about Extended Day and Enrichment Classes. Please remember to always sign out your child(ren) when you pick them up from Extended Day.