



ENRICHMENT

FALL 2018

AT-A-GLANCE



- Cross Country
- Body Awareness w/ Art
- Piano Lessons
- Machine Sewing
- Hip Hop Dance
- Karate-X
- DJ Music Producer
- Beginner Hand Sewing
- Yoga & Ecstatic Dance
- Outdoor Wilderness
- TGA Tennis Class
- Creative Coding Jr.
- Parkour
- Ukulele Class
- Chess Club
- Creative Coding
- Parkour Jr.
- Lego Engineering

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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 will begin on August 13th and will close on September 7th. Please visit the [Extended Day webpage](#) and click on the “Fall Enrichment Classes” tab to register.

COST

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

INT=the per-student cost billed 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 12th-October 17th

Our new fourth grade associate faculty member, Etri Ajbour, is excited to coach Meridian's cross country team this year! Etri and Assistant Coach, Adam Leonard (Extended Day Staff Member), will be leading 5 weeks of action-packed practices at Meridian 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 only participate in the Sunday meets if they are attending cross country practices during the week.

MONDAYS



BODY AWARENESS

w/ART

K-3rd Grade

Mondays, 3:30-4:30pm

September 24th-December 3rd

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=\$202, INT=\$282



Calling all Parents! A parent volunteer meeting is scheduled for (TBD). Please note the specific roles where we need support:

- **Practice & Meet Volunteers:** support children during practices/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 3 parent volunteers at each practice.
- **Snacks & Celebrations:** coordinate snacks for meets and plan our end-of-season celebration.

Cost: FT=\$110, INT=\$190

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





PIANO LESSONS w/MUSIC LESSONS ON WHEELS

K-5th Grade

Mondays, 3:30-6:00pm

September 24th-December 3rd

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. We will do our best to accommodate all requests.

Cost: FT=\$225, PT=\$315



MACHINE SEWING w/LITTLE HANDS CREATIONS

1st-5th Grade

Mondays, 3:30-5:00pm

September 24th-December 3rd

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**



HIP HOP DANCE

3rd-5th Grade

Mondays, 3:30-4:30pm

September 24th-December 3rd

Theater, 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. Students will explore various styles of jazz dance including: traditional, funk, and musical theater.

Cost: FT=\$210, INT=\$290

TUESDAYS



KARATE-X

K-4th Grade

Tuesdays, 3:30-4:30pm

September 25th-November 13th

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



DJ MUSIC PRODUCER 101

1st-5th Grade

Tuesdays, 3:30-4:30pm

September 25th-November 13th

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 song-writing through classic DJ analysis techniques & creating a remix of their favorite song! **Cost: FT=\$232, INT=\$312**





BEGINNER HAND SEWING & CRAFTS

K-2nd Grade

Tuesdays, 3:30-5:00pm

September 25th-November 13th

Learn the basics of hand sewing, knitting, crafting and weaving in this new class, created to introduce our younger students hand sewing and different types of fiber arts! Boys and girls will learn the basics to create puppets, pillows, woven rag rugs, dreamcatchers, button embroidery, hats, and more! This class will build fine motor skills, finger dexterity, and most important, it will give their creative muscles a workout! All supplies included.

Cost: FT=\$192, INT=\$272



YOGA & ECSTATIC DANCE

K-5th Grade

Tuesdays, 3:30-4:30pm

September 25th-November 13th

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**



OUTDOOR WILDERNESS

2nd-5th Grade

Tuesdays, 3:30-4:30pm

September 25th-November 13th

Outdoor Wilderness where we will have a blast learning through adventure! Join us as we turn The Meridian School into our own wilderness and learn valuable skills that will help students develop an appreciation for our natural world, empower them to work through adversity, and build leadership skills. We'll play team building games and learn outdoor living skills like shelter building, leave-no-trace ethics, orienteering using maps and compasses, and how to make the perfect s'more! We have great activities for all weather and will bring shelters to keep us dry on those rainy Seattle days like our Scandinavian tipi! Please

let us know if you need assistance with warm or water-proof clothing. Seattle Adventure Sports has loaners we can provide. **Cost: FT=\$221, INT=\$301**

WEDNESDAYS



TGA TENNIS CLASS

K-3rd Grade

Wednesdays, 3:30-4:30pm

September 26th-November 14th

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**



CREATIVE CODING JR.

1st-2nd Grade

Wednesdays, 3:30-5:00pm

September 26th-November 14th

Get them started early! This class for 1st and 2nd graders features a mixture of guided and open-play activities using Scratch Jr 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

THURSDAYS



PARKOUR

3rd-5th Grade

Thursdays, 3:30-4:30pm

September 27th-November 15th

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, climb-



ing, 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**



AFTER SCHOOL MUSIC ACADEMY UKULELE CLASS

K-3rd Grade

Thursdays, 3:30-4:30pm

September 27th-November 15th

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=\$202, INT=\$282**



ORLOV CHESS ACADEMY CHESS CLASS

1st-5th Grade

Thursdays, 3:30-5:00pm

September 27th-November 15th

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

FRIDAYS



CREATIVE CODING

3rd-5th Grade

Fridays, 3:30-5:00pm

October 5th-December 7th

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



PARKOUR JR

K-2nd Grade

Fridays, 3:30-4:30pm

October 5th-December 7th

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**



SPACE ADVENTURES LEGO ENGINEERING

K-5th Grade

Fridays, 3:30-4:30pm

October 5th-December 7th

Each week, students will learn about real-life space exploration and build a new model related to the NASA space program. Models include a satellite, a lunar module, a centrifuge which astronauts use to prepare for the physical sensations of launch, a treadmill which astronauts use to stay fit in space, and a "space robot". During this unit, students will learn some of the science behind launching things into orbit, will hear about the most-distant man-made object in the universe, and discuss what it is like to be an astronaut in space. Are you a budding astronaut? An adventurer who loves space exploration? Then you'll love our Space theme projects. Let Bricks 4 Kidz launch your imagination to outer-space and beyond!
Cost: FT=\$160, INT=\$240

