



ENRICHMENT

— WINTER 2020 —

AT-A-GLANCE



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- Bricks 4 Kidz Lego
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- Food Detectives Cooking
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- Parkour
- Piano Lessons
- Machine Sewing
- Basketball Club
- Outdoor Wilderness

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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 11th and will close on January 6th. 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 Director, [Jessica Urdaz-White](#) (x343).



MONDAYS & THURSDAYS



WINTER PLAY

3rd-5th Grade

Mondays and Thursdays, 3:45-5:00 p.m.

January 9th-March 30th



It's already that time of year again! Pretty soon, play practice will be upon us! This year for the annual school play, participating students can choose to have either an acting role or a set design role. At each practice, students will learn helpful strategies for line memorization, create a cohesive group dynamic through role-playing, and participate in an exciting play to be performed in front of the school this spring.

Students who wish to perform in this year's school play must attend auditions, which will be held on Thursday, Jan. 9. Practices will be on Mondays and Thursdays starting Jan. 13. There are three tentative dates that students cannot miss if they participate: the FMM performance on Friday, March 27; the dress rehearsal on Tuesday, March 31; and the evening Chapel performance on Wednesday, April 1. Stay tuned for further updates and the play reveal! If you have any questions, feel free to contact Jeromy Slaby at jslaby@meridianschool.edu. **Cost: FT & INT=\$350**

MONDAY (There will be no enrichment classes on January 20 or February 17)



KARATE-X

K-2nd Grade

Mondays, 3:30-4:15 p.m.

January 13th-March 16th

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**



FIBER ARTS AND CRAFTS BY LITTLE HANDS CREATIONS

1st-5th Grade

Mondays, 3:30-5:00 p.m.

January 13th-March 16th

Expand your imagination and get creative! This class will explore deeper 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, 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





BRICKS 4 KIDZ LEGO CONSTRUCTION CRAZE

K-5th Grade

Mondays, 3:30-5:00 p.m.

January 13th-March 16th

Put on your hard hat and head on over to our construction site! Make your own motorized models of tools of the trade, from a hand-held power drill and power saw to a tough, all-terrain bulldozer and giant dump truck. Would you be surprised to learn that one of these objects has a history stretching from the Stone Age to the Space Age? And who thought of making a saw blade in the

shape of a circle? Where does the word bulldozer come from? How big is the biggest dump truck? Build your knowledge of construction with Bricks 4 Kidz! Dump trucks, jackhammers, drills, power saws ... build motorized models of these and other powerful tools and create your own Lego construction site. Join us for lots of high-impact learning and fun! **Cost: FT=\$200, INT=\$290**

TUESDAY (There will be no enrichment classes on February 18)



INDOOR SOCCER

K-2nd Grade

Tuesdays, 3:30-4:30 p.m.

January 14th-March 10th

This indoor soccer class will provide challenge and excitement 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 also focus on good training habits and good sportsmanship. The class will take place in the Meridian School gymnasium.

Regis Thevenet been coaching locally for the last 30 years at high school, clubs, and soccer camp (Northwest Soccer Camp) and has a USSF National Coaching License.

Cost: FT=\$200, INT=\$290



FOOD DETECTIVES COOKING CLUB BY SEATTLE CUCINA

1st-5th Grade

Tuesdays, 3:30-5:00 p.m.

January 14th-March 10th

Put your detective skills to the test in this fun and unique cooking series. We will investigate packaged foods like pancake mix, mac 'n' cheese, or even crackers, and learn to make them completely from scratch! At every class we will create a gourmet, home-cooked version and use our detective skills to compare. We'll uncover tasty secrets through cooking, experiments, and hands-on projects that will be sure to shock you! Class prices include a large snack. Accommodations for dietary restrictions made if requested two weeks prior; please email classes@seattlecucina.com! **Cost: FT=\$263, INT=\$353**



DIGITAL MUSIC PRODUCTION

2nd-5th Grade

Tuesdays, 3:30-4:30 p.m.

January 14th-March 10th

Students take a comprehensive dive into songwriting, recording, and music creation. Each using their own private recording studio 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 scale, 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



CREATIVE CODING JUNIOR

1st-2nd Grade

Tuesdays, 3:30-5:00 p.m.

January 14th-March 10th

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=\$378



WEDNESDAY



WORLD DRUMMING WITH ARTURO RODRIGUEZ

3rd–5th Grade

Wednesdays, 3:30–4:30 p.m.

January 15th–March 4th

World Drumming will be exploring a variety of traditional music from Puerto Rico, Cuba, and Brazil. This fun and engaging class will expose your child to many different types of drums and percussion instruments. Students will learn many concepts about rhythm and timekeeping, as well as developing their critical hearing and listening skills. Both their short-term and long-term memory will be utilized and honed. These concepts will carry into everything else they do in life. Register now to save your spot. **Cost: FT=\$160, INT=\$250**



ULTIMATE FRISBEE

3rd–5th Grade

Wednesdays, 3:45–4:45 p.m.

January 15th–May 13th

Meridian is excited to announce the formation of an Ultimate Frisbee team for third through fifth graders, led 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.

Cost: FT=\$260, INT=\$350



CREATIVE CODING CORE

3rd–5th Grade

Wednesdays, 3:30–5:00 p.m.

January 15th–March 4th

Your child can code their own games, art, and (wait for it ...) mobile apps! What? Yes, it's true. Our class for third through fifth graders is open to all experience levels. Students will bring their own ideas for the games and animations they wish to create, and our teachers will guide them toward their goals. A variety of challenges will supplement each coder's own projects, which they'll get to show in a presentation at the end of the class! Beginners will spend the first few lessons learning the basics of coding and how to use Scratch before diving into their own projects. Our classic Creative Coding experience is designed to be repeated as many times as desired, as each student continues to hone their skills through the individual assistance of our awesome instructors!

Cost: FT=\$298, INT=\$378



TGA PREMIER YOUTH TENNIS BY TGA OF GREATER SEATTLE

K–3rd Grade

Wednesdays, 3:30–4:30 p.m.

January 15th–March 4th

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=\$175, INT=\$265**



THURSDAY



UKULELE LESSONS BY AFTER SCHOOL MUSIC ACADEMY

K-2nd Grade

Thursdays, 3:30-4:30 p.m.

January 16th-March 5th

The Meridian Uke Group is open to students in kindergarten through second grade. 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 to practice with.

Cost: FT=\$205, INT=\$295



PIANO LESSONS BY AFTER SCHOOL MUSIC ACADEMY

K-5th Grade

Thursdays, 3:15-5:45 p.m.

January 16th-March 5th

We are thrilled to be partnering with Meridian to bring piano lessons to their campus in the after school hours! The lessons will focus on learning musicianship skills, music reading, and individual playing techniques. We use a variety of methods and method books in our lessons so if you have a preference, please let us know! Students have the option to play all kinds of music: from technique building exercises to classic pieces, to pop/movie music.

Cost: FT=\$432, INT=\$522



PARKOUR AND THE ART OF MOVEMENT BY KONG ACADEMY

K-2nd Grade

Thursdays, 3:30-4:30 p.m.

January 16th-March 5th

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 minds to.

Cost: FT=\$260, INT=\$350



FRIDAY (There will be no enrichment classes on March 13)



MACHINE SEWING BY LITTLE HANDS CREATIONS

1st-5th Grade

Fridays, 3:30-5:00 p.m.

January 24th-March 20th

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 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=\$305**



“SWISH” MERIDIAN BASKETBALL CLUB

1st-5th Grade

Fridays, 3:30-4:30 p.m.

January 24th-March 20th

Swish Basketball Camp will be taught by Evan Hinsch, long time extended day teacher. This class will focus on the fundamentals of basketball (dribbling, shooting, defense, etc.) while also giving kids the tools for success at higher levels. Experience in 3-on-3 and 5-on-5 half-court and full-court drills will teach kids the value of spacing, setting screens, and defense. We hope to teach the kids how fun basketball can be in a team setting, along with the value of sportsmanship. **Cost: FT=\$263, INT=\$353**



OUTDOOR WILDERNESS BY SEATTLE ADVENTURE SPORTS

1st-5th Grade

Fridays, 3:30-4:55 p.m.

January 24th-March 20th

We'll bring the fun and shelter; you bring the energy! Join us as we turn The Meridian School into our own wilderness. We will 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 to keep us dry on those rainy Seattle days, we'll bring shelters like our Scandinavian tipi! Please let us know if you need assistance with warm or waterproof clothing. Seattle Adventure Sports has loaners we can provide. **Cost: FT=\$250, INT=\$340**

