



# ENRICHMENT

## — WINTER 2022 —

### AT-A-GLANCE



- **Stop-Motion Animation with BEAM Experiences**
- **Machine Sewing**
- **Parkour**
- **Archery**
- **Clothing & Accessories Machine Sewing**
- **Chess Club**
- **Lego Engineering**
- **Karate-X Martial Arts**
- **Hand Sewing & Crafting**
- **Finger Knitting & Loom Weaving**
- **Youth Tennis**
- **Ultimate Frisbee**

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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 December 9th and will close on January 3rd. 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 \$100 daily extended day fee.

### QUESTIONS?

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



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## MONDAY (No classes on January 7, February 21, and March 14)

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### STOP-MOTION ANIMATION WITH BEAM EXPERIENCES

3rd - 5th Grade

Mondays, 3:30–5:00 p.m.

January 10th–March 21st

Bring your story to life by making stop motion animated movies! Working in teams, students build sets and characters using materials such as LEGO® bricks or modeling clay, then write, direct, and edit a unique story to share with the world! -Students will begin by learning about cameras and special software required for stop-motion animation. -They will learn the visual principles of animation as well as storytelling fundamentals. -They will complete multiple animation exercises and a final film project using everything they've learned.

**Cost: FT=\$246, INT=\$346**



### PARKOUR AND THE ART OF MOVEMENT WITH KONG ACADEMY

K-2nd Grade

Mondays, 3:30–4:30 p.m.

January 10th–March 21st

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=\$277, INT=\$377**



### MACHINE SEWING WITH LITTLE HANDS CREATIONS

1st–5th Grade

Mondays, 3:30–5:00 p.m.

January 10th–March 21st

Students are invited to learn a skill they will use for a lifetime and a hobby they will forever enjoy...sewing! No experience necessary for any child to learn the basics and beyond. New students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have. This class is student-led and they advance at their own pace with autonomy over the projects they choose to create. Camps and classes are designed to teach children with both beginning and advanced skills. Projects, which are constantly rotating during the quarter, include backpacks, phone cases, clothing, accessories, bags, games, stuffed animals and more! This is our most popular and most inclusive class.

*\*For all new sewers, the first class of the session is mandatory, please contact Chelsea Cook if your child is unable to attend\**

**Cost: FT=\$213, INT=\$313**



### ARCHERY WITH REGIS THEVENET

3rd–5th Grade

Mondays, 3:30–4:30 p.m.

January 10th–March 21st

An Archery class is now being offered by Mr. Regis Thevenet. Mr. Thevenet (retired Health and Fitness teacher at the Meridian School) gained his credentials as a basic archery instructor through NASP – National Archery in the Schools Program and is excited to offer this fun archery class.

**Cost: FT=\$277, INT=\$377**



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## TUESDAY (No classes on February 22)

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### CLOTHING & ACCESSORIES MACHINE SEWING BY LITTLE HANDS CREATIONS

1st-5th Grade  
Tuesdays, 3:30–5:00 p.m.  
January 11th–March 8th

Does your wardrobe need a little freshening? We've got you covered! Little Hands Creations is excited to debut our brand-new Clothing and Wearables Machine Sewing class!

No experience necessary for boys and girls to learn the basics and beyond. New students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have.

This class is student-led and they advance at their own pace with autonomy over the projects they choose to create. Camps and classes are designed to teach children with both beginning and advanced skills. Projects will rotate each session to include new clothing, seasonal wearables, and our most popular designs. Projects will include Pajama Pants, Fleece hats, Fox scarf, fingerless gloves and so much more! All supplies are included!

*\*For all new sewers, the first class of the session is mandatory, please contact Chelsea Cook if your child is unable to attend\**

**Cost: FT=\$213, INT=\$313**



### CHESS CLUB WITH ORLOV CHESS ACADEMY

1st-5th Grade  
Tuesdays, 3:30–4:30 p.m.  
January 11th–March 8th

Join Meridian Chess Club! Play chess with our friends, learn tactics and strategies, exercise and challenge your mind. Workbooks and chess sets are provided, just come ready to learn!

**Cost: FT=\$200, INT=\$300**



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## WEDNESDAY

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### LEGO ENGINEERING: AMAZING ANIMALS WITH BRICKS 4 KIDZ

K-2nd Grade  
Wednesdays, 3:30–4:30 p.m.  
January 12th–March 2nd

It's a zoo in here! This is a unit sure to delight kids who love creatures. We'll be building models of snakes, insects, mammals and more. Each week we'll discuss fascinating facts about the animals we build, from the chameleon that changes colors to the seal model that waddles across the table. Students will love these moving models that celebrate the wonders of the animal kingdom. We learn, we build, we play with Lego bricks!

**Cost: FT=\$213, INT=\$313**



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## WEDNESDAY

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### KARATE-X MARTIAL ARTS

K-5th Grade

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

January 12th-March 2nd

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 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. Thousands of kids have enjoyed Karate-X classes, and yours will love it too! Sign up now, our classes fill quickly!

**Cost: FT=\$317, INT=\$417**



### BEGINNER HAND SEWING & CRAFTING WITH LITTLE HANDS CREATIONS

K-2nd Grade

Wednesdays, 3:30-5:00pm

January 12th-March 2nd

Learn the basics of hand sewing, crafting and weaving in this class created to introduce our younger students hand sewing and fiber arts! Boys and girls will learn basic hand sewing techniques, from threading needles and tying knots, to several types of stitches.

New projects each quarter, ranging from embroidery, hand sewn puppets, accessories, pillows, fiber crafting and more! This class will build fine motor skills, finger dexterity, and most important, it will give their creative muscles a work out! All supplies included, let's get creative!

**Cost: FT=\$213, INT=\$313**

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## THURSDAY

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### FINGER KNITTING AND LOOM WEAVING WITH LITTLE HANDS CREATIONS

2nd-5th Grade

Thursdays, 3:30-5:00pm

January 13th-March 3rd

Learn the art of knitting and loom weaving! Knitting is calming, relaxing, and keeps us centered because of its repetitive rhythmic movements. Beginners will start slowly with finger knitting, before moving on to our handy knitting looms. Those that are adventurous and advanced can move on to work with our knitting needles. Projects include bookmarks, stuffed animals, hats, headbands, pouches, yarn crafting, and more!

**Cost: FT=\$213, INT=\$313**



### TGA PREMIER YOUTH TENNIS WITH TGA OF GREATER SEATTLE

K-3rd Grade

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

January 13th-March 3rd

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=\$213, INT=\$313**



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## THURSDAY

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### ULTIMATE FRISBEE

3rd-5th Grade

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

January 12th-May 11th

Meridian is excited to announce the formation of an Ultimate Frisbee team for 3rd-5th 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=\$270, INT=\$370**

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## FRIDAY (No classes on March 11)

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### WINTER CRAFTING WITH LITTLE HANDS CREATIONS

1st-5th Grade

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

January 21st-March 18th

It's that time of year again! Crafting and art by the fire as we welcome in these colder seasons. Have your kiddo learn new arts form that can built on at home to keep them smiling and busy as the snow (and mostly rain) falls outside.

Get ready to bring home adorable gifts every week as your child will learn how to build mittens, stockings, ornaments, garlands, costumes, snow globes, wreaths and more! Let their creative minds soar in this years' winter workshop!

*\*LHC is a non-denominational company, but we seek to honor the cultural backgrounds of all our students during the winter holiday season! Your child will able to choose freely from a range of both culturally-specific, and generally winter-themed projects. \**

**Cost: FT=\$213, INT=\$313**

