

WINTER 2017 ASEP SESSION

Winter ASEP is a six-week session that starts the week of 3/6 and ends the week of 4/10. **Registration will begin on Friday, February 3rd at 7pm.** Classes start right at the end of school (2:50pm) and end at 4:00pm. All sessions cost \$55 with a materials fee added based on the class except for Paint Party which will be held twice a week and cost a total of \$115. Classes on Thursday and Friday will have make up days due to no school on 3/16 and 4/14. Make up dates are 4/27 and 4/28. Sessions will still run on Early Release Days and start at 11:45am with dismissal at 12:50pm.

AFTER-SCHOOL BOOK CLUB (ABC) (Instructor: Ellen Metsker): Does your son or daughter like to read? Join book-loving 5th graders, Arissa & Lizzie (along with an adult supervisor), for a fun kids-only book club. Kids will read a book at home, then get together to talk about the story, do a related craft or activity, act out our favorite part, maybe even watch the movie... Book club members will help choose the books we read. Books will not be provided, but will be options available at school or library. This class is offered to 3rd Graders. Materials Fee: None. Fridays

BEGINNER SPANISH (Instructor: Mariana Gesauldi): This class will emphasize listening and speaking skills through singing, movement and games. Every class starts with Spanish greetings and then the introduction of new vocabulary. Children will learn numbers, colors, body parts and animals. This class is offered to Kindergarten and 1st graders. Up to 10 kids. Materials Fee: \$5. Thursdays

CRAFTING WITH RECYLED MATERIALS (Instructor: Lisa Brennan): Kids will enjoy creating different pieces of art in a relaxing and imaginative environment. All different materials and media will be explored each week as kids partake in the joy of artful creations. This session is offered to 1st through 3rd Graders. Up to 10 kids. Materials Fee: \$5. Thursdays

DRAWING AND DOODLING (Instructor: Andrea Healy): Most of class time will be spent drawing objects, people, or photos that are in front of us. Drawing is a skill that can be learned if you concentrate and LOOK closely at shape, form, line and texture. Time will always be allowed for "doodling" from imagination if a student prefers. We will explore different drawing tools from pen and ink, to sharpies. This session is offered to 1st through 3rd graders. Up to 12 kids. Materials Fee: \$3. Wednesdays

EXPRESS YOURSELF: YOGA DANCE, PLAY, CREATE AND MEDITATE (K) (Instructor: Christina Gardiner-Burns): Explore yoga: shake your wiggles and day out; move and groove to different music & sounds; create imagery through visual art; play with active asana postures; connect to your breath; guided meditation & stories; and of course, lots of laughing and having fun. This class is offered to Kindergarten only. Up to 10 kids. Materials Fee: \$5. Students need to bring a yoga mat and favorite stuffed animal. Thursdays

EXPRESS YOURSELF: YOGA DANCE, PLAY, CREATE AND MEDITATE (1st – 3rd) (Instructor: Christina Gardiner-Burns): Explore yoga: shake your wiggles and day out; move and groove to different music & sounds; create imagery through visual art; play with active asana postures;

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connect to your breath; guided meditation & stories; and of course, lots of laughing and having fun. This class is offered to 1st through 3rd graders. Up to 10 kids. Materials Fee: \$5. Students need to bring a yoga mat and favorite stuffed animal. Fridays

FRIENDSHIP BRACELET MAKING (Instructor: Stephanie Webster): Students will learn to make basic types of friendship bracelets by tying knots using colored embroidery floss. Each week a new method and design will be explored. This session is for 2nd and 3rd grades. Up to 6 kids. Materials Fee: \$8 Fridays

GYM FUN (Instructor: Lisa Brennan): Students will have a chance to enjoy playing fun gym games with basketballs, kick balls, obstacle courses and jump rope. A great way to decompress after a long day of sitting in class. This session is for K through 2nd Grade. Up to 12 kids. Materials Fee: None. Tuesdays

KICKBALL KRAZE (Instructor: Kelly Webster): Enjoy learning about team dynamics while playing kickball in the beautiful Bresnahan school gym. Basic game rules will be explained for newcomers to the sport. This session is offered to 2nd and 3rd graders only. Up to 20 kids. Materials Fee: None. Wednesdays

LEARN KARATE (Instructor: Sensei Zack): In this program from Tokyo Joe's (now called The Dojo), students learn basic karate moves while discussing core martial arts values like respect for one's self and others. Upon completion of this course, students receive a half-yellow belt in Shaolin Kempo Karate. This session is offered to Kindergarten through 3rd Graders. Up to 12 kids. Materials Fee: \$8. Fridays (except last session on Thursday, April 13th)

LEARN TO PLAY FIELD HOCKEY (Instructor: Jessica Delancey): This clinic will teach students the basic skills necessary to play field hockey through drills and game-like play. Players will learn how to hold a field hockey stick correctly, how to dribble and pass the ball, and how to move on the field. This session is for 2nd and 3rd grades. Up to 12 kids. Materials Fee: None. Fridays

LET'S PLAY CHESS (Instructor: Kelly Garbarino): This class is for any ability, those who have never played the game of chess and those who want to practice and play more. Kids will enjoy playing against classmates of similar ability to grow their skills. We will use internet based resources as well as learn from each other. This class is offered to 2nd and 3rd graders. Up to 12 kids. Materials Fee: None. Tuesdays

MUSICAL THEATER (Instructor: Allyn Gamble): Students will participate in singing and acting performance through the story and songs from one of several musicals. This session is offered to 2nd and 3rd graders only. Up to 10 kids. Materials Fee: None. Thursdays

PAINT PARTY (Instructor: Brooke Welch): This class will emphasize the skills in mixing paints, understanding color theory and putting your talents to canvas. This session will run two days a week on Tuesdays and Thursdays. This class is offered to 1st through 3rd graders. Up to 10 kids. Class Fee: \$115 (twice a week includes materials fee) Wednesdays and Fridays

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PIANO FOR BEGINNERS (2nd/3rd) (Instructor: Donald Weng): Students will learn how to read music in both the treble and bass clefs. We will learn the letter names of the notes, their rhythmic values and how they relate to the piano keyboard. They will also be able to play some recognizable tunes. This session is offered to 2nd and 3rd graders. Up to 6 kids. Materials Fee: \$7 Tuesdays

PIANO FOR BEGINNERS (K/1st) (Instructor: Donald Weng): Students will learn how to read music in both the treble and bass clefs. We will learn the letter names of the notes, their rhythmic values and how they relate to the piano keyboard. They will also be able to play some recognizable tunes. This session is offered to Kindergarten and 1st graders. Up to 6 kids. Materials Fee: \$7 Wednesdays

STEM IS FUN (K/1st) (Instructor: Amy LeBlanc): Through hands-on activities and STEM challenges, children will think, construct, experiment, discover, and develop the desire to learn more. The children will explore the use of different learning tools, STEM toys, and doing experiments using the simplest everyday materials. This class is offered to Kindergarten and 1st graders. Up to 12 kids. Materials Fee: \$30 Tuesdays

SIT AND KNIT (Instructor: Pam Webb): Come and learn the basics of knitting. All supplies to be purchased by knitters, so please come prepared to class with a pair of size 8 or larger knitting needles (the shorter the better) and a skein of your color choice in a knitting worsted weight yarn. This class is offered to 2nd and 3rd graders. Up to 6 kids. Materials Fee: None. Wednesdays

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BOKS Sessions – Monday/Wednesday Mornings (10 Weeks)

BOKS (Build Our Kids Success) is a before school exercise program from Reebok that helps kids kick start their brains before school. The class is 50 minutes long, starts with a fun warm-up game, running activity; relay races, obstacle courses and strength movements, a fun game and a cool down with a BOKS Bit--a quick nutrition tip before heading off to class. Kim Patrick and Jana Schulson will lead the sessions. For more information on the BOKS program and proven results visit BOKSkids.org. Grades Eligible: K, 1, 2, and 3. The cost is \$70 per child.

Schedule: Meets on Monday and Wednesday mornings BEFORE SCHOOL from 7:10am-8:05am in the gym or outside at the Bresnahan school for 10 weeks beginning on 3/6 and ending the week of 5/15.