

## Winter 2019-2020 Extra-Curricular Activities (REVISED 12/13/19)

**Why choose Extra-Curricular Activities for your child?** It's one way for your child to socialize with their peers, enhance skills and/or explore a new activity. Studies show that students who participate extra-curricular activities increase their academic scores, improve oral communication and relieve stress.

**How long do the classes run?** Classes are 6-7 weeks depending on the activity. Read each activity description carefully.

**What are the times?** All classes are from 3:00-4:00 or 3:15 - 4:15.

**How much are the classes?** All prices are listed in the class descriptions. Payment must be made on-line. Please note: There is a minimum number of students per class. Classes will take place only if enough students sign up.

**Is Aftercare a different program?** Yes, it is a different program that is paid separately. However, your child may attend Aftercare if that is needed after completing the extra-curricular program/class. (Please note: Students who are not picked up on time from their activity will be dismissed to Aftercare to wait for parents and charged accordingly.)

**How do you register and pay for your child?** All registrations will be processed and paid on-line at: <https://www.icsannandale.org/extracurricular>

### Winter 2019-2020 Programs

#### **Study Buddies Club**

**Grades 6-8**

**Cost: \$110 Mondays** 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

**Time: 3:00-4:00**

**Min. 6/Max/10**

**Kim McCarron**

Students will focus on study skills, organization skills, test prep and homework. Course will focus on learning the difference between homework, studying and being prepared for class. When homework assignments are light, the focus will be on planning of long-term projects and educational games to reinforce skills.

#### **Girls Exercise Club**

**Grades 4-6**

**Cost: \$60 Mondays** 1/13, 1/27, 2/3, 2/10, 2/24, 3/2

**Time: 3:15-4:00**

**Min. 6/Max/unlimited**

**Kathy Hausler**

This 45 minute class will be a serious exercise class. Do not worry if you are not in great physical condition, this class is for you! We will learn ways to exercise at home, to build muscle/bone strength (critical to girls), increase cardio endurance, become more flexible and have fun. This is a class that will not judge you but

rather support you on your quest to better health. We will also discuss simple ways to improve our dietary choices, a key to overall health. Come if you are serious about making some simple changes in your physical health. Bring a light snack, water, towel for planks and a change of clothes.

**Art Club**

**Grades 2-4**

**Mrs. Stam**

**Cost: \$60 Tuesdays 1/14, 1/21, 1/28, 2/4, 2/11, 2/18**

**Time: 3:15-4:15 Min. 6/Max. 10**

Art club will focus on charcoal drawing, colored pencil drawing, watercolor and acrylic painting.

**Speed and Agility**

**Grades 4-8**

**Cost: \$120 Tues./Thurs. 1/7, 1/9, 1/14, 1/16, 1/21, 1/23, 1/28, 1/30, 2/4, 2/6, 2/11, 2/13, 2/18, 2/20, 2/25, 2/27**

**Time 3:15-4:15**

**Min. 10/Max. 20**

**Diego Austin**

This is a new and exciting program that focuses on a developmental approach to building speed, agility and quickness. This program focuses on developing the proper technique and will improve the ability to produce speed, the ability to move as fast as possible in one direction, and agility, the ability to accelerate, decelerate, stabilize, and quickly change direction. The social atmosphere of the class will keep students engaged and having a blast while they exercise.

*This program is coached by Coach Diego Austin. Coach Diego holds a Masters Degree in Exercise and Sports Science and has a background in not only the athletic population but also youth movement pattern development. He is an associate at Pro-Activity, a Human Achievement Company in Clinton Twp., NJ and a coach with Basecamp31, a local 501 c 3 not-for-profit with a mission of healthy community."*

**Please sign up on this link: <https://www.pro-activity.com/ics>**

**Study Buddies**

**Grades 3-5**

**Monica Sharp**

**Cost: \$120 Wednesdays**

**Grades 6-8**

**Stacy Jones**

Students will focus on study skills, organization skills, test prep and homework. Course will focus on learning the difference between homework, studying and being prepared for class. When homework assignments are light, the focus will be on planning of long-term projects and educational games to reinforce skills.

**Min. 6 students/Max. 10**

**1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1**

**Time: 3:00-4:00**

**Girls Volleyball Club**

**Grades 7-8**

**Kathy Hausler**

**Cost: \$60 Wednesdays**

**1/15, 1/22, 1/29, 2/5, 2/12, 2/19**

Using the same volleyballs that are used in high school competition, this after school program will help to develop overhand serve, setting to specific players and learning the positions on the court. Please come dressed to play (sneakers and a change of clothes). Bring water and a light snack. **Min.10/Max.20**

**Time 3:00-4:00**

**Additional Clubs will be added throughout the year.**