

2011-2012 C.A.R.E. Class Descriptions

SPORTS SKILLS CLASSES

ATTIRE: Loose fitting clothing and sneakers.

Age 3 – 4: Intro to basic sport skills. Child must be able to separate from parent and be able to follow directions. (Max 7 students)

Ages 4-Grade K: Basic sports skills: throwing, catching, kicking, and dribbling; learn basics of floor hockey, soccer and basketball. (Max. 12 students)

Grades K-1: Work on improving basic sport skills. (Max 12 students)

Grades 1-2: Continue to improve basic sport skills and learn to shoot a basketball and work on baseball skills. (Max 12 students)

Grades 3-5: Sports skills are further developed and incorporated into games. (Max 16 students)

FLAG RUGBY

Flag Rugby is something of a youth sport phenomenon in Morris County, receiving media attention—even nationally, as the two founders here are like missionaries have promoting it's wildfire-like spread nationally. <http://www.americanflagrugby.com/news/>.

All the kids I know who've played have enjoyed it immensely, and it's great for kids of *all* ages because it's largely running and chasing. The ball is big and light and passes are short so even first and second graders can handle the ball and have a blast. Simple rules and their enforcement builds discipline and the ability to follow instructions.

YOGA

Grade 3-5: This Class is a fun introduction in to the Art of Yoga. We will learn the proper breathing technique, and work our way into the different types of yoga and finish off each class with relaxation and calming music. Yoga mats optional, but recommended for comfort. Wear weather appropriate comfortable clothing.

CHEERLEADING

ATTIRE: Leotard or t-shirt with shorts or sweat pants and low-top supportive sneakers.

Pom-Pom Fun! age 4-6 This energetic class will introduce young children to dance using pom-poms. Class consists of fun warm-ups followed by stretch and strength exercises. Focus will be on creative movement and age appropriate cheerleading style dance. While touching on simple cheer techniques, girls will work on routines and finish class with a fun game or activity. There will be opportunities for parent observations. Appropriate dress attire for this class consists of a leotard or t-shirt, stretch shorts or leggings and good supportive sneakers. Poms and hairbow will be provided. (max 10 students)

CheerFun! grade K-2 This class ramps up the energy by combining cheer technique and dance to create routines. Class consists of fun warm-ups and exercises, basic mat work, jumps and simple stunting. Cheer and cheer/dance routines will be worked on and class ends with a fun game. Parent observations will be offered. Appropriate dress attire for this class consists of leotard or t-shirt, stretchy shorts or leggings and good supportive sneakers. Pom poms and hair bow will be provided. (max 12 students)

NOTE: These classes are strictly recreational with no competition and are designed to introduce students to the sport of cheerleading. There is a \$20 materials fee for a set of vinyl push pompom.

DANCE CLASSES

CLASS ATTIRE: Leotard and tights. Pink ballet slippers for preschool dance and all ballet classes. Black tap shoes for tap classes. Jazz shoes needed for jazz classes. Shoes noted will be required for the recital.

DANCE RECITAL: There is a \$60 recital fee collected in early December 2011 which includes costume and production expenses. ALL STUDENTS WHO WISH TO PARTICIPATE IN THE RECITAL MUST WEAR THE COSTUME ASSIGNED BY TEACHER ALONG WITH Tights AND CORRECT SHOES FOR DANCE. PLEASE NOTE THERE BE NO EXCEPTIONS.

Preschool Dance (Age 3-4): Introduction to dance concentrating on poise and balance, students learn ballet barre exercises, floor stretches, basic ballet technique and simple combinations which include plie, releve, tendu, bourees, curtsy, chasse, and rond de jambe. (Max 9 students)

Ballet I (Age 4-5): Students improve on ballet techniques taught in preschool dance and are introduced to more complex combinations. (Max 10 students)

Ballet II (Age 6+): Students continue to improve basic ballet taught in previous levels and are introduced to more extensive technique and challenging combinations. *This class is for students with previous ballet experience.* (Max 10 students)

Ballet III (Age 7+): Students advance in ballet movements taught in previous levels. Class offers most extensive techniques and more challenging combinations. *This class is for students with previous ballet experience.* (Max 12 students)

Ballet/Tap I (Age 4-5): Students improve on ballet technique taught in preschool movement and are introduced to more complex combinations. In addition, basic tap technique and simple combinations to include heel and toe tap, shuffles, toe heels, toe back and Irish. (Max 8 students)

Ballet/Tap II (Age 6-8): Students continue to improve basic ballet and tap taught in previous levels and are introduced to more extensive technique and challenging combinations. *This class is for students with previous ballet and tap experience.* (Max 10 students)

Jazz I (Age 6+): An introduction to jazz consisting of warm ups, stretching and simple combinations to include jazz square, step pivot turn, side touch and chasse step. (Max 12 students)

Tap (Grade 4-5): This class will introduce the art of tap to your child or continue to develop your child's' natural love of tap. (Max 12 students)

Hip Hop* (Grade 2-5): Introduction to a contemporary form of jazz that includes such styles as funk, street, and pop lock. Examples of these styles are best seen in many of today's music videos (Back Street Boys, INSYNC and Brittany Spears). (Max 15 students)

* Attire should include t-shirt, shorts or leggings and supportive sneakers

Lyrical Dance (Age 7+): Introduction to Lyrical dance which incorporates a combination of jazz ballet and free style movements using today's popular music. (Max 12 students)

CREATIVE DESIGNS

Grade 3 - 5: "This class will let your child be as imaginative as can be with the activities and projects we will be doing throughout the year. We will make room accessories such as window art, dream catchers, picture frames, as well as, jewelry, holiday crafts and cool things for mom and dad. This class can be enjoyable for both boys and girls.!" (Max 14 students)

NOTE: There is a \$20 materials fee for this class.

BOOKS COME TO LIFE

Books Come to Life (*Preschool*)

"Books Come to Life" class nourishes a child's love of reading, their imagination, and artistic skill. This class will center around a theme that is demonstrated through several books read at the beginning of the class. The class will then participate in an arts and crafts project and/or game activity related to the specific topic of the day. Each week the topic changes, as do the activities. The books chosen will be age appropriate, as will the art projects.

(Max 6 students)

NOTE: There is a \$20 materials fee for this class.

Books Come to Life (*Kindergarten and First Grade*)

"Books Come to Life" class nourishes a child's love of reading, their imagination, and artistic skill. This class will center around a theme that is demonstrated through several books read at the beginning of the class. The class will then participate in an arts and crafts project and/or game activity related to the specific topic of the day. Each week the topic changes, as do the activities. The books chosen will be age appropriate, as will the art projects.

(Max 10 students)

NOTE: There is a \$20 materials fee for this class.

Sewing By Hand (*Second Grade and Third Grade*)

Learn to sew by hand. Students will start by learning some basic stitches and terminology. They will build a great beginners sewing kit as we work our way through simple sewing projects like a needle keeper, pin cushion and scissor keeper. We will also make fun and creative projects that will include things like puppets, Ugly Dolls, toys, pillows, hair accessories, holiday items, T-Shirts and bags, etc. Students will learn how to use a pattern, how to cut fabric, pin fabric, baste, sew on buttons and patches and more. Students will leave the class with a beginners sewing book, a beginners sewing kit and several completed projects. Some projects will be completed in one class and others will be worked on over several classes.

(Max 8 students)

NOTE: There is a \$30 materials fee for this class

Art Journaling

Book-making, stamping-making and basic drawing and painting techniques to make your writing come alive with your own style and personality. We will create our own journals and work on pages with enhancement from stamps we create in class.

(Max 10 students)

NOTE: There is a \$25 materials fee for this class

Colorful Collage Creations

We will paint and print our own papers using various techniques and then use our hand-made paper for collaging Poetry writing techniques will be explored and we will be publishing a group book.

(Max 10 students)

NOTE: There is a \$25 materials fee for this class

DRAWING AND PAINTING

Grades 1 – 5: Grab your smocks, palettes, and berets and let's explore the world of art! This course will focus on technique, art basics, and major genres of drawing and painting. Will begin with basic drawing and move to painting later in the course. We will work on developing observation skills, perception, and visual memory. Students will work on several skills each week along with some long-term projects. Building familiarity with art basics like shade, tone, perspective, proportion and the color wheel, students will work at their own pace to increase creativity and foster a love of art. We will also try out techniques used by some of the masters and explore several famous periods of art. (Max 10 students for Gr. 3-5, Max 8 students for Gr. 1-2)

NOTE: There is a \$20 materials fee for this class.

OKINAWAN KARATE / TAE KWON DO

Grades 1-5: Learn principals of self-confidence, self-discipline, and a good spirit. Includes calisthenics, learning punches, kicks and other basic techniques along with proper breathing. Helps students manage fear and anger properly. (Max 12 students)

NOTE: There is a \$15 materials fee for this class. Parents must also purchase a karate uniform to be worn for this class. Uniforms can be ordered via internet, at a retail store, or can be from a previous school attended.

Cooking Galore

Grade 4-5: This Class will offer a fun and informative guide to learn how to make different kinds of foods. Children will learn easy recipes featuring whole foods filled with vitamins and minerals. Each month we will have a theme based on the holiday that is approaching. Your child will help decide what kind of food they would like to learn to cook such as: pizza; tacos dough boys; pancakes; cookies; muffins or eggs. (Max 10 students)

**Children with food allergies please notify teacher immediately- parent may need to attend with child.*

NOTE: There is a \$30 materials fee for this class.

COOKING FUN

Grade 4–5: This Class will offer a fun and informative guide to learn how to make healthy food choices for snacks and meals. Children will learn easy recipes featuring whole foods filled with vitamins and minerals and learn the importance of healthy eating while creating fun food. Tasty fruit smoothies, yummy and nutritious protein shakes, outrageous recipes for soups, salads and snacks are some of the offerings in this program to help make and to taste. Recipes and information highlighting healthy eating will be provided at each session and encouraged to be shared at home. Parents will be treated to a presentation of the skills their children learned at the end of the Program. It will be a healthy experience for all to share.

NOTE: There is a \$30 materials fee for this class.

EXPERIENCE SCIENCE LIKE NEVER BEFORE

Grade 1 – 3 Children will be using simple ingredients in this hands on class. They will learn how to make slime, play dough and goop just to name a few. They will explore and learn how to polish pennies, use a balloon and string to learn how gravity works, watch how raisins can dance and many more fun filled experiments (Max 10 students)

Grade 4 – 5 This course will cover basic science using hands on experiments. Your older children will learn a little bit more complex experiments such as learning density using butter, making glue, quick sand, crazy putty and more. They will learn the forces of energy and cover a little bit of chemistry. (Max 10 students)

NOTE: There is material fee of \$25 for this class.

Chess Club

This club aims to be 1) edifying and uplifting in terms of sportsmanship and hence character building 2) fun and enjoyable, and 3) technically versed and challenging, while considerate of the cognitive age and differences of children spanning grades 1-5.

Background:

Ever been to an online chess website like Yahoo's? It becomes painfully obvious that young players today like never before need guidance in learning true sportsmanship. Chess is actually considered a gentleman's game, and provides a wonderful framework—and many teachable moments—for character building. I aim to take advantage of that. Young chess players also need and generally welcome the learning of new aspects of the game—and the drive to excel always has its own merits; I'll thus teach and motivate them—but according to their age and ability. Last, for the age group in question, it has to be *fun*; I'll rely on my creativity, natural rapport with children, and sense of humor to make it *very* fun.

Proposed Approach and Work Plan:

- Chess puzzles will be utilized to add to the sense of fun
- Will incorporate good ideas from the members themselves
- Fifth graders will have chance to try the strategy game *Napoleon*, perhaps as a reward
- Chess "table topics" sessions: At the conclusion of sessions, I'll lead and encourage brief participant discussions and debates about good openings, strategies, who is notably improving etc. Members will thus learn to think on their feet and express themselves. I may have older members give a brief, positive, respectful evaluation, in front of the club, of their opponent's efforts that day
- Will encourage the character that the improving player must possess: perseverance, study, focus, boldness, mental toughness (when facing tough game situations or mistakes), conquering fear of failure or of better opponents etc...
- Some fun openings will be introduced and demonstrated

NOTE: There is material fee of \$15 for this class.

PIANO

Grades 1-5: This beginner class will teach children to understand music by learning the basic essentials of the piano. Such as, learning to read notes, keep time and rhythm, and play easy to learn songs. Their will be written homework each week and the children should be encouraged to practice about 15 minutes daily. (Max 3 students)

Suggested keyboard models that you may want to purchase – various prices can be found on Walmart.com (you do not have to purchase these models). Casio 37 key SA75

Casio 37 key Mini Keyboard

Casio 61 key CTK 700

Casio 61 key CTK 710

Casio 61 key CTK 491

NOTE: There is a \$20.00 materials fee for this class.

Isshinryu KARATE / Self-Defense

Grades 1-5: Learn principals of self-confidence, self-discipline, and a good spirit. Includes basic physical fitness, learning punches, kicks and other basic techniques along with proper breathing Helps students manage fear and anger properly. (Max 12 students). Also teaches Karate history, and Japanese terminology.

NOTE: There is a \$15 materials fee for this class. Parents must also purchase a karate uniform to be worn for this class. Uniforms can be ordered via internet, at a retail store, or can be from a previous school attended.

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SPANISH

Spanish 1&2- This class allows children to explore the foreign language in a fun and explorative way. Your child will learn about the culture, as well as some simple history and learn the language through games, activities, pictures, books, and song. (Max 10 Students)

NOTE: There is a \$15 materials fee for this class.

MATH KNOWLEDGE

Unlock your child's math potential!! This class is meant to enhance your 1st – 5th grader's math knowledge. Basic math topics for these grade levels will be reviewed in both worksheets and games. Each week a new and appropriate topic will be taught, explained and reviewed. Children will get an opportunity to bring questions and show homework or tests for review. This class is perfect for those that need a little extra practice in math as well as those that are looking to get ahead and review extra math skills. Nothing builds interest in math like confidence and the necessary knowledge.

NOTE: There is a \$10 materials fee for this class.

CHESS

Gr. 3 – 5: This course will offer the basic fundamentals of Chess. The course is open to all beginners, as well as, individuals who are looking to improve and fine tune their game. Individuals will learn the rules of the game and basic strategies to challenge their game. There will be monitored competition between individuals to test their mental capacity of the game and work on their strategy in a game format.

NOTE: There will be a \$15 material fee for this class.