

# **PS16 AFTERSCHOOL PROGRAM**

## **SPRING 2020 SCHEDULE**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	3:00-3:45 PM	4:00-4:45 PM	3:00-3:45 PM	4:00-4:45 PM	3:00-3:45 PM	4:00-4:45 PM	3:00-3:45 PM	4:00-4:45 PM	3:00-3:45 PM	4:00-4:45 PM
<b>GYM</b>										
CLASS	KICKBOXING - BEGINNER	KICKBOXING - ADVANCED	CREATIVE MOVEMENT	ZUMBA	NOODLES OF MOVE	BASKETBALL	BOLLYWOOD - BEGINNER	BOLLYWOOD - ADVANCED	CHEERLEADING	BASKETBALL
INSTRUCTOR	JC KICKBOXING	JC KICKBOXING	NIMBUS	NIMBUS	MS. THOMAS	MR. REID	SDA	SDA	MS. DAMATO	MR. REID
FEES	\$300	\$300	\$200	\$200	\$225	\$225	\$280	\$280	\$250	\$225
GRADES	GR K-1	GR 2-5	GR K	GR 1-5	GR K-2	GR K-5	GR K-1	GR 2-5	GR K-5	GR K-5
# OF SPOTS	15	15	15	15	30	30	15	15	15	30
<b>TEACHERS LOUNGE</b>										
CLASS	CHESS	CHESS	SOCRATIC CIRCLES		BOOKWORMS READING CLUB		FUNDAMENTALS OF ART	CREATIVE WRITING	FUNDAMENTALS OF ART	
INSTRUCTOR	101 DISCOVERIES	101 DISCOVERIES	MS. TALALAI		MS. ISOLDI		MS. GORDON	MS. KANE	MS. GORDON	
FEES	\$220	\$220	\$225		\$220		\$220	\$220	\$220	
GRADES	BEG	RET	GR 4-5		GR K-2		GR K-2	GR 2-5	GR K-5	
# OF SPOTS	14	14	15		15		15	15	15	
<b>LIBRARY</b>										
CLASS		HANDWRITING CLUB						BOOKWORMS READING CLUB		
INSTRUCTOR		MS. PINKY						MS. PATER		
FEES		\$225						\$220		
GRADES		GR 1-2						GR 3-5		
# OF SPOTS		12						15		
<b>ROOM 301/302</b>										
CLASS									ENGINEERING ADVENTURE	RELAXATION & MEDITATION
INSTRUCTOR									MS. WARRINGTON	MS. DAMATO
FEES									\$220	\$225
GRADES									GR 3-4	GR K-5
# OF SPOTS									15	15
CLASS DATES	3/2,3/9,3/16,3/23,3/30,4/6,4/20,4/27		3/3,3/10,3/17,3/24,3/31,4/7,4/21,4/28		3/4,3/11,3/18,3/25,4/1,4/8,4/29,5/6		3/5,3/12,3/19,3/26,4/2,4/23,4/30,5/7		2/28,3/6,3/13,3/20,3/27,4/24,5/1,5/8	
SKIPPED DATES	4/13		4/14		4/15,4/22		4/9,4/16		4/3,4/10,4/17,5/22	
MAKE UP DATES	5/4,5/11,5/18		5/5,5/12,5/19,5/26		5/13,5/20,5/27		5/14,5/21,5/28		5/15,5/29	

## **Class Descriptions**

### **Kickboxing - Beginner**

Kids Muay Thai is a beginner martial arts class that focuses on Muay Thai Kickboxing basics and exercise drills. Your child will have fun and stay healthy as they do exciting kickboxing and boxing drills designed specifically for children.

### **Kickboxing - Advanced**

Our kids and young teens Muay Thai Kickboxing is a program specifically designed to teach self-defense, instill confidence and keep your kid healthy. In learning Muay Thai Kickboxing kids and young teens will feel safe, good about themselves and others. They become proactive about protecting their personal boundaries on and off the mat.

[www.njkickbox.com](http://www.njkickbox.com)

### **Chess**

The beginner class is for children with no prior knowledge of chess and the returning class is for children who have taken prior chess classes. Please register accordingly.

<http://www.101discoveries.com/>.

### **Handwriting Club**

JCPS is bringing cursive back in the curriculum as mandated by the state. Handwriting Club is a program that provides direct instruction in the basic format of cursive writing. Students will work on specific skills such as fine-motor / eye-hand coordination, forming continuous letter strokes, directionality, proper pencil hold, line awareness, and organization. Give your child a head start and join our club!

### **Creative Movement**

This class teaches students basic concepts of movement, music, and creative exploration, while introducing elements of Ballet, Modern, Hip Hop Dance. Students are provided a perfect orientation to dance as an art form within an environment that balances structure with creativity and play. Learn from a professional dancer from Nimbus Dance Works in this unique satellite class of the prestigious School of Nimbus Dance Works.

## **Zumba**

Nimbus Dance Works brings a fun, high energy class to the students of PS 16. Students will have a lot of fun to popular music while learning short movement combinations and coordinations from different social and popular dances. Stay active and get groovy with one of Nimbus' renowned teaching artists.

<http://www.nimbusedanceworks.org/>

## **Socratic Circles**

In a Socratic circle, students will seek deeper understanding of complex ideas in the text through thoughtful dialogue, rather than by memorizing bits of information. A Socratic Circle is not a debate but an opportunity for the students to ask the questions, form opinions and drive the discussion. The goal of this activity is to have students work together to construct meaning and arrive at an answer through a conversation that the students have ownership of.

Other information: The text has yet to be chosen as I'd like the input of the students involved and ultimately would like for it to be a text that they have not read yet. Each week they will be assigned a section of the text to read at home and asked to be prepared with questions to bring to the discussion (they will be supplied with post-it notes to record questions while they are reading). Students will be able to keep the book when we are done.

## **Noodles of Move**

Students will use various fitness sites to get active. Students will learn how to get their heart rate up and lower it back down. Students will review the components of fitness, (cardio respiratory, muscular endurance, muscular strength, and flexibility). Students will review sportsmanship and team building.

## **Basketball**

In this class the children will learn the basic fundamentals of basketball in a fun, relaxed setting, from dribbling to passing to all the core techniques of the sport. The children also learn teamwork and how to play with others.

### **Bookworms Reading Club (GR K-2)**

Start the love of reading early on! This program is geared towards students in grades K through 2. Students will pick a book to read during the class and focus on building and strengthening their comprehension skills.

### **Bookworms Reading Club (GR 3-5)**

Love reading and writing? Need more help with reading and writing skills? Grades 3-5 students are invited to the children's book club with the emphasis on comprehension and writing activities that will enhance a child's creativity and imagination as well as strengthen each child's skill set for the upcoming grade. This club will provide a small group setting in which students will listen, understand, and make connections to books. Reading and writing is considered the single most important skill for success in school. Club activities will include: reading and discussing books, mini book reports, engaging writing assignments all during club time. Supplies and books will be provided.

### **Bollywood Dance - Beginner**

Our Bollywood class for the younger students is designed to work on basic form, technique, and spatial positioning. Our students are taught to focus on learning to work together as a team while memorizing choreography using simple cues. They learn to focus on the beat and work towards their transitions on stage. Students have opportunities to participate in our Spring Recital 2020 held at the end of the semester. Costume for the performance is included, but additional ticketing charges apply for attendees for the recital.

### **Bollywood Dance - Advanced**

Our Bollywood class for the more advanced students focuses on more complex steps and combinations including infusing various classical dance forms into our routines. The students will learn to listen to musical cues, time their moves with respect to the beat and work as a team to strengthen their expressions and skill set. Students have opportunities to participate in our Spring Recital 2020 held at the end of the semester. Costume for the performance is included, but additional ticketing charges apply for attendees for the recital.

[www.shehnaazdanceacademy.com](http://www.shehnaazdanceacademy.com)

## **Fundamentals of Art**

Drawing and Painting Fundamentals is a course that teaches basic drawing and painting skills to students interested in realistic compositions. If a student is familiar with basic skills, other techniques according to their individual needs will be demonstrated and incorporated to create realistic artwork.

## **Creative Writing**

In this program, students will learn techniques to improve their writing skills as well as to encourage creative thinking in a small group setting. The cost of the class includes all materials needed.

## **Cheerleading**

The girls will be introduced to the basic movements and motions of cheerleading. They will be learning cheers, chants, jumps and a short dance.

## **Relaxation & Meditation**

Children will be introduced to basic mindfulness and the art of meditation to relax and destress.

## **Engineering Adventure**

Engineering Adventures engages learners in fun, creative problem solving. The engineering unit centers on meaningful, open-ended problems with a global context. Learners find out more about the role engineering plays in their lives and the world around them as they're introduced to real engineering challenges and asked to design solutions with an engineering design process. Students will learn to collaborate, communicate, solve problems, and share their solutions with their peers.

Important, Please Read: This class meets for 90 minutes on Fridays from 3:00-4:30 pm