



AFTER SCHOOL CLASSES: SPRING 2019

Welcome to Brookwood's Spring 2019 After-School Classes! Our courses, led by a dynamic and creative teaching staff, provide students with the opportunity to discover new interests, develop specialized skills, and have fun.

Please sign-up online using the [Parent Resources Server](#) by **Monday, March 25**. Your successful enrollment in the class will appear on your child's schedule as listed in the Parent Resources Server. There is always a chance that a class may not run if we do not have enough students enrolled. Email communication will occur if a class needs to be cancelled due to low enrollment. Also, some classes fill up very quickly. For that reason, registration is on a first-come, first-served basis. **Families are billed through Brookwood accounts for classes and are responsible for full payment once the class begins.**

Contact [Anya Ciarametaro](#) with any questions.

MONDAYS

GIRLS ON THE RUN

GRADES 3-5 (Instructors: Suzy Light, Katie Alexander, Sheila Geraty, Melissa Moore, Emily Friend, Natalie Spencer, Maria Gustafarro)

We are excited to continue the Girls On The Run program at Brookwood this spring! This fun, experience-based program inspires girls to be joyful, healthy, and confident while creatively integrating physical activities and running to train for an end of season 5K. We will have discussions on various "growing up" themes to explore identity, collaboration, and what it means to be part of a community. This exploration will include a girls-led community service project and many fun activities along the way! Please check out the website below for more information on GOTR's mission and core values. ***This class needs a minimum of 8 children to run.** **Class meets both Mondays and Thursdays throughout the term and all participants **MUST commit to both days**. To sign up for this class, you must register through the following web address: www.girlsontherunboston.org **Grades 3-5: Mondays and Thursdays 4:00-5:30 p.m. (Outside/Gym) 18 Sessions: March 28; April 1, 4, 8, 11, (No school April 15th), 18, 22, 25, 29; May 2, 6, 9, 13, 16, 20, 23, (No school May 27th), 30; June 3 (June 3 class is 3:00-4:30 due to all-school 3:00 dismissal). Class culminates in a 5K on Saturday, June 1**
Cost: \$225

SNACK ATTACK

GRADES 1-3; GRADES 4-6 (Instructor: Christina Carman from Blossom Cooking)

Get ready to cook up some culinary fun in this exciting and delicious class! Let's measure, mix, and chop our way to yummy snacks like pizza puffs, crispy tostadas, sweet & salty cookies, and so much more! We will be exploring a variety of ingredients and cooking techniques that will be sure to keep your kitchen skills sharp. ***Each class below needs a minimum of 5 children to run and has a maximum enrollment of 8. Grades 1-3: Mondays 3:00-4:00 p.m. (LS Kitchenette) Grades 4-6: Mondays 4:00-5:00 p.m. (LS Kitchenette) 7 Sessions: March 25, April 1, 8, (No school April 15th), 22, 29; May 6, (No class May 13th), 20**
Cost: \$160

CHESS

GRADES 1-3 (Instructor: Mikhail Perelshteyn)

Checkmate! Set up your own winning position. Whether you are the next Bobby Fischer poised to challenge other grandmasters, or you don't know your castle from your pawn, this class is for you. Senior chess master Mikhail Perelshteyn will guide all Lower School chess enthusiasts on the intricacies of chess, develop their logic, and teach them how to build a game-winning strategy. Come enjoy the competition and camaraderie of chess ***This class needs a minimum of 6 children to run. Grades 1-3:** Mondays 3:00-4:00 p.m. (Science Gym)

7 Sessions: April 1, 8, (No school April 15th), 22, 29; May 6, 13, 20

Cost: \$140

KARMA KIDS

GRADES 1-3 (Instructor: Marleen Wood)

Fun, flexibility, and focus. This class will be taught by our ever-popular after-school instructor Marleen Wood. Students will be introduced to yoga through both poses and basic stretching exercises tied to strength, flexibility, coordination, and body awareness. By attending to breathing, chanting, and visualization, students will focus and relax as well as release energy. Exercises will develop concentration, self-affirmation, friendship, and respect. Students will go home with techniques to use in the future when they confront anxiety, as well as small mementos they will make during the course. Namaste! ***This class needs a minimum of 5 children to run. Grades 1-3:** Mondays 3:00-4:00 p.m. (Loft)

7 Sessions: April 1, 8, (No school April 15th), 22, 29; May 6, 13, 20

Cost: \$150

YOGA TEENS

GRADES 4-6 (Instructor: Marleen Wood)

Yogi Marleen Wood will lead wellness and mindfulness exercises to help pre-teen students slow down, breathe deeply, and learn ways to increase focus and concentration. They will learn effective tools to handle stress, anger, and anxiety. Achieving emotional balance through physical yoga techniques such as breathing exercises, flowing sequence, balancing poses, and deep relaxation will be a goal during each session. In order to build a healthy relationship with their bodies, breathing and visualization techniques will focus on relaxation and self-control. Through playful pose, stimulated imagination, and energy release exercise, the class promotes inner strength, confidence, a feeling of well-being, and respect for others. ***This class needs a minimum of 5 children to run. Grades 4-6:** Mondays 4:00-5:00 p.m. (Loft)

7 Sessions: April 1, 8, (No school April 15th), 22, 29; May 6, 13, 20

Cost: \$150

TUESDAYS

CHILDREN'S THEATRE

GRADES 1-3 (Instructor: Stephanie Charlton)

This class will explore the use of the body, mind and voice to create theatre and tell our stories, both as individuals and as a community. Classes will focus on skill-building, improvisation exercises, subtext work, and character physicality. We will learn what it means to work together and use our skills to create a story, culminating in a final performance workshop for family and friends. ***This class needs a minimum of 6 children to run. Grades 1-3:** Tuesdays 3:00-4:00 p.m. (Shlopak)

10 Sessions: March 26; April 2, 9, 16, 23, 30; May 7, 14, 21, 28

Cost: \$200

LAND OF STORIES

GRADES 1-3 (Instructor: Marci Johnson)

Come with Miss Marci to explore the fairytale kingdoms in the Land of Stories! Have you ever wanted to make a wishing spell? A sleeping potion? Fight off swashbuckling outlaws? Then this is the class for you! Using art, crafts, movement and music, we will explore the most magical parts of this wonderful series!

***This class needs a minimum of 5 children to run and has a maximum enrollment of 12. Grades 1-3:**

Tuesdays 3:00-4:00 p.m. (Art Classroom)

10 Sessions: March 26; April 2, 9, 16, 28, 30; May 7, 14, 21, 28

Cost: \$220

WEDNESDAYS

MARTIAL ARTS

GRADES 1-3; GRADES 4-6 (Instructor: Victoria DeMarco)

Begin your first steps on the path of the Peaceful Warrior. Students gain strength, agility, coordination, balance, flexibility, and confidence as they progress through the Tang Soo Do belt ranking system with Master Victoria DeMarco from Safe Harbor North, Family Martial Arts (and more) in Beverly. This class is for students interested in achieving an advanced level or just trying the discipline of Martial Arts. No prior experience necessary! Uniforms can be purchased through Safe Harbor. Belt tests are scheduled through Safe Harbor for additional fees. ***This class needs a minimum of 5 children to run. Grades 1-3:** Wednesdays 3:00-4:00 p.m. (DWC) **Grades 4-6:** Wednesdays 4:00-5:00 p.m. (DWC)

10 Sessions: March 27; April 3, 10, 17, 24; May 1, 8, 15, 22, 29

Cost: \$200

AMERICAN GIRL

GRADES 1-3 (Instructor: Marci Johnson)

This class will be filled with dances, gymnastics, storytelling, tea parties, art, crafts and games—all centered around different U.S. historical eras. Each week we will bring to life a story based on an American Girl Doll. For example, we will visit New Orleans of 1853 with Marie Grace and Cecile; write an article in 1934 with Kit Kittredge; make a doll-size patchwork quilt with pioneer Kirsten in 1854; learn to hula with Kanani; build a teepee with Kaya; and so much more! Bring your favorite American Girl Doll and get ready for some fun!

***This class needs a minimum of 5 children to run and has a maximum enrollment of 12. Grades 1-3:**

Wednesdays 3:00-4:00 p.m. (Art Classroom)

10 Sessions: March 27; April 3, 10, 17, 24; May 1, 8, 15, 22, 29

Cost: \$220

LEGO LEAGUE

GRADES 1-3 (Instructor: Mariah & Brian Tinger)

Calling all Space enthusiasts! Have you ever gazed up at the moon and wondered what it would take to live there? What would you eat and drink? How would you get energy? What other problems would you need to solve? Join a team to design and build a Moon Base using LEGO® elements. You'll learn some basic programming skills to incorporate at least one motorized part that the team will build and program. You'll make a poster to share your ideas for living on the moon and describe your moon model. If timing works out, you'll attend a First Lego League expo to share what your team created to a wider audience, and see displays of robotics and other lunar base ideas. ***This class needs a minimum of 6 children to run, and enrollment is (ideally) in increments of 6. There is a 12 student maximum for this program during the spring term. Grades 1-3:** Wednesdays 3:00-4:00 p.m. (Science Gym)

10 Sessions: March 27; April 3, 10, 17, 24; May 1, 8, 15, 22, 29

Cost: \$200

THURSDAYS

GIRLS ON THE RUN

GRADES 3-5 (Instructors: Suzy Light, Katie Alexander, Sheila Geraty, Melissa Moore, Emily Friend, Natalie Spencer, Maria Gustaferro)

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Cost: \$225

BALLET

GRADES 1-3 (Instructor: Leza Milham from Creative Arts Dance Studio)

Leza Milham of Creative Arts Dance Conservatory will lead the children to pursue their dance goals in a non-competitive atmosphere. Leza’s dance class is a welcoming environment that encourages effort and creativity in order to bring out the best in students. This program will explore the technique of ballet as well as introducing the child to choreography and creative dance. ***This class needs a minimum of 5 children to run.** **Grades 1-3:** Thursdays 3:00-4:00 p.m. (DWC/Loft)

9 Sessions: March 28, April 4, 11, (No class April 18th), 25, May 2, 9, 16, 23, 30

Cost: \$180

CATCH ME IF YOU CAN: THE ART OF THE SCAVENGER HUNT

GRADES 1-3 (Instructor: Marleen Wood)

Grab your map, jump in your boots, and let's go exploring! We're on a scavenger hunt with Marleen Wood! Sharpen your private eye senses as we follow the clues, identify the patterns, solve the mysteries, and discover hidden treasures. We'll follow compasses, learn how to read maps, and translate coded messages. Students may also design their own scavenger hunts for others to solve. If you're hunting for adventure, this is the class for you! ***This class needs a minimum of 5 children to run.** **Grades 1-3:** Thursdays 3:00-4:00 p.m. (LS Kitchenette)

10 Sessions: March 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30

Cost: \$220

GLASS PENDANTS

GRADES 1-3; GRADES 4-6 (Instructor: Michael Hall & Matthew Cronin with North Shore Glass School)

Have you ever wondered how to make beautiful handmade glass earrings and pendants? In this class, students will learn how to cut, arrange and secure colored glass in patterns and designs. Their creations will be fused in our kiln and secured to pendant bases to be worn as jewelry or placed in windows. Students will create beautiful pieces weekly that they can give as gifts or keep for themselves. ***This class needs a minimum of 5 children to run and has a maximum enrollment of 10.** **Grades 1-3:** Thursdays 3:00-4:00 p.m. (Art Classroom) **Grades 4-6:** Thursdays 4:00-5:00 p.m. (Art Classroom)

10 Sessions: March 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30

Cost: \$250

FRIDAYS

MULTISPORT

GRADES 1-5 (Instructor: Monika Carbochova)

Do you like to move, run, play, and have fun? Do you like team sports? If so, this active class is for you!

Monika Carbochova shares her love of sports with students in grades 3-6. Participants will enjoy sports such as soccer, handball, kickball, floor hockey, pin soccer, wiffle ball, and more. Come hone your skills and play team sports with this experienced coach. ***This class needs a minimum of 10 children to run. Grades 1-5:**

Fridays 3:00-4:00 p.m. (Cutler Gym/Turf)

9 Sessions: March 29, April 5, 12, 19, 26, May 3, (No class May 10th), 17, 24, 31

Cost: \$180

RAINBOW UNICORN FAN CLUB

GRADES 1-5 (Instructor: Marci Johnson)

Come ride a unicorn down a rainbow and bounce on some pink cloud slime with Ms. Marci! This enchanting class involves all things magical and beautiful: rainbows, unicorns, sparkles, flowers, and making every wonderful kind of slime you can imagine: Cloud Slime, Fluffy Slime, Rainbow Slime, Edible Slime, Butter Slime, Glitter Slime... We will dance, weave flowers through our hair, learn all about unicorns and rainbows, and we will create magic! Your child will leave as a card-carrying member of the Rainbow Unicorn Fan Club!

***This class needs a minimum of 5 children to run and has a maximum enrollment of 12. Grades 1-5:**

Fridays 3:00-4:00 p.m. (Art Classroom)

9 Sessions: March 29, April 5, 12, 19, 26, May 3, (No class May 10th), 17, 24, 31

Cost: \$200