

## Winter & Spring 2025 Enrichment Class Descriptions

### **ECE Yoga:**

*Mondays for PS - PK*

Yoga for kids is similar to adult yoga in that we do poses and learn meditations, but there is so much more to it! The skills that children are learning in yoga class will be useful throughout their entire life. The poses stretch and strengthen the body, but we also learn to listen to our bodies. We also practice a variety of challenging balancing poses - tree, warrior 3, half moon. Balancing poses help to increase concentration and focus, and mastering difficult poses leads to an increase in self-esteem. We will go on pretend yoga journeys and play yoga bingo.

### **Dance and Creative Movement:**

*Mondays for K-4th Grade*

In this interactive dance class, students will experience different styles of movement and dance. Students will learn more than just follow, they will learn how to express themselves through movement. Dance uplifts, unites, and empowers children. It also provides children with an opportunity to express their individuality while working on gross motor skills and developing cognitive and social skills. Benefits of dancing and movement; enhances physical fitness, boosts coordination, builds confidence, teaches discipline, increases cultural awareness, improves social skills. No dance experience required.

### **Coding:**

*Mondays for 3rd - 5th Grade*

This class is suited for children who have previous experience with coding, but are eager to learn a new language. In this class, students will be introduced to a new text-based programming language called Python. Throughout the course, we will be reviewing fundamental skills from Scratch and applying those same skills, as we progress onto a new language. Children will be learning and practicing the very basics of Python and get an opportunity to expand their coding skills while familiarizing themselves with a language that a lot of modern companies use. Children will learn how to use a terminal, will be introduced to coding syntax, will apply math and more to create cool programs such as a simple calculator and more. Lots of fun activities to make your child a much more confident coder!

### **ECE Cooking:**

*Tuesdays for PS - PK*

Children will be learning the process on how to make simple foods. Students will be getting familiar with using cooking tools such as a stove, knives, measuring cups and spoons, all while learning the importance of safety rules when cooking.

### **Reading Readiness:**

*Tuesdays for K - 2nd Grade*

Jumpstart your child's reading journey with Reading Readiness with Ms. Puno! This enrichment program is specially designed for young learners ages 5-8 who are beginning their reading adventure. Through engaging activities, fun games, and hands-on practice, children will develop foundational skills in phonics, letter recognition, sight words, and early comprehension. Each session is crafted to build confidence, foster a love for reading, and set your child up for lifelong learning success. Join us for a joyful exploration of words, stories, and imagination!

### **Soccer:**

*Tuesdays for K - 2nd Grade*

At Soccer Stars, we offer a comprehensive, developmental experience for children ages 1 to 12+. Our philosophy goes beyond teaching the fundamentals of the sport. We use the soccer ball as a vehicle to instill important life lessons, develop skills, boost confidence, and develop teamwork in every class. We are dedicated to ensuring that our young players have safe and positive experiences on the field.

**Watch your child's soccer skills soar to new heights with our Super Soccer Stars program for grades K-2!** Tailored for kids in this age range, the program blends structured skill-building exercises with engaging, age-appropriate games. Players focus on essential soccer techniques, including dribbling, passing, shooting, and teamwork, all within a fun and encouraging environment.

### **Benefits:**

- **Skill Development:** Players develop technical abilities that form the building blocks for future soccer success.
- **Confidence Building:** Encouraging coaching methods help children build self-esteem and learn to overcome challenges.

- **Social Skills:** Team activities enhance communication, cooperation, and sportsmanship.
- **Physical Fitness:** Dynamic exercises promote agility, balance, coordination, and overall physical health.
- **Love for the Game:** Fun, engaging activities nurture a lifelong passion for soccer.

Soccer Stars ensures that kids not only develop their soccer skills but also build valuable life skills in a supportive and energetic setting.

### **ECE Woodworking:**

*Wednesdays for PS - PK*

Children will be working hands-on with wood building various cool things while also making some cool art to show off. The goal for this class is for students to learn how to use tools important in woodworking such as a hammer, sandpaper, and more. They will also learn about and understand the safety rules and safe practices while working with wood and the tools that come along with it.

### **Yoga:**

*Wednesdays for K - 4th Grade*

Yoga and Mindfulness have been shown to improve both physical and mental health in school-age children. This class combines the ancient practice of yoga with playful activities that get little bodies moving. Students will stretch their imagination and their muscles as they embark on a magical journey into flexibility and fun. With every twist, bend, and hop, children will enhance their gross motor skills and build a foundation for a lifetime of well-being. Classes will be filled with laughter and positivity, kids will enjoy yoga poses and dynamic exercise that encourage creativity and self-expression. As they flow from one exciting movement to another, they'll develop confidence and relaxation. Each class will finish with a guided meditation.

### **Legos:**

*Thursdays for 1st - 5th Grade*

This class focuses on allowing students to further expand their passion for legos. While building will be a big core part of the class, students will further develop their problem solving skills and be encouraged to get really creative. There will be a variety of projects that children will be able to get their hands on that will only make your child love legos even more. Children will turn

their engineering hats on to solve real-world problems as well as create their own lego set prototype.

### **TAPP Basketball**

*Tuesdays and/or Thursdays for K-8th Grade*

TAPP Basketball Academy focuses on progressive skill development for beginner to intermediate players. Led by a former professional basketball player with a background in sports performance and teaching, our program emphasizes the fundamentals, skills, and teamwork while building confidence and self-belief through sport in a safe and enriching learning environment!

Parents can either sign up for both Tuesdays and Thursdays or just do one day a week. Up to you! Grades K-3 will be taking place from 3:30 - 4:30 while grades 4-8 will take place from 4:30 - 5:30pm.