



**Saint Hilary School
After School Electives
Course Catalog
Spring 2018**

Registration begins January 1, 2018

GIRLS' LEADERSHIP with My Light - 2nd - 5th (Mondays 3:15 – 4:15, 11 Week Class)

Girls take the lead! Empower the bright girl in your life with leadership and “Growth Mindset” skills! The Lightning Leaders interactive workshops provide girls with tools to become tenacious, centered, and resilient leaders in a FUN, CREATIVE, and nurturing environment. The curriculum focuses on outstanding role models of women in history and girls making a difference today. Projects are centered on cooperative decision-making ~ creating a business, being a newsmaker, leading with strong principles, giving back to the community, and supporting each other. Girls Leadership will be taught by My LightForce founder Hilary McGinnis. Check out mylightforce.org!

February 5th - April 30th Course
2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23, 4/30
(No Class 2/19 and 4/2)

\$344

Homework Club - K-6 (Mondays 3:15 – 4:15, 11 Week Class)

Do you love homework? Do you love Mr. Reid? If you love one or both of those options, I've got great news! For one day per week only (Mondays), Mr. Reid will be running the homework club from 3-4 pm! I can only accommodate ten students, so if your student is interested, please sign up! Thanks and I look forward to seeing you all soon!

****Parents please note that if the class does not meet the 5 student minimum, the class will be cancelled****

February 5th - April 30th Course
2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23, 4/30
(No Class 2/19 and 4/2)

\$206

Sew Much Fun 1 - K (Mondays 2:15 – 3:15, 10 Week Class)

For all ages. Learn traditional hand sewing and embroidery techniques and practice them all session long. Each student will begin by making a doll with embroidered face and attached hair. The rest of the session will be used for individualized clothing and accessories for our dolls. Sewing develops fine motor skills, concentration and focus, creative confidence, problem-solving skills, and more - like sharing in fun play with their friends!

February 5th - April 30th Course
2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30
(No Class 2/19, 4/2, & 4/9)

\$263

Sew Much Fun 2 - 1st - 8th (Mondays 3:15 – 4:15, 10 Week Class)

Children are encouraged to explore their creativity in this fun and engaging class. They will be introduced to color, texture, and design while improving hand-eye coordination, small muscle development, & pattern-making skills in a relaxed, creative environment. Projects will include alphabet beads with easy-to-string, oversize holes, delicate faceted stones, making hand crafted unique beads from recycled materials & found objects, and introduce braiding and knotting techniques.

February 5th - April 30th Course
2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/16, 4/23, 4/30
(No Class 2/19, 4/2, & 4/9)

\$263

Golf 1 - K (Mondays 2:15 – 3:15, 10 Week Class)

TGA Enrichment Programs are designed to allow kids to have fun in a safe environment learning and discovering the game of golf.

Each new session reviews the fundamentals of the golf swing while introducing new swing mechanics. We also go deeper into the rules and etiquette as everyone progresses through our 5- Level Program from Yellow Level all the way up to Black! Returning students get additional instruction using same class drills.

February 5th - April 30th Course
2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23, 4/30
(No Class 2/19 and 4/2)

\$248

Golf 2 - 1st -5th (Mondays 3:15 – 4:15, 10 Week Class)

TGA Enrichment Programs are designed to allow kids to have fun in a safe environment learning and discovering the game of golf.

Each new session reviews the fundamentals of the golf swing while introducing new swing mechanics. We also go deeper into the rules and etiquette as everyone progresses through our 5- Level Program from Yellow Level all the way up to Black! Returning students get additional instruction using same class drills.

February 5th - April 30th Course
2/5, 2/12, 2/26, 3/5, 3/12, 3/19, 3/26, 4/9, 4/16, 4/23, 4/30
(No Class 2/19 and 4/2)

\$248

Media Production 1 - 4th - 8th (Tuesdays 3:15 – 4:15, 11 Week Class)

Learn camera skills through photography and video with Ms. Turner. How to get the shot and how to edit that shot, whether it be through iPhoto or Final Cut Pro. This class is designed to have a final product of photography and short video.

****Parents please note that this class has a 6 student maximum****

February 6th - May 1st course
2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1
(No Class 2/20 and 4/3)

\$313

Cooking 1 - K (Tuesdays 2:15 – 3:15, 11 Week Class)

Pop Stars eat food too, but what do they eat and what are their favorite foods? We have researched the foods that make these people's tummies very happy. For this session we will make the favorite foods some of today's biggest pop stars.

****Parents please note that if the class does not meet the 6 student minimum, the class will be cancelled****

February 6th - May 1st Course
2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1
(No Class 2/20 and 4/3)

\$261

Cooking 2 - 1st-8th (Tuesdays 3:15 – 4:15, 11 Week Class)

Pop Stars eat food too, but what do they eat and what are their favorite foods? We have researched the foods that make these people's tummies very happy. For this session we will make the favorite foods some of today's biggest pop stars.

****Parents please note that if the class does not meet the 6 student minimum, the class will be cancelled****

February 6th - May 1st Course
2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1
(No Class 2/20 and 4/3)

\$261

Glass Creation 1 - K (Tuesdays 2:15 – 3:15, 11 Week Class)

Are your kids up for trying something new? Our team will help your student find or expand their creative spark through the discovery of fused glass art. They will have lots of fun making beautiful and functional fused glass art, and you will not believe the beauty of their creations. Self esteem building is a wonderful byproduct of working with fused glass, so be prepared for your children to show off their fused glass creations often and say with pride...I Made It!

February 6th - May 1st Course
2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1
(No Class 2/20 and 4/3)

\$344

Class Creation 2 - 1st-8th (Tuesdays 3:15 – 4:15, 11 Week Class)

Are your kids up for trying something new? Our team will help your student find or expand their creative spark through the discovery of fused glass art. They will have lots of fun making beautiful and functional fused glass art, and you will not believe the beauty of their creations. Self esteem building is a wonderful byproduct of working with fused glass, so be prepared for your children to show off their fused glass creations often and say with pride...I Made It!

February 6th - May 1st Course
2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/10, 4/17, 4/24, 5/1
(No Class 2/20 and 4/3)

\$344

Cyber Garage 1 - K (Wednesdays 2:15 – 3:15, 10 Week Class)

Little Inventors: Maker Workshop

Lights, Sounds, Action - Let's get inventing! Even the littlest maker will love experimenting and creating their dream design using a variety of fun materials from cardboard and laser cut wood to paints and fabrics. Students will bring their inventions and experiments to life with projects such as mixing solutions and learning about the biological components of different elements, by molding sculptures and testing their conductivity, learning about static electricity through magic tricks, and more! This class builds curiosity as well as develops creative confidence and critical thinking. Students will have some take-home projects. This is an ongoing class with new projects each week. *(Please note: While the theme is the same, Kindergarten and 1st-3rd classes will have different projects based on grade level abilities)*

****Parents please note that if the class does not meet the 10 student minimum, the class will be cancelled****

February 7th – April 18th Course
2/7, 2/14*, 2/21, 2/28*, 3/7, 3/14*, 3/21, 3/28, 4/11*, 4/18
Denotes Early Dismissal Classes: Class begins at 12:45-1:45
(No Class 4/4)

\$375

Cyber Garage 2 - 1st-2nd (Wednesdays 2:15 – 3:15, 10 Week Class)

Little Inventors: Maker Workshop

Lights, Sounds, Action - Let's get inventing! Even the littlest maker will love experimenting and creating their dream design using a variety of fun materials from cardboard and laser cut wood to paints and fabrics. Students will bring their inventions and experiments to life with projects such as mixing solutions and learning about the biological components of different elements, by molding sculptures and testing their conductivity, learning about static electricity through magic tricks, and more! This class builds curiosity as well as develops creative confidence and critical thinking. Students will have some take-home projects. This is an ongoing class with new projects each week. *(Please note: While the theme is the same, Kindergarten and 1st-3rd classes will have different projects based on grade level abilities)*

****Parents please note that if the class does not meet the 10 student minimum, the class will be cancelled****

February 7th – April 18th Course

2/7, 2/14*, 2/21, 2/28*, 3/7, 3/14*, 3/21, 3/28, 4/11*, 4/18

****Denotes Early Dismissal Classes: Class begins at 12:45-1:45****

(No Class 4/4)

\$375

SHS Hiking Club K-8th (Select Early Dismissal Wednesdays and Sundays)

Reach your fitness goal while having FUN! Learn techniques in hiking hills with ease, efficiency & pain-free. Hike farther, faster and with far less effort. Develop a mindful approach to your workout. The entire family is welcome! If you are unable to commit to all classes, feel free to drop in a class or choose the Wednesday or Sunday only sessions!

Wednesdays: 12/13,1/24,2/28, 3/14, 4/25, 5/9

Sundays: 3/18, 4/29, 5/6

\$200 Entire Series

\$141 Wednesday Only Classes

\$84 Sunday Only Classes

\$30 Drop In Rate

****Prices are per family not per child****

Media Production 2 - 1st - 3rd (Thursdays 3:15 – 4:15, 11 Week Class)

Learn camera skills through photography and video with Ms. Turner. How to get the shot and how to edit that shot, whether it be through iPhoto or Final Cut Pro. This class is designed to have a final product of photography and a short video.

****Parents please note that this class has a 6 student maximum****

February 8th – May 3rd Course
2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3
(No Class 3/29 and 4/5)

\$344

Kindergarten Cheer - K (Thursdays 2:15 – 3:00, 10 Week Class)

Beginning cheerleading elective for kindergarten students. Students will learn jumps, forms and will also create their own cheers which *might* be performed for one of our pep rallies.

Mrs. Choi was a JV cheerleader in middle & high school.

February 15th – May 3rd Course
2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3
(No Class 3/29 and 4/5)

\$250

Tennis 1 - K

(Thursdays 2:15 – 3:15, 11 Week Class)

We bring the court to you! Learn how to play tennis on a smaller 36ft court with a slightly larger, slow-bouncing ball developed by the United States Tennis Association that makes it easy to rally and play right away. During every class children learn stroke fundamentals including: forehands, backhands, and the basics of rallying. Then they incorporate what they have learned into games like "Feed the Monkeys", "Skyball", and "Castle". At the end of each session children have the opportunity to earn a medal! All classes taught by Higgins Tennis certified pros.

February 8th – May 3rd Course
2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3
(No Class 3/29 and 4/5)
\$275

Tennis 2 - 1st-3rd

(Thursdays 3:15 – 4:15, 11 Week Class)

We bring the court to you! Learn how to play tennis on a smaller 36ft court with a slightly larger, slow-bouncing ball developed by the United States Tennis Association that makes it easy to rally and play right away. During every class children learn stroke fundamentals including: forehands, backhands, and the basics of rallying. Then they incorporate what they have learned into games like "Feed the Monkeys", "Skyball", and "Castle". At the end of each session children have the opportunity to earn a medal! All classes taught by Higgins Tennis certified pros.

February 8th – May 3rd Course
2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3
(No Class 3/29 and 4/5)
\$275

First Aid for Kids! - 3rd-5th (Thursdays 3:15 – 4:15, 11 Week Class)

Providing basic first aid information to your child will instill confidence that comes from preparedness. Give your child the power to recognize an emergency situation, keep themselves safe, and learn how to provide safe assistance to others. We will be going over basic first aid, recognizing dangerous situations, how to respond, and how to call for help. Students will get hands-on practice, bandaging, properly applying ace wraps, shoulder slings, shoulder immobilizers, and much more. At the end of the elective semester, students will each have their own first aid kit.

****Parents please note that if the class does not meet the 5 student minimum, the class will be cancelled****

February 8th – May 3rd Course
2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22, 4/12, 4/19, 4/26, 5/3
(No Class 3/29 and 4/5)
\$325

Cyber Garage 3 - 3rd-8th (Fridays 3:15 – 4:15, 10 Week Class)

Maker Adventures!

Have fun with hands-on STEAM projects while exploring Mechanics, Lights, Sound, Electronics, Engineering and Science. Students will design, build, code and experiment using a variety of low and high tech materials. From hopping bots and crash carts to coding and 3-D building, this class offers ALL NEW projects to excite and inspire the inventors and engineers of tomorrow! Students will have some take-home projects. This is an ongoing class with new projects each week.

****Parents please note that if the class does not meet the 10 student minimum, the class will be cancelled****

February 9th – May 4th Course
2/9, 2/16, 2/23, 3/2, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4
(No Class 3/9, 3/30, and 4/6)
\$375

Taekwondo - K-5th (Fridays 3:15 – 4:15, 10 Week Class)

Mr. Ventura taught Taekwondo professionally for 8 years. I have managed curriculum for multiple classes from beginners to advanced practitioners. I have taught students of all ages, including collegiate level at many colleges here in the bay area. One of my favorite age groups to teach is elementary age students. My goals in teaching Taekwondo are to use practical self-defense as a mechanism for building self-confidence, promoting physical and motor development, and of course, having fun. A basic tenet of Taekwondo is to make ourselves better people, and I incorporate that into the class with teachings about respecting ourselves and others, and social responsibility. They also get to learn a little bit of the Korean language as they practice!

****Parents of Kindergarten Students, please note that the class begins at 3:15 not 2:15.****

February 9th – May 4th Course
2/9, 2/16, 2/23, 3/2, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4
(No Class 3/9, 3/30, and 4/6)

\$250

Chess Wizards - K (Fridays 2:15 – 3:15, 10 Week Class)

Ready to make some new friends and amaze your parents with your brain power? Join Chess Wizards this school year for challenging chess lessons, exciting tournaments, fun team activities, and more! If you're a seasoned checkmate artist, we'll show you new ways to let your creativity loose on and off the chess board.

February 9th – May 4th Course
2/9, 2/16, 2/23, 3/2, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4
(No Class 3/9, 3/30, and 4/6)

\$188

Chess Wizards - 1-5 (Fridays 3:15 – 4:15, 10 Week Class)

Ready to make some new friends and amaze your parents with your brain power?

Join Chess Wizards this school year for challenging chess lessons, exciting tournaments, fun team activities, and more! If you're a seasoned checkmate artist, we'll show you new ways to let your creativity loose on and off the chess board.

February 9th – May 4th Course
2/9, 2/16, 2/23, 3/2, 3/16, 3/23, 4/13, 4/20, 4/27, 5/4
(No Class 3/9, 3/30, and 4/6)

\$188
