



**Saint Hilary School
After School Electives
Course Catalog
Fall 2017**

Sign ups begin August 1, 2017

STEM Learning - 2nd - 3rd (Mondays 3:15 - 4:00, 10 Week Class)

Imagine entering the classroom and given the freedom to create marshmallow blasters and straw boats. These are just two of the challenges that Ms. Fee will bring your child in a 10 week class focused on Science, Technology, Engineering, and Math (STEM). STEM Education is a process for learning that offers students a chance to engage in real world problems and experiences through project-based experiential learning activities that lead to higher level thinking. This class allows students a safe space to explore and create a love of science. Through discussion, hands on creative learning, students can learn to lead the way to innovation. **The cost of this class includes all materials.**

September 11th - December 4th Course
9/11, 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4
(No Class 10/9, 10/16, 11/20)

\$388

GIRLS' LEADERSHIP with My Light - 2nd - 5th

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!

September 11th - December 4th Course
9/11, 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4
(No Class 10/9, 10/16, 11/20)

\$313

Jewelry 1 - K

(Mondays 2:15 – 3:15, 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.

September 11th – December 4th Course
9/11, 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4
(No Class 10/9, 10/16, 11/20)

\$238

Jewelry 2 - 1st - 3rd

(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.

September 11th – December 4th Course
9/11, 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4
(No Class 10/9, 10/16, 11/20)

\$238

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.

September 11th – December 4th Course
9/11, 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4
(No Class 10/9, 10/16, 11/20)

\$225

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.

September 11th – December 4th Course
9/11, 9/18, 9/25, 10/2, 10/23, 10/30, 11/6, 11/13, 11/27, 12/4
(No Class 10/9, 10/16, 11/20)

\$225

Drama 1 - K - 3rd
(Tuesdays 3:05 – 4:30, 10 Week Class)

The Little Mermaid



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

September 5th – November 17th Course
9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 11/7, 11/14, 11/16, 11/17
(No Class 10/17 & 10/31)

\$275

Media Production 1 - 4th - 8th
(Tuesdays 3:15 – 4:15, 10 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.

September 5th – November 17th Course
9/5, 9/12, 9/19, 10/3, 10/10, 10/24, 11/7, 11/14, 11/28, 12/5
(No Class 9/26, 10/17, 10/31, 11/21)

\$313

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

This session will be inspired by the Harry Potter film series. We will be creating a variety of Endless Sandwiches, Herbed Roast Tofu, Punch's, potions, Butterbeer, and a variety of other Harry Potter related and inspired recipes. Come conjure this amazing food with us!

September 5th – December 5th Course
9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 11/7, 11/14, 11/28, 12/5
(No Class 10/17, 10/31, 11/21)
\$261

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

This session will be inspired by the Harry Potter film series. We will be creating a variety of Endless Sandwiches, Herbed Roast Tofu, Punch's, potions, Butterbeer, and a variety of other Harry Potter related and inspired recipes. Come conjure this amazing food with us!

September 5th – December 5th Course
9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 11/7, 11/14, 11/28, 12/5
(No Class 10/17, 10/31, 11/21)
\$261

Tennis 1 - K

(Tuesdays 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.

September 5th – December 5th Course
9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 11/7, 11/14, 11/28, 12/5
(No Class 10/17, 10/31, 11/21)
\$275

Tennis 2 - 1st-3rd

(Tuesdays 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.

September 5th – December 5th Course
9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/24, 11/7, 11/14, 11/28, 12/5
(No Class 10/17, 10/31, 11/21)
\$275

Cyber Garage 1 - K (Wednesdays 2:15 – 3:15, 12 Week Class)

Even the littlest maker will love this hands-on, introduction to robotics, circuitry and electronics. Create a wide variety of projects and then bring them to life by adding motors, LED lights, buzzers and more! Students will design, build and decorate all types of introductory robots from moving hands to fun to race robots with motors. Kids will strip wires and connect up the electronics, and have the option to customize their bots with a variety of craft materials. Students will have take-home projects.

September 6th – December 6th Course
9/6*, 9/13, 9/20, 9/27*, 10/4, 10/11*,10/25, 11/1, 11/8*, 11/15, 11/29*, 12/6
****Denotes Early Dismissal Classes: Class begins at 12:45-1:45****
(No Class 10/18 & 11/22)

\$375

Cyber Garage 2 - 1st-3rd (Wednesdays 2:15 – 3:15, 12 Week Class)

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 to life while learning about batteries, wires, motors and buzzers. This class will build curiosity as well as develop creative confidence and critical thinking. Students will have take-home projects.

September 6th – December 6th Course
9/6*, 9/13, 9/20, 9/27*, 10/4, 10/11*,10/25, 11/1, 11/8*, 11/15, 11/29*, 12/6
****Denotes Early Dismissal Classes: Class begins at 1:50-2:50****
(No Class 10/18 & 11/22)

\$375

SHS Golf Club 2nd-8th (Select Early Dismissal Wednesdays 1:00, 8 Week Class)

Students who sign up for the SHS Golf Club will have the option to play 9 Holes or have a lesson at the McInnis Golf Course in San Rafael. Students who choose to play 9 Holes will be accompanied by Mr. Caynan and parent volunteers. If you wish to volunteer, please email Mr. Caynan (ncynan@sainthilaryschool.org). Students who choose to have a lesson will be taught by one of the various McInnis instructors. Lessons include putting, chipping and driving. All students will learn the basics of the game in addition to etiquette on the golf course. Please meet at McInnis Park at 1:00pm.

9/27, 10/11, 11/8, 1/24, 2/28, 3/14, 4/25 & 5/9

\$250

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: 11/8, 11/29, 12/13, 1/24, 2/28, 3/14, 4/25, 5/9

Sundays: 11/12, 12/3, 12/17, 3/18, 4/29, 5/6

\$350 Entire Series

\$225 Wednesday Only Classes

\$169 Sunday Only Classes

\$30 Drop In Rate

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

FASTFOWARD Journalism - 5th-8th (Wednesdays 2:15 – 3:15, 12 Week Class)

Tell the true, everyday stories of people through journalism. A Newspaper or magazine is a community talking with itself about their lives, hopes, dreams and challenges. At **FastForward** we know there is a lot to be gained from learning the craft of Journalism. From team-building skills to developing a personal voice as writers, **FastForward** Magazine's media workshop offers students the opportunity to develop life-skills through learning the art of media and the production of print publications. The end product is a 8-12 page publication for your school. Lessons teach students how to develop their narrative voice through a variety of creative writing exercises and journalism activities. How to capture descriptive details, keep readers engaged, write for newspapers and magazines, and find and develop story ideas are the focus of the weekly workshops. The program also encourages students to engage in their curiosity and see their world in detail. Students learn interview basics, how to take good notes, the importance of the 5Ws, caption writing and an introduction to photography and visual storytelling. Students use creative thinking skills to complete a writing/media project; an 8-12 page school publication about school with excerpts printed in **FastForward** Magazine. *After all, what is a voice if you don't share it?*

September 6th – December 6th Course

9/6*, 9/13, 9/20, 9/27*, 10/4, 10/11*, 10/25, 11/1, 11/8*, 11/15, 11/29*, 12/6

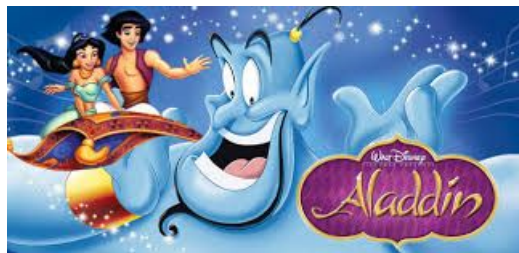
Deontes Early Dismissal Classes: Class begins at 12:45-1:45

(No Class 10/18 & 11/22)

\$300

Drama 2 - 4th-8th (Thursdays 3:05 – 5:15, 10 Week Class)

Aladdin



September 7th – November 17th Course

9/7, 9/9*, 9/14, 9/21, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/17

****9/9 Mandatory Rehearsal day 9am-3pm****

\$300

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.

September 7th – December 7th Course
9/7, 9/14, 9/21, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7
(No Class 9/28, 10/19, 11/23)

\$344

Class Creation 1 - K (Thursdays 2:15 – 3:15, 12 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!

September 7th – December 7th Course
9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7
(No Class 10/19, 11/23)

\$375

Class Creation 2 - 1st-3rd (Thursdays 3:15 – 4:15, 12 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!

September 7th – December 7th Course

9/7, 9/14, 9/21,9/28, 10/5, 10/12,10/26, 11/2, 11/9, 11/16, 11/30, 12/7

(No Class 10/19, 11/23)

\$375

Class Creation 3 - 4th-6th (Thursdays 4:30 – 5:30, 12 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!

September 7th – December 7th Course

9/7, 9/14, 9/21,9/28, 10/5, 10/12,10/26, 11/2, 11/9, 11/16, 11/30, 12/7

(No Class 10/19, 11/23)

\$375

Lego 1 - K-3rd (Thursdays 3:15 – 4:15, 12 Week Class)

Let your imagination run wild with tens of thousands of LEGO®! Build engineer- designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNdamentals.

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

September 7th – December 7th Course
9/7, 9/14, 9/21,9/28, 10/5, 10/12,10/26, 11/2, 11/9, 11/16, 11/30, 12/7
(No Class 10/19, 11/23)

\$248

Cyber Garage 3 - 4th-5th (Fridays 3:15 – 4:15, 11 Week Class)

Build your own Raspberry Pi computer and learn programming, electronics and engineering while exploring a fun Minecraft world. Students will come away with an understanding of what engineering, hardware, and coding have to offer. For everyone from tinkerers to aspiring coders, this class is designed to inspire the inventors of tomorrow, as well as build creative confidence, critical thinking and problem-solving skills.

September 8th – December 8th Course
9/8, 9/15, 9/22,10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
(No Class 9/29, 10/20, & 11/24)

\$358

Cyber Garage 4 - 6th-8th (Wednesdays 4:30 – 5:30, 11 Week Class)

Students will explore a variety of hands-on Robotics and electronics activities, both low and high tech, while learning the fundamentals of programming, coding and engineering. From scribble bots to Arduino based autonomous mBots, students will have fun learning through real world robot challenges.

September 8th – December 8th Course
9/8, 9/15, 9/22, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
(No Class 9/29, 10/20, & 11/24)
\$358

Time and Stress Management - 6th-8th (Fridays 3:15 – 4:15, 11 Week Class)

For Junior High Students

Your student will have the opportunity every week to share their needs and challenges, as well as their accomplishments and accolades in a safe environment of their peers. We will discuss and strategize time management strategies and communication strategies that will help middle school student navigate their increasing complex world. We will spend time each week practicing mindfulness and ways to manage the multiple activities most students are endeavoring. We will focus on life balance, respect for ourselves and others, and goal setting.

September 8th – December 8th Course
9/8, 9/15, 9/22, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
(No Class 9/29, 10/20, & 11/24)
\$275

Taekwondo - K-5th (Fridays 3:15 – 4:15, 11 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.****

September 8th – December 8th Course
9/8, 9/15, 9/22, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8
(No Class 9/29, 10/20, & 11/24)
\$275
