

# **Legacy Elementary After School Enrichment Program**

**Winter 2012**



## **Course Catalog**

Dear Parents:

We are excited to again offer ASEP classes for Winter 2012. Attached please find is a list of the courses offered this session. The classes begin the week of February 21<sup>st</sup> and run for 5 or 6 weeks. ASEP will offer only one make-up class per course cancelled due to weather or unplanned school closings. Classes cancelled by instructors will be rescheduled. Classes are held Monday thru Friday, and the ALL class times are 2:45 to 3:45.

Registration will be held on-line from **Monday, January 30<sup>th</sup> 8:00am through midnight Thursday, February 9<sup>th</sup>**. Enrollment in the courses will be done on a first payment received basis.

If you choose to register for a class, please follow these instructions:

- 1) Choose a class(es) from the class catalog.
- 2) Complete the registration form on-line.
- 3) Write one check per child per class in the amount indicated in the class catalog. Please write the name of the child you are registering in the memo line of the check.
- 4) Make the check payable to the *instructor* or *business name* listed on the instructor list. **(If the check is not accurate (with the wrong payee or amount), your child will not be enrolled until a replacement check is received. (NOTE you risk losing your spot in the class if the forms are not correct).**
- 5) Please place the check in an envelope marked ASEP and drop in the front office ASEP box or send it in your child's backpack. The contents of the ASEP box will be retrieved daily.
- 6) Separate checks must be made out **for each child** participating in the program. In addition, separate checks must be made out **for each class**.
- 7) **Absolutely NO registrations will be accepted after midnight Thursday, February 9<sup>th</sup>.**
- 8) No refunds will be issued if you cancel your registration after **midnight Thursday, February 9<sup>th</sup>.**

Please note the following:

- 1) Pick up from the program is PROMPTLY at 3:45 pm (unless otherwise noted). **A late pickup fee of \$1/minute will be charged if you are more than 5 minutes late. After 2 late pickups or if you are more than 20 mins. late, ASEP reserves the right to terminate your child's participation in the program without a refund.**
- 2) Children are required to conduct themselves in the same manner as they do during school hours. **Please remind your children to treat the instructors with respect and keep their body parts to themselves or their participation in the program will be terminated without a refund.**
- 3) No refunds will be issued. If you have concerns regarding the distribution (i.e. boys vs girls or age range) of students, please contact us, prior to the end of registration.

**Volunteers:** We need parent volunteers to assist with the sign-in and sign-out times during the program. All participating students will be signed in by their instructor. A sign-in volunteer will verify the location of absent students. Students will be signed out by their parent or guardian. This system ensures parents are notified if their child does not attend their program. If you volunteer for this responsibility your child will get priority placement in the class(es) of their choice and get you entered into a raffle for special prize.

If you have any questions, please email or call Zaida Downer at [zdowner@verizon.net](mailto:zdowner@verizon.net) or via cell at (703)216-8979.

<b>Course</b>	<b>Grade</b>	<b>Instructor(s) / Payable to</b>	<b>Enrollment (min-max)</b>	<b>~ Fees ~ Payable to the instructor</b>	<b>Day</b>
<b>Abakadoodle Art Enrichment</b>	<b>3-5</b>	<b>Abakadoodle</b>	<b>10-15</b>	<b>\$90</b>	<b>Wednesday</b>
<p>Educationally rich imaginative art program with innovative curriculum including everything from 3-D to food design. Lessons will introduce technique , provide opportunities for creative experiment with medium and material.</p> <p><b>Start Day: 2/22</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/22, 2/29, 3/7, 3/14, 3/21 and 3/28</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Amazing Adventures</b>	<b>K-2</b>	<b>Little Scholars</b>	<b>8-20</b>	<b>\$72</b>	<b>Thursday</b>
<p>Attention All Amazing Kids, we are going to take you on an adventure based on the wildly popular series "Dangerous Books" and our famous Builders class. We will fill your days with paper airplanes, water bombs, pirates, marble races, Legos and many more awesome activities. Don't miss out on our daily Challenge Adventures! Not only will you have an awesome time, but you will sharpen your reasoning skills, increase processing speed, and broaden your creative mind. Brace yourself for the action!</p> <p><b>Start Day: 2/23</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/23, 3/1, 3/8, 3/15, 3/22 and 3/29</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Basketball</b>	<b>K-2</b>	<b>Overtime Athletics</b>	<b>10-30</b>	<b>\$60</b>	<b>Tuesday</b>
<p>Swish! Join us for Fast Break Basketball where you'll learn FUNdamental basketball skills like dribbling, passing, shooting and defense. Test your skills while we play Dribble Scribble, King of the Court, Hot Shot Shooting and MORE! Sign up today!</p> <p><b>Start Day: 2/21</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/21, 2/28, 3/6, 3/13, 3/20 and 3/27</b></p> <p><b>Duration: 6 Weeks</b></p>					

<b>Course</b>	<b>Grade</b>	<b>Instructor(s) / Payable to</b>	<b>Enrollment (min-max)</b>	<b>~ Fees ~ Payable to the instructor</b>	<b>Day</b>
<b>Builders</b>	<b>K-2</b>	<b>Little Scholars</b>	<b>8-20</b>	<b>\$72</b>	<b>Tuesday</b>
<p>Come build some awesome creations! We will create our own designs and follow plans for building structures using Legos, recyclable materials and many other interesting items. Skills necessary none! Skills gained: computation, problem solving, reasoning, developing strategic plans, and team work.</p> <p><b>Start Day: 2/21</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/21, 2/28, 3/6, 3/13, 3/20 and 3/27</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Cheerleading</b>	<b>K-5</b>	<b>Overtime Athletics</b>	<b>10-30</b>	<b>\$50</b>	<b>Monday</b>
<p>Take your spirit to a higher level! Learn routines, cheers, motions and jumps that promote teamwork, fitness and FUN. We'll work on basic gymnastics and dance movements (under supervision of instructors). Cheers include: Who Rocks the House, G-O Yell GO, Dynamite, and many more. You'll even get to make up your own cheer! Sign up today!</p> <p><b>Start Day: 2/27</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/27, 3/5, 3/12, 3/19, and 3/26</b></p> <p><b>Duration: 5 Weeks</b></p>					
<b>Chess</b>	<b>3-5</b>	<b>Otto Thamasett</b>	<b>10-20</b>	<b>\$45</b>	<b>Friday</b>
<p>The goal of chess club is to teach kids how to think using chess as the medium for learning. The focus will always be on playing the game, but lessons in strategy and tactics will be given. Students will be provided with individual skill challenges to be solved at their own pace. The club is open to all levels and students will be grouped based on their level of understanding of the game. We are pleased to announce that this club is being run by a Legacy dad.</p> <p><b>Start Day: 2/24</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/24, 3/2, 3/9, 3/16, 3/23 and 3/30</b></p> <p><b>Duration: 6 Weeks</b></p>					

<b>Course</b>	<b>Grade</b>	<b>Instructor(s) / Payable to</b>	<b>Enrollment (min-max)</b>	<b>~ Fees ~ Payable to the instructor</b>	<b>Day</b>
<b>Creative Drama</b>	<b>K-2</b>	<b>The Rainbow Company</b>	<b>5-15</b>	<b>\$55</b>	<b>Monday</b>

Creative Drama is available for children who love to imagine, pretend and dress in a variety of costumes. Each week partial costumes are provided for a different story that students utilize in the practice and expansion of necessary theatrical skills. Students learn characterization, facial and vocal expression, and basic stage direction. The class will be taught by Nora Gutcho.

**Start Day:** 2/27  
**Class Times:** 2:45pm - 3:45pm (60min)  
**Class dates:** 2/27, 3/5, 3/12, 3/19, and 3/26  
**Duration:** 5 Weeks

<b>Curtain Call</b>	<b>3-5</b>	<b>The Rainbow Company</b>	<b>5-15</b>	<b>\$65</b>	<b>Thursday</b>
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Curtain Call is designed for the reading student and challenges the imagination. Students learn character development through the text, the mechanics of blocking, projecting, and all aspects of behaving realistically before a live audience. A script is provided and the students memorize their lines, memorize their blocking, and work together as a cast. There will be a performance at the end. The class will be taught by Nora Gutcho.

**Start Day:** 2/23  
**Class Times:** 2:45pm - 3:45pm (60min)  
**Class dates:** 2/23, 3/1, 3/8, 3/15, 3/22 and 3/29  
**Duration:** 6 Weeks

<b>Dinosaur Diggers</b>	<b>K-2</b>	<b>Stacey Hagenlock</b>	<b>5-12</b>	<b>\$70</b>	<b>Tuesday</b>
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Come join the Dinosaur Diggers! Become a paleontologist and join us as we explore dinosaurs, create fossils, complete art projects, go on a "fossil" dig, and discover interesting facts about dinosaurs. Students will be engaged in a variety of hands-on activities as we spend an hour each week traveling back in time to when dinosaurs roamed the earth. Class cost includes some take-home dinosaur items also.

**Start Day:** 2/21  
**Class Times:** 2:45pm - 3:45pm (60min)  
**Class dates:** 2/21, 2/28, 3/6, 3/13, 3/20 and 3/27  
**Duration:** 6 Weeks

<b>Course</b>	<b>Grade</b>	<b>Instructor(s) / Payable to</b>	<b>Enrollment (min-max)</b>	<b>~ Fees ~ Payable to the instructor</b>	<b>Day</b>
<b>Fun with Cartooning</b>	<b>K-5</b>	<b>Young Rembrandts</b>	<b>5-20</b>	<b>\$78</b>	<b>Thursday</b>
<p>Our elementary-age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give them skills to express their creativity, and believe that all children can – and should – learn to draw. We provide all materials and teach new lessons each week in a positive and nurturing environment, which brings out the best in each child. You'll see increased art abilities, learning skills, self-confidence and self-esteem. All supplies included. Always new lessons!</p> <p><b>Start Day: 2/23</b></p> <p><b>Class Times: 2:45pm – 3:45pm (60min)</b></p> <p><b>Class dates: 2/23, 3/1, 3/8, 3/15, 3/22 and 3/29</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Group Piano</b>	<b>K-2</b>	<b>Learn Now Music</b>	<b>6-8</b>	<b>\$179</b>	<b>Friday</b>
<b>Group Piano</b>	<b>3-5</b>	<b>Learn Now Music</b>	<b>6-8</b>	<b>\$202</b>	<b>Friday</b>
<p>Students will be introduced to instrumental music through a group learning experience. Children will learn to read musical symbols and play songs in a relaxing environment. The objective of these classes is to introduce children to music and specifically their respective instruments in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. Instrument rental included. If you have an instrument please call Zaida @ 703-216-8979 for pricing.</p> <p><b>Start Day: 2/24</b></p> <p><b>Class Times: 2:45pm – 3:45pm (60min)</b></p> <p><b>Class dates: 2/24, 3/2, 3/9, 3/16, 3/23 and 3/30</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Group Violin</b>	<b>K-2</b>	<b>Learn Now Music</b>	<b>6-20</b>	<b>\$189</b>	<b>Monday</b>
<b>Group Violin</b>	<b>3-5</b>	<b>Learn Now Music</b>	<b>6-20</b>	<b>\$199</b>	<b>Monday</b>
<p>Students will be introduced to instrumental music through a group learning experience. Children will learn to read musical symbols and play songs in a relaxing environment. The objective of these classes is to introduce children to music and specifically their respective instruments in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. Instrument rental included. If you have an instrument please call Zaida @ 703-216-8979 for pricing.</p> <p><b>Start Day: 2/27</b></p> <p><b>Class Times: 2:45pm – 3:45pm (60min)</b></p> <p><b>Class dates: 2/27, 3/5, 3/12, 3/19, and 3/26</b></p> <p><b>Duration: 5 Weeks</b></p>					

Course	Grade	Instructor(s) / Payable to	Enrollment (min-max)	~ Fees ~ Payable to the instructor	Day
<b>KID YOGA ROCKS!™</b>	<b>K-5</b>	<b>Barbara Johnson</b>	<b>10-15</b>	<b>\$99</b>	<b>Wednesday</b>

KYR! Enjoys many repeat yoginis...there is always new material building upon the review material each session...so feel free to come on back or start for the first time! Yoga is for everybody! This locally founded and much loved (by boys and girls) *children's yoga class*, developed by a Legacy mom has been delighting and empowering children for the last nine years! Children build strength and flexibility, increase their concentration and focus, and augment their compassion and confidence through nurturing, playful movements, original songs, games and exercises that connect their bodies, spirits and minds. This is a HEART-CENTERED-PRACTICE, with focus on kindness...to others and to one's self! In this very action-packed world where our children have so many places to BE... Yoga is a place to BE STILL and KID YOGA ROCKS!™ will provide your child with coping skills for a lifetime. The last class will have a healthy, fun end-of-session party as well as a demonstration for the parents. Mats will be provided, but your child is welcome to bring their own. Questions may be forwarded to Barbara Johnson at [johnsonpod@aol.com](mailto:johnsonpod@aol.com) or 703-906-6302.

**Start Day:** 2/22  
**Class Times:** 2:45pm - 3:45pm (60min)  
**Class dates:** 2/22, 2/29, 3/7, 3/14, 3/21 and 3/28  
**Duration:** 6 Weeks

<b>Learning with Art</b>	<b>K-2</b>	<b>Abakadoodle</b>	<b>10-20</b>	<b>\$75</b>	<b>Monday</b>
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Global Education system puts special emphasis on right brain development - art plays a major vital role in that. Get our young one better prepare for tomorrow when experiments with different mediums of art which emphasizes developing fine motor skills, language skills and build self-confidence. This class inspires fun with "I can do" spirit

**Start Day:** 2/27  
**Class Times:** 2:45pm - 3:45pm (60min)  
**Class dates:** 2/27, 3/5, 3/12, 3/19, and 3/26  
**Duration:** 5 Weeks

<b>Martial Arts</b>	<b>K-2</b>	<b>Action Martial Arts</b>	<b>6-15</b>	<b>\$70</b>	<b>Tuesday</b>
<b>Martial Arts</b>	<b>3-5</b>	<b>Action Martial Arts</b>	<b>6-15</b>	<b>\$70</b>	<b>Friday</b>

The class is a beginning Martial Arts Class covering basic techniques from the following styles: Tae Kwon Do, Aikido, and Shotokan. Uniform and first belt promotion included.

**Class Times:** 2:45pm - 3:45pm (60min)  
**Tues. Class dates:** 2/21, 2/28, 3/6, 3/13, 3/20 and 3/27  
**Fri. Class dates:** 2/24, 3/2, 3/9, 3/16, 3/23 and 3/30  
**Duration:** 6 Weeks

<b>Course</b>	<b>Grade</b>	<b>Instructor(s) / Payable to</b>	<b>Enrollment (min-max)</b>	<b>~ Fees ~ Payable to the instructor</b>	<b>Day</b>
<b>Speed Racers</b>	<b>2-4</b>	<b>Keith Franus</b>	<b>6-15</b>	<b>\$80</b>	<b>Thursday</b>
<p>Speed Racers is a fun running program designed exclusively for boys. It is considered an entry level program and there is no required running experience. A great way for any boy to get active and fit. Speed Racers will teach and train your boy to be faster, stronger, and healthier.</p> <p><b>Start Day: 2/23</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/23, 3/1, 3/8, 3/15, 3/22 and 3/29</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Sports Spectacular</b>	<b>K-2</b>	<b>Overtime Athletics</b>	<b>10-30</b>	<b>\$60</b>	<b>Wednesday</b>
<p>Do you love to play sports? Then you'll love Ultra-Sports! Each week we'll play a different sport or game including: basketball, soccer, flag football, kickball, capture the flag, tag games and MORE! Get moving with games like Bump and Bite, Knights and Dragons, the Numbers Game, and Safe Base. We'll work on teamwork, sportsmanship and fitness, all while having FUN. Sign up today</p> <p><b>Start Day: 2/22</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/22, 2/29, 3/7, 3/14, 3/21 and 3/28</b></p> <p><b>Duration: 6 Weeks</b></p>					
<b>Jr Lego Robotics</b>	<b>K-2</b>	<b>C3CyberClub</b>	<b>8-12</b>	<b>\$139</b>	<b>Friday</b>
<p>Powered by the LEGO® Education Wedo Base Set and Software, our Lego Robotics class combines the exciting world of Lego to manipulate and program your own personal robot. This class is tailored for younger children to learn the basics of visual programming by creating commands with drag and-drop simplicity. Students will work together as a team of engineers to create their robot. Once completed they will hop on our provided laptops and start programming their creation!.</p> <p><b>Start Day: 2/24</b></p> <p><b>Class Times: 2:45pm - 3:45pm (60min)</b></p> <p><b>Class dates: 2/24, 3/2, 3/9, 3/16, 3/23 and 3/30</b></p> <p><b>Duration: 6 Weeks</b></p>					



<b>Course</b>	<b>Grade</b>	<b>Instructor(s) / Payable to</b>	<b>Enrollment (min-max)</b>	<b>~ Fees ~ Payable to the instructor</b>	<b>Day</b>
<b>Video Game Design</b>	<b>3-5</b>	<b>C3CyberClub</b>	<b>8-12</b>	<b>\$119</b>	<b>Friday</b>

This special class is specifically design for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting-edge computer skills through the fun art of 3D Game Design. In this exciting class, children will use basic 3D modeling skills to create their very own video game. They will learn to create characters, customize game attributes and build their own virtual world from scratch. Students will acquire new computer programming skills, technology knowledge using mathematics, creativity and basic problem solving skills. These classes are not taught anywhere else in the public school system, so sign up to day and watch as your child's imagination comes life!.

**Start Day: 2/24**

**Class Times: 2:45pm - 3:45pm (60min)**

**Class dates: 2/24, 3/2, 3/9, 3/16, 3/23 and 3/30**

**Duration: 6 Weeks**