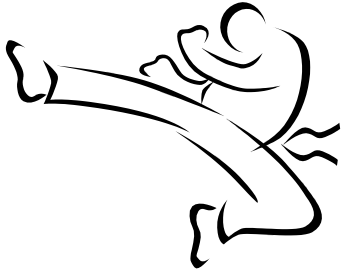


Center for Martial Arts' Korean Karate and Self-Defense: Grades 1-6 (THURSDAY)



Enjoy learning Martial Arts with friends in an environment of discipline, compassion, and loads of FUN! Your child will learn traditional Korean Martial Arts that will build confidence, self-discipline, physical agility, and self-defense ability from a caring, positive, highly trained role model. Children are also taught that with learning their martial arts comes the responsibility of knowing appropriate times to practice and use their art.

The Center for Martial Arts has been teaching after school enrichment programs throughout San Diego County for over 19 years now. With a large number of students returning year after year, all levels of martial artists are welcome.

An approved traditional white uniform is required and may be purchased from The Center for Martial Arts at a discounted rate of \$30. For more information please call The Center at (760) 942-6470.

Special Offers:

1. Need a Uniform? – Free uniform when enrolling in both sessions prior to the start of the fall session.
2. No Uniform Needed – Are you a returning student that doesn't need a uniform? Receive a 5% discount when enrolling in both sessions now.

Check payable to Center for Martial Arts or CMA

\$124.00 – Fall Session Only

\$154.00 – Fall Session with Uniform

\$279.00 – Free Uniform – Both Sessions (Fall & Winter/Spring)

\$265.00 – *No Uniform* – Both Sessions (Fall & Winter/Spring) 5% Discount

Chess Academy for Beginner, Intermediate, and Advanced Students: Grades 1-6 (FRIDAY)



Have you ever heard of Garry Kasparov? He is the highest rated player in the history of chess. By the age of 22 he had become the youngest World Champion. Since then, no one has been able to play like him.

Could you be the next Garry Kasparov? Would you like to find out?

The San Diego Chess Academy will help you learn chess—from the basics to the most advanced winning strategies. If you've never played chess before, or if you think you may be the Garry Kasparov, this program is for you!

In Chess Academy for Beginners you will learn the basic moves, how to check, checkmate, stalemate, castle, en passant, quick checkmates, hanging pieces, chess notation and some fast attacks.

In the Chess Academy for Intermediate and Advanced Students, you will learn to see checkmates in one or two moves, opening, middle, and end game principles, pins, forks, skewers, and how to use open files. You'll also learn different types of checkmates including back rank mates, smother mates, and the always-impressive queen sacrifice mates!

The staff of U.S. Chess Federation are certified instructors who make each class interesting and fun. There will be certificates and prizes awarded weekly for various accomplishments. To find out if YOU are the next Garry Kasparov, sign up today!

\$135.00 - Check payable to San Diego Chess Academy (SDCA)

Children's Dance Musicals! – "Camp Rock": Grades 2-4 (MONDAY)



Join Dance with Nance for a brand new exciting dance semester of fun dance routines from Disney's summer dance musical... Camp Rock! Join Mitchie, Tess, Caitlyn and the rest of her friends at Camp Rock and dance to the songs, "We Rock," "Play My Music," "Start the party," "What it Takes," "Here I am," and more! We will enjoy lots of beginner jazz/hip hop, creative and modern dance routines to fun Camp Rock music! Lots of dancing and fun times with friends! Learn how to choreograph your own steps to fun songs!

Dance With Nance Company has had the pleasure of teaching dance musicals for 30 years and is excited to be returning this fall with fun new dance routines to great songs! Visit our website at www.dancewithnance.com for references or additional information!

\$108.00 - Check payable to Nancy Holden (Class size is limited to 12 students)

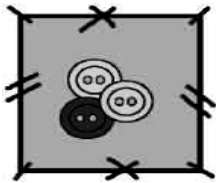
Creative Clay: Grades 1-3 (TUESDAY)



Turning a lump of clay into something fantastic is fun and rewarding. You'll be amazed at all of the different shapes, colors, and textures you will make. Flatten a clay slab to make a variety of projects, pinch clay between your fingers to make a bowl or mug, roll and stack coils, create a cylinder, and even sculpt an animal. You'll be making and glazing different projects each week. There will be new projects for beginning and returning students. *A resident of Del Mar for 35 years Sandra Dodd is a commercial artist, who taught art at Del Mar Heights for over eighteen years.*

\$225.00 – Check payable to Sandra Dodd

Easy Sewing and Quilting: Grades 4-6 (MONDAY)



If you would like to learn to sew or to improve your sewing skills, then this is the class for you! You will learn how to use a sewing machine, handsew, gain confidence, and learn a lot of new skills. We always do a new and different project each session. No prior sewing experience necessary. This class is popular with both boys and girls. Come and join us for some creative fun! *Teri Nance has been enjoying sewing for 28 years. She has been teaching in the Del Mar After School Enrichment Program for four years and also teaches in the Children's Creative Workshops.*

\$190.00 – Check payable to Teri Nance

Dancing with the Stars of Del Mar: Grades 3-6 *Boys and Girls* (THURSDAY)



Ever dreamed of dancing like the stars on t.v.? Just like the television show, you will learn the basics of ballroom dance, including Tango, Rumba, Waltz, Meringue, swing, and many more. Social dance has made a comeback in a big way and you can be a part of the largest ballroom dance program in San Diego County. The lessons to be taught through this program include self-esteem, confidence, poise, etiquette, respect, courtesy, teamwork, social awareness, and diversity. Dance is a form of communication. Children learn to express themselves through movement; therefore, communicating with one another through the artistic language of dance. Once joined together on the dance floor, self-esteem is the most notable change. Postures improve, heads are held high, focus and concentration levels excel and discipline is achieved. Boys have tucked in their shirts; girls stand up straight and prepare for their lead.

The partners make eye contact, listen for the music to start, and come together to dance. Students participating in this enrichment program will have the opportunity to represent their school in the San Diego County Schools' Dancesport Championship in May of '09. A one of a kind event and a once in a lifetime opportunity!

\$155.00 – Check payable to EduDance

Engineering FUNdamentals with Legos®: Grades 1-3 (TUESDAY)

Play-Well
TEKologies



Play-Well TEKologies provides project-based programs designed to teach principles and methods of engineering, architecture, and science, utilizing LEGO® and other building systems. The multi-level curriculum creates stepping stones for students to gain a broader understanding of principles and practical uses of engineering, math and architecture, and prepares them to become the engineers of tomorrow.

\$160.00 – Check payable to Play-Well TEKologies

KidzArt: Grades K-2 (MONDAY)



KidzArt is a drawing based art enrichment program that builds self-confidence, focus, and problem solving skills in a safe and non-competitive environment. Students will learn to draw life-like people and animals, still-life scenes, landscapes, and other representational pieces while using Prismacolors, chalks, oil pastels, and charcoal. KidzArt creates a FUN environment where students will experience relaxation, introspection, and true self expression through art. Through this process, confidence is built in both beginner and advanced students.

\$135.00 – Check payable to KidzArt

Knitting 101: Grades 4-6 (TUESDAY)



This Grandmother loves knitting! Have fun learning the basics of knitting at your own pace and with lots of help and attention. You will learn the basic techniques to create your very own handmade items. Knitting is popular all over the world, and enjoyed by all. Come join us, see what you can create, something of your choice or maybe we can knit a FAT CAT. This class is limited to eight first time knitters, but can accommodate ten to twelve if you've had Knitting 101 in the past and know how to cast on, form a knit stitch, purl stitch, bind off. A project will be

provided for advanced knitters to expand on your already acquired skill of knitting. Ruth Zenari, the instructor, is a member of the North Coast and San Diego Machine Knitting Guilds and has been knitting for over 27 years. Includes all supplies.

\$200.00 - Check payable to Ruth Zenari

Mad Science - Science Spies & Roaring Racecars: Grades 3-6 (WEDNESDAY)



During this exciting, hands-on program you'll become a Mad Science Detective and discover how science is used to solve crimes! Collect fingerprints, make observations, and gather clues as you investigate. See how crime labs identify unknown substances and test for "trace evidence." Explore the science of movie-making, 3-D images and special effects. Finally, you'll experiment with simple machines and make your very own Mad Science propeller-driven Race Car! Class topics include Mad Science Machines, Detective Science, Walloping Weather, Movie Effects, Kitchen Chemistry, Earth Works, Science of Toys, and Bugs. Each student will make and take home a science project during each class.

\$155.00 - Check payable to Mad Science

Magic Stars: Grades 3-6 (TUESDAY)



Magic is one of the best hobbies in the world because, well, it's magic! This performance-oriented course will enable students to mystify and entertain their family and friends with close-up and stand-up effects, including mind reading. Professionally made magic tricks will be included in this course. Some illusions will be made in class. Plus, each student will receive a gift box for his or her magic. Magic is educational. Magic improves thinking and reasoning powers. Magic develops oral presentation skills, teaching competence with confidence, which directly affects positive self-esteem. Magic encourages good social interaction skills. Best of all, being able to perform magic is Fun, Fun, Fun!

Larry Frankel is a professional magician, and has been teaching magic for over seventeen years.

\$160.00 - Check payable to Larry Frankel

Monart Drawing - Drawing Disney: Grades 1-3 (FRIDAY)



Learn to draw your favorite Disney characters including Aladdin, Bambi, The Lion King, 101 Dalmatians, Snow White & More, with Monart!

Throughout this course we will not only learn to draw our beloved Disney characters, we will provide exciting facts and learn how to use a lot of different medias along the way! We will explore using different media such as watercolor, colored pencils, oil pastels, chalk, mixed media, and much more. A fact sheet will accompany the artwork home each week.

Aryan K., Age 7 (above)

\$116.00 - Check payable to Monart

Next Generation Yoga®: Grades 1-3 (WEDNESDAY)



Yoga comes to life in this fun, creative and non-competitive class designed to stimulate a child's growing curiosity. Theme activities, cooperative yoga games, storytelling, music, and art engage the natural energy and enthusiasm of the 6, 7, 8 and 9 year old child. Classes explore yoga poses, breathing exercises, visual imagery and relaxation techniques while conveying lessons in self-expression, body image, social skills, positive thinking, and environmental awareness. Certified NGY Teachers exude a love for children and yoga and have backgrounds in education, dance, social

work, child psychology and special education. *Everyone receives individualized attention, as class size is limited.*

For more information about NGY, please visit www.nextgenerationyoga.com or call Jodi Komitor, founder, 866-NGY-YOGA.

Check payable to Next Generation Yoga

\$160.00 – 8 week session only

\$175.00 – 8 week session and yoga mat

\$180.00 – 8 week session and herbal animal eye pillow

\$195.00 – 8 week session, yoga mat, and herbal animal eye pillow

Photography: Grades 3-6 (WEDNESDAY)



Learn what the grown-up photographers are doing! This class will teach the art of photography including: digital, "4-eye camera"~ learn how to take one photo four ways, self-portraits, hand-colored prints, collages, and sun prints! In ten weeks you'll have a portfolio to show off!! Cameras provided.

\$120.00 – Check payable to Camp Imagine, Inc.

Superstar Gymnastics: Grades 1-4 (FRIDAY) (boys and girls - levels beginning and intermediate)



Superstar Gymnastics where every child is a Superstar! We will meet your child's needs and challenge them to reach their own goal while still having a blast! The Superstar van transports equipment to your child's school. Our safe and fun equipment includes: mini trampoline, springboard, block vault, folding mats, incline mats, hula hoops, stomp and catch board, and parachute! Classes consist of musical warm-up, stretches, gymnastics circuit, obstacle course, and tons of games! There will be a performance on the last day including an awards ceremony where each gymnast receives a gold medal! Give your child the chance to shine like a Superstar!!

\$155.00 – Check payable to Superstar Gymnastics

Volleyball: Grades 3-6 (MONDAY)



Learn to play the game of volleyball. All levels are welcome as this class will prove helpful to beginners and experienced players alike. Classes are designed by two-time Olympians Lina and Petia Yanchulova, who participated in Sydney 2000 and Athens 2004. Learn the fundamentals in a fun and engaging environment. Along with teaching solid technical skills, there will be lots of opportunities to play. Volleyball is a sport you can enjoy for the rest of your life – get the right start! All equipment is provided.

\$80.00 – Check payable to Star Sports

Weird Science: Grades K-2 (THURSDAY)



Join Ben Hian, from Radical Reptiles & Friends, for an early science experience.

Using chemistry to make experiments, the mad scientists will discover the magic of physical science through experiments and investigations including slime, soap boats, BBQ crystals, and funny putty. Check out how fun science can be!

\$120.00 - Check payable to Radical Reptiles

Young Rembrandts Drawing: Grades 2 – 4 (THURSDAY)



Come explore the world with Young Rembrandts! Learning to draw can be fun! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children and their vivid imaginations. We believe that drawing is the bedrock skill required for future artistic success giving students the skills to express their creativity. All children can – and should – learn to draw like the masters! You'll see increased art abilities, learning skills, self-confidence and self-esteem. All material and supplies are included.

\$100.00 - Check payable to Young Rembrandts

YEAR LONG LANGUAGE COURSES

Chinese I: Grades K-2 (MONDAY)



This program will emphasize communicative interaction in Chinese. Students will learn Hanyu Pinyin, tones, and basic Chinese characters. Pinyin (The official Chinese phonetics) will be used to facilitate learning. Native speaking teachers will be combining discussion-based classroom instruction with cultural activities to engage students. Classes will be further enriched with Chinese culture, history, and traditions. This program makes learning Chinese a fun, enjoyable, and fulfilling process.

The program will be a two-strand program for students who are interested in learning a second language and students where Mandarin is part of their home. Therefore, a student doesn't need to be a native Chinese speaker or have a Chinese background to attend. Proficiency and performance will be assessed periodically, so that students are adjusted to different leveled groups.

\$490.00 – Check payable to Huacheng Chinese School (HCCS)

Sing 'N Speak Spanish: Grade K (Year 1), Grades 1 – 4 (Year 1), Grades 2 – 5 (Year 2)



Sing 'n Speak Spanish is a highly interactive fun language program that fully integrates music into a four-year curriculum. Classes include visuals, singing coupled with descriptive movements, humor, puppets, stories, games, activities, and role-playing! Students learn Spanish easily and become enthusiastic about learning a second language. It is a proven system, with over 650 yearlong courses taught since 1998 in schools throughout San Diego County. Classes meet weekly after school and continue throughout the school year. Each lesson is 45 minutes long with a maximum of just 12 children per class. For more information refer to our website, www.singspeak.com. Tuition includes all materials – music CD's, songbooks, workbooks and prizes.

For more information or for payment options, call Julia Burnier at 619-223-2508 or e-mail at julia@singspeak.com. \$455.00 for classes October through May – Check payable to Sing 'n Speak Spanish, Inc.

Note: Most Kindergarteners who take Year 1 Spanish benefit by repeating Year 1 Spanish in first grade.

Note: Students repeating a course may also enroll in the next higher level course for a twice a week Spanish class.

Note: Year 3 Spanish will be offered at Del Mar Heights (Fri), Ocean Air (Wed), Sage Canyon (Wed), Sycamore Ridge (Wed), and Torrey Hills (Thu). Year 4 Spanish will be offered (for the 1st time!) at Sage Canyon (Tue) and at Carmel del Mar (Tue). Total class time for Year 3 and Year 4 Spanish will be 1 hour. The first 15 min. of class will be review, giving students from other Del Mar schools (where Year 3 or 4 Spanish are not offered) the time to be driven to a campus where Year 3 or Year 4 is offered. After 15 min., the 45 min. lesson will begin.