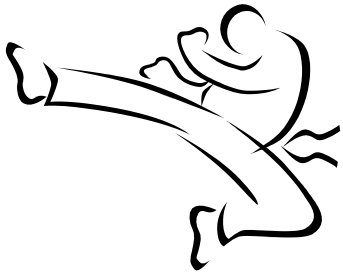


Center for Martial Arts' Korean Karate and Self-Defense: Grades 1-6 (WEDNESDAY)



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 (MONDAY)



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 (FRIDAY)



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 (MONDAY)



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

Knitting 101: Grades 4-6 (MONDAY)



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 (TUESDAY)



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

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



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

Superstar Gymnastics: Grades 1-4 (THURSDAY) (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

Weird Science: Grades K-2 (THURSDAY)



Join John Taibe, 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!

\$105.00 - Check payable to Radical Reptiles

Young Rembrandts Drawing: Grades 2 – 4 (WEDNESDAY)



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

Mandarin Bilingual Course – Level I: Grades K-2 (THURSDAY)

This course is mainly designed for non-native Mandarin speaking students. The native Mandarin instructors of this MB (Mandarin Bilingual) Course will use English to teach Chinese (Mandarin) language whenever English is needed. For example, the instructors use English to help students best understand and grasp the fundamental learning tools; the instructors explain the keys of the pronunciation for each different phonetic symbol and so on.

Mandarin Intensive Course – Level I: Grades K-2 (FRIDAY)

This course is mainly designed for students who have already been exposed to Mandarin Chinese, e.g. speaking Mandarin Chinese at home. This MI (Mandarin Intensive) Course gives children the opportunity to rapidly expand the knowledge of written and spoken Mandarin in a rich immersion environment.

你好
Nǐ Hǎo

“Mandarin World Academy” includes six levels (Level I – Level VI) to help children build up a solid foundation to reach Five Standards (Communication, Culture, Connections, Comparisons, and Communities) for Chinese (Mandarin) Language learning. This program uses well-implemented academic and activity-based curriculum to enhance students’ proficiency of Chinese (Mandarin) as a Foreign Language. The program curriculum features (1) Academic excellence with structural learning in all four language skills: listening, speaking, reading and writing (2) Integrating Culture and connecting with other subjects and disciplines (3) Fun and interactive activities to engage children’s interest. Let’s have fun learning Mandarin!

At Level I, Pinyin (Phonetic Symbols) will be emphasized, as well as speaking Mandarin with correct tones, and beginning training to form the good habits of writing Chinese Characters. This course is offered in a fun-filled environment throughout the school year for 23 weeks. Each lesson is one hour long with a limited class size.

Please email to info@AAIG.US for more information or questions.

\$490.00 – Check payable to AAIG

Sing 'N Speak Spanish: Grade K (Year 1), Grades 1 – 4 (Year 1), Grades 2 - 5 (Year 2), Grades 3 - 6 (Year 3)



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.