

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



Children learn traditional Korean Martial Arts while building confidence, self-discipline, physical agility, and self-defense ability from a caring, positive, highly trained role model. They are taught that with learning the martial arts comes the responsibility of knowing the appropriate times to practice and use it. We prepare students for the demands of school by providing a highly structured environment that is physically and mentally stimulating and tons of fun!

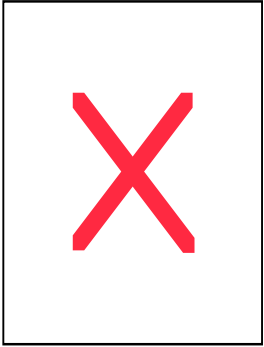
The Center for Martial Arts has been teaching after school enrichment programs throughout San Diego County for over 19 years. With a large number of students returning year after year, all levels of martial artists are welcome. An approved traditional white uniform is required and may be purchased from The Center for Martial Arts at a discounted rate of \$30. For more information please call The Center at (760) 942-6470.

Check payable to Center for Martial Arts or CMA

\$ 140 – Winter/Spring Session Only

\$ 170 - Winter/Spring Session with Uniform

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 next Garry Kasparov, this program is for you!

In Chess Academy for Beginners you will learn the basic moves including 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!

\$165.00 - Check payable to SDCA

Children's Dance Musicals! – "High School Musical III, Senior Year": Grades 2-4 (MONDAY)



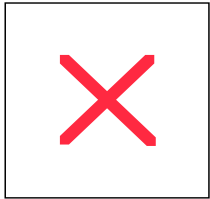
Join Dance with Nance for a brand new exciting dance semester of great new dance routines from *Disney's High School Musical 3, Senior Year!* Explore different jazz and lyrical styles and techniques in a fun environment with your classmates! Dance to a medley of fun songs such as *Now or Never, I Want It All, A Night to Remember, The Boys are Back, Senior Year Spring Musical, High School Musical* and more! Enjoy lots

of beginner jazz/hip hop/modern and creative dance routines and use of blow up guitars, microphones, and Pom Poms. Showcase skills learned during the session with a Parent Review Day to be performed at the last class.

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

\$139.00 - Check payable to Nancy Holden (Class size is limited to 14 students)
Includes High School Musical T-Shirts

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. During the course of the session, you will learn how to 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. *Sandra Dodd, a Del Mar resident for 39 years and a commercial artist, taught art at Del Mar Heights for over eighteen years.*

\$275.00 – Check payable to Sandra Dodd

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

Play-Well
TEKologies



Take a "crash course" in Demolition Derby, enter the Sumo Wrestling Competition, challenge the Battle Track, build and race a Locomotive faster than a speeding Worm Drive in this fun class! Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. Children will be given instruction, design challenges, and competitions appropriate to their facility with LEGO™ Technic and System components. For more information about Play-Well TEKologies, visit www.play-well.org.

\$220.00 – Check payable to Play-Well TEKologies

Guitar Star: Grades 4-6 (MONDAY)

Did you ever dream of becoming a true Guitar Rock Star? Join our instructors from SoCal Music Studios in this beginner's class, and learn what it takes to master the guitar. Discover tips and tricks on how to make playing your favorite songs easy. No experience is necessary as everything from solo riffs and chords to reading music will be covered. So put down those video games and really begin to ROCK OUT! All Guitars, music and materials are supplied for the entirety of the course.

\$225 - Check payable to SoCal Music

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.

\$165.00 – Check payable to KidzArt

Knitting 101: Grades 4-6 (WEDNESDAY)



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 and 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, and 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 Hand Knitter Guild and San Diego Machine Knitting Guild and has been knitting for over 27 years. Includes all supplies: knitting bag, needles, practice yarns and fancy yarns.

\$220.00 - Check payable to Ruth Zenari

Mad Science - Science In Action: Grades K-2 (WEDNESDAY)



During this exciting, hands-on Mad Science program, you'll experiment with robots and discover the incredible things that robots can do! Explore the energy of motion and make your own "bugbot". Experiment with force and gravity while learning about the science of sports. Become a Science Spy and learn how to send secret messages using special codes. Wrestle with the strength of air and experiment with invisible forces that have incredible power. Experiment with substances that create amazing chemical reactions. Class topics include Radical Robots, Moving Motion, Science of Art, Science of Sport, Energy Burst, Aerodynamics, Radical Reactions, Incredible Machine, Secret Messages and Mineral Mania.

\$190.00 – Check payable to Mad Science

Magic Masters: Grades 3-6 (TUESDAY)



Step up to Magic Masters! Magic is one of the best hobbies in the world because, well, it's magic. This performance-oriented course will enable you to mystify and entertain your 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! This English-intensive course has all different effects from "Magic Stars".

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

\$200.00 – Check payable to Larry Frankel

Monart Drawing – Movie Madness: Grades 1-3 (FRIDAY)



Find the excitement of drawing scenes or characters from some of your favorite movies such as Star Wars, Finding Nemo, Toy Story, The Wizard of Oz, and Peter Pan using Monart's five basic elements of shape. An assortment of media such as markers, graphite, oil pastel, and color and watercolor pencils will be used. Each week a fact sheet will come home accompanying a completed drawing.

Aryan K., Age 7 (above)

\$150.00 - 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. Themed activities, cooperative yoga games, storytelling, music, and crafts engage the natural energy and enthusiasm of children 6-9 years old. 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

\$220.00 – 10 week session only

\$240.00 – 10 week session and yoga mat

\$240.00 – 10 week session and herbal animal eye pillow

\$260.00 – 10 week session, yoga mat, and herbal animal eye pillow

Robotics Engineering I: Grades 2-3 and Grades 4-6 (THURSDAY)



Robotics Engineering I introduces students to the emerging new fields of Robotics. Children participating in our Robotics workshops are guided through a hands-on experience where they learn to design, build, and program robots using the LEGO Mindstorms Construction System 2.0. With gears, pulleys, beams, axels, and many more building elements, kids learn to create mechanical masterpieces. Within this

10 week program, kids will design multiple robots, learn to incorporate light and touch sensors to their robot, and finally program their robot to participate in fun robotics challenges. Each class is object oriented and ends in fun challenges that teach kids new concepts in robotics engineering.

\$299.00 – Check payable to VisionTech

Radical Reptiles and Friends: Grades K-2 (THURSDAY)



Ben Hian from Radical Reptiles & Friends will introduce the children to his menagerie of live animals including snakes, frogs, turtles, tarantulas, millipedes, lizards and other creepy crawlies. As the children explore the animal kingdom, they will have a unique hands-on experience enhanced by live animals and Ben's knowledge of reptiles. This class is appropriate for both boys and girls.

\$150.00 - Check payable to Radical Reptiles

Superstar Gymnastics: Grades K-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!!

\$165.00 - 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, the class will offer 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.

\$100.00 - Check payable to Star Sports

Young Rembrandts Drawing Like The Masters: Grades 3-6 (WEDNESDAY)



Spend time exploring some Master Artists with Young Rembrandts. We will draw a variety of awe-inspiring images from many familiar artistic masters. We will draw portraits, landscapes and other historically significant pieces. We become Masters ourselves! No experience needed.

\$125.00 - Check payable to Young Rembrandts

