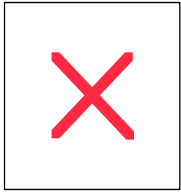


After School Hoops: Grades 1-3 and 4-6 (MONDAY)



After School Hoops® is a weekday afternoon basketball program for aspiring young players. The one hour instructional sessions combine fundamental skills instruction with organized team competition, with the goal of providing an enjoyable and educational after school athletic event. Developing players benefit by improving their individual skills such as passing, dribbling, shooting, rebounding, and defending while, at the same time, learning how to work within the framework of a team. Boys and girls of all skill levels are encouraged to join.

One of the many merits of After School Hoops® is that it provides school children with an organized after school event at which they can learn, socialize, and most of all, have fun. Parents and teachers often express concern that idle and unsupervised after school hours provide too many negative temptations for their children. Using athletics as the vehicle, After School Hoops® provides children with an opportunity to improve their overall physical fitness, develop sportsmanship and athletic integrity, and gain an understanding of the game of basketball.

\$135.00 – Check payable to One on One Basketball

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

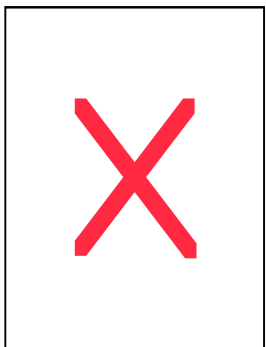
purchased from The Center for Martial Arts at a discounted rate of \$30. For more information please call The Center at (760) 942-6470.

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 (TUESDAY)



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 K-2 (WEDNESDAY) and Grades 3-6 (TUESDAY)



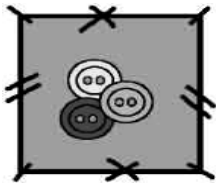
Join Dance with Nance for a brand new exciting dance semester of great new dance routines from *Disney's High School Musical 3, Senior Year!* Explore different jazz and lyrical styles and techniques in a fun environment with your classmates! Dance to a medley of fun songs such as *Now or Never, I Want 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

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



If you would like to learn to sew or improve your sewing skills, this is the class for you! You will learn how to use a sewing machine, handsew, and gain confidence while developing a lot of new skills. A new and different project is offered 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 enjoyed sewing for 28 years. She has been taught in the Del Mar After School Enrichment Program for four years and also teaches in the Children's Creative Workshops.*

\$238.00 – Check payable to Teri Nance

KidzArt: Grades K-2 (THURSDAY)



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

Kidz-N-Fun Gymnastics (beginning to intermediate): Grades K-6 (MONDAY)



This is a safe, non-competitive, action packed program for boys and girls. Children will learn many skills at their own pace from beginning to intermediate levels. We do not teach “levels” where your child will be held back if a specific skill is not learned. Instead, we encourage children to continue to practice a skill while trying a new one. Children will stretch, practice floor exercises, bar, balance beam, vaulting, tumbling, and have fun with our creative obstacle courses. Having fun is the best way for your child to learn. They won’t want the fun to end! Let us help keep your kids fit!

\$150.00 – Check payable to Shannon Polivka

Mad Science - Science In Action: Grades 3-6 (THURSDAY)



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

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



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

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



John Taibe 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 John's knowledge of reptiles. This class is appropriate for both boys and girls.

\$150.00 - Check payable to Radical Reptiles

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



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

Volleyball: Grades 3-6 (TUESDAY)



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 (FRIDAY)



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

