

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-3 (MONDAY)



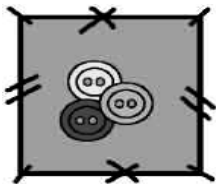
Join Dance with Nance for a brand new exciting dance semester of great new dance routines from *Disney's High School Musical 3, Senior Year!* Explore different jazz and lyrical styles and techniques in a fun environment with your classmates! Dance to a medley of fun songs such as *Now or Never, I Want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

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



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 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

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

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

Fencing: Grades 3-6 (THURSDAY)



Team Touché Fencing specializes in teaching children the classic sport of fencing. Our cadre of skilled coaches provides the highest level of instruction in San Diego. They know the beginner techniques to teach children, and they know *how* to teach it. Team Touché Fencing philosophy holds that children learn difficult skills best by participating in fun games. That is why fencing practice is filled with games that kids love, such as "Wizard" and "Teddy Says." Students learn to fence with safe plastic and foam swords.

During Team Touché Fencing programs children will have a chance to practice the three Olympic disciplines in fencing: foil, epee, and sabre. Plus, they will even learn the creative art of theatrical combat. On the last day of class, parents are invited to enjoy their children's original fencing sketch. Fencing develops students' motor skills and hand-eye coordination. It also bestows good posture and lightning-fast reflexes. This is why we believe everyone should *learn to fence*.

\$170.00 - Check payable to Team Touché

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



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

Knitting 101: Grades 4-6 (THURSDAY)



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 3-6 (MONDAY)



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 (FRIDAY)



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

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. 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 (WEDNESDAY)



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

Soccer for Beginners: Grades K-2 (WEDNESDAY)



Join us and learn the fundamentals of soccer. Each player will be trained in a fun environment, where they will develop soccer skills through a series of specific games with elements of correct demonstration and instruction. Come see the difference in a soccer program taught by passionate instructors and set in a fun learning environment!

This program is designed to teach kids soccer through fun training methods and games. Players will improve their dribbling, trapping, passing, and shooting. Your child will not believe the skills he or she will learn while playing games. All players participate at all times. Each player will receive a certificate at the end of the course.

\$169.00 – Check payable to British Academy of Soccer Science (BASS)

Total Golf Adventures (Golf for beginners and intermediate level students): Grades K-3 (MONDAY)



Tiger Woods' aptitude for golf was evident even before he started kindergarten, and at age 3 he shot an incredible 48 for 9 holes. Does your child have talent? Without exposure, you may never know! Sign up your child to enjoy the newest craze in after school enrichment programs. Golf at School! Total Golf Adventures (TGA) boasts an unprecedented 8:1 instructor to student ratio ensuring the required attention necessary for your child to improve quickly. Best of all, the class is conducted on the school grounds and ALL Equipment, training aids and targets are provided. TGA has now taught golf to over 36,000 students in 24 states. All students are taught the fundamentals of the game of golf, rules, and

etiquette, and are prepared for play on a golf course. The class is held in a fun, safe, and nurturing environment that builds confidence, focus, and motor skills, which equate to a happy child with self esteem. By level five of the program they are equipped with all the tools necessary to participate in competitive golf. TGA believes that the game of golf can teach players much more than how to hit a ball straight and far. Visit our website at www.tga-sd.com for more details and pictures or call the TGA office at 760.295.6622.

\$195.00 - Check payable to Total Golf Adventures (A TGA hat, hatpin/ball marker, rules book, and daily achievement awards are all included.)

