

### **After School Hoops: Grades 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 1-6 (WEDNESDAY)**



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

### **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. 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

### **Mad Science - Science In Action: Grades K-2 (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

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



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

**Superstar Gymnastics: Grades K-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!!

\$165.00 – Check payable to Superstar Gymnastics





