

After School Hoops: Grades 4-6 (THURSDAY)



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 (MONDAY)



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 (WEDNESDAY)



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 (FRIDAY)



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

Fencing: Grades 3-6 (TUESDAY)



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

Knitting 101: Grades 4-6 (TUESDAY)



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 (FRIDAY)



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

Monart Drawing - Movie Madness: Grades 1-3 (WEDNESDAY)



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

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



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 (THURSDAY)



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)

Superstar Gymnastics: Grades K-4 (WEDNESDAY) (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

Total Golf Adventures (Golf for beginners and intermediate level students): **Grades 3-5 (THURSDAY)**



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.)

Volleyball: Grades 3-6 (FRIDAY)



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

