

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



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



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](http://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

## 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

### **KidzArt: Grades K-2 (TUESDAY)**



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 (WEDNESDAY)**



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

### **Magic Masters: Grades 3-6 (MONDAY)**



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 (THURSDAY)**



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 (THURSDAY)**



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](http://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 (TUESDAY)**



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

### **Robotics Engineering I: Grades 2-3 and Grades 4-6 (FRIDAY)**



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

### **Soccer for Beginners: Grades K-2 (MONDAY)**



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)

### **Volleyball: Grades 3-6 (WEDNESDAY)**



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 Cartooning: Grades 2-4 (MONDAY)**



Come explore the world of Cartooning with Young Rembrandts! We will use a variety of facial features, action and movement to create funny expressions, silly characters and drawing sequences that tell a joke! This class will include learning about and drawing cartoons in both the Classic and Anime styles. Students will learn to exaggerate physical features and give personality to inanimate objects in order to tell a story. All material and supplies are included.

\$125.00 - Check payable to Young Rembrandts





