

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



Children learn traditional Korean Martial Arts 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 now. 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 rate of \$38. For more information, please call The Center at (760) 942-6470, email CMAoffice@sbcglobal.net or check us out on the web www.Center4MartialArts.com

Check payable to Center for Martial Arts or CMA

\$ 124 - Fall Session Only

\$ 155 - Fall Session with Uniform

\$ 279 - Both Fall & Winter/Spring Sessions *Includes FREE Uniform!

\$ 265 - Both Fall & Winter/Spring Sessions *5% Discount, No Uniform

Mad Science – NASA Academy of Future Space Explorers: Grades 3-6 (MONDAY)

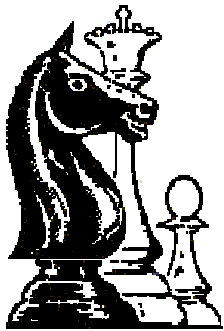


Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers after school program. This is your chance to be a rocket scientist! Explore the science involved in rocket construction as you build and launch your own rocket. Explore the farthest reaches of our solar system and create a lunar eclipse in our Mad Science planetary tour. This is your ticket to the stars as you journey through the galaxy. Take home projects include Skyblazer II Rocket, Shuttle Copter, Lightning Launcher, Kepler's

Cube, Cosmic Chronometer and more!

\$155.00 – Check payable to Mad Science

Chess Academy for Beginner, Intermediate, and Advanced Students: Grades K-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 opening, middle, and end game principles; pins, forks, skewers, to see checkmates in one or two moves, 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!

Our certified instructors 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!

\$135.00 - Check payable to Chess Academy (SDCA)

Creative Journaling for Children: Grades 3-6 (FRIDAY)

Students will exercise their imaginations by experimenting with art and language. The structure of this program allows each child's exploration to be spontaneous and honest, helping to develop a greater sense of self-confidence while bolstering observation skills. Ideas explored in this program include self-perception, storytelling, sensory experiences (memory, personification, similes and metaphors), dreams and wishes, and how to find your own voice. *Instructor Joann Johnson has a BFA from Colorado State University in Photography with a minor emphasis in Art History. She also studied Creative Writing under poet Cathy Smith Bowers at Queens University in Charlotte, NC.*

\$135.00 - Check payable to Joann Johnson

HIGH SCHOOL MUSICAL EXTRAVAGANZA!: Grades 2-4 (WEDNESDAY)



Join Dance with Nance for a fun adventure of dance routines from High School Musical 1, 2 & 3!! Let's join Gabriella, Sharpay, Troy and their friends from East High School on a dancing journey with jazz/cheer/creative dance routines to a combo of Disney's songs: *I Want It All, Now Or Never, Can I Have This Dance, Fabulous, What Time Is It, All For One, We're All in this Together, You Are The Music In Me, Get Your Head in the Game*, and more! Lots of dancing and memorable times with friends! Your child will also watch their talents on our video and TV

monitors! Create colorful art posters for a backdrop for our show to be presented to parents at the last class! Inflatable guitars, pom poms, microphones, and great props will be used!

Dance With Nance Company has had the pleasure of teaching dance musicals for 30 years and is excited to be returning this fall with new dance routines to great songs! Visit our website at www.dancewithnance.com for references or additional information!

\$113.00 – Check payable to Nancy Holden
Includes 1 t-shirt

Engineering FUNDamentals with Legos: Grades 3-5 (THURSDAY)

Play-Well
TEKologies



Design and build motorized machines, catapults, pyramids, demolition derby cars, truss and suspension bridges, buildings, and other constructions. Explore concepts in physics, mechanical engineering, structural engineering, and architecture while playing with your favorite creations. This is a hands-on and minds-on class suitable for LEGO novices to "maniacs." Students will work individually, in teams, and as a group throughout the session. This class is not affiliated with the LEGO group. For more information about the organization, please visit www.play-well.org

or contact Keith at (619) 888-4270.

\$138.00 – Check payable to Play-Well TEKologies

Monart Drawing – A Walk in the Zoo: Grades 1-3 (MONDAY)

This class is an exciting adventure for all animal lovers. It will include an endless variety of animal subjects such as elephants, tigers, hippos, parrots, flamingos, apes and pandas for our directed drawings. A variety of media including markers, graphite, color and watercolor pencils, etc. will allow students to enhance their drawings creatively. Each week a fact sheet will come home accompanying a completed drawing.

\$128.00 - Check payable to Monart

Kidz-N-Fun Gymnastics: Grades K-2 and 3-6 (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

Magic Stars: Grades 3-6 (THURSDAY)



Magic is one of the best hobbies in the world because, well, it's magic! This performance-oriented course will enable students to mystify and entertain their 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! Larry Frankel is a professional magician, and has been teaching magic for over seventeen years.

\$160.00 – Check payable to Larry Frankel

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



Join John Taibe from Radical Reptiles & Friends for an educational, one of a kind, creative look into the world of reptiles.

The children will be introduced to a menagerie of live animals including snakes, frogs, tortoises, lizards, bugs 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 and animals that will be enhanced by art, games and various projects related to these animals.

\$120.00 - Check payable to Radical Reptiles

Next Generation Yoga®: Grades 2-4 (TUESDAY)



Kindling the maturing independence of 8, 9 and 10-year olds, these classes encourage a deeper sense of body awareness, self-exploration and interpersonal skills. Alive with flowing sequences, balancing poses, breathing exercises, and creative relaxation techniques, children are sure to relish in their selves. As well, partner poses and cooperative yoga games inspire positive peer interactions that the children are sure to carry into their everyday lives.

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.*

A yoga mat or towel is required for the class, and may be furnished by students or purchased through NGY for \$20. For more information about NGY, please visit www.nextgenerationyoga.com or call Jodi Komitor, founder, 866-NGY-YOGA.

Check payable to Next Generation Yoga
\$175.00 – 8 week session only

Young Rembrandts Cartooning Silly Things: Grades 3-6 (TUESDAY)



Come explore the world of Cartooning with Young Rembrandts! This class will teach students how to draw cartoons in both the Classic and Anime styles. We will use a variety of facial features, action and movement to create funny expressions, silly characters and drawing sequences that tell a joke! 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.

\$100.00 - Check payable to Young Rembrandts

Young Rembrandts Draw Amazing Things!: Grades 2-4 (FRIDAY)

Come explore the world with Young Rembrandts! Learning to draw can be fun! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children and their vivid imaginations. We believe that drawing is the bedrock skill required for future artistic success giving students the skills to express their creativity. All children can – and should – learn to draw like the masters! You'll see increased art abilities, learning skills, self-confidence and self-esteem. All material and supplies are included.

\$100.00 - Check payable to Young Rembrandts

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)

Golf at School!: Grades 1-2 & 3-5 (FRIDAY)



Whether your son or daughter wants to be the next Tiger Woods, or just wants to learn a fun, challenging game to play for the rest of their lives, this enrichment program is for you. TGA's national award winning program boasts an unprecedented 8:1 instructor to student ratio ensuring the required attention for your child to improve quickly. Best of all, the class is conducted on the school grounds and all materials are provided. Your child simply needs to show up with a smile.

TGA has now taught golf to over 50,000 students in 43 cities throughout the US. With each class, students are taught the fundamentals of golf along with the rules and etiquette of the game. After a few sessions with TGA, each child will be prepared for play on a golf course! Our classes are held in a fun, safe, and nurturing environment that builds confidence, focus, and motor skills, which equate to a happy child with increasing self-esteem. TGA believes that the game of golf may teach students much more than how to hit a ball straight and far. For more information, visit us at www.tga-sd.com or call 760.295.6622.

\$160.00 - Check payable to Total Golf Adventures or TGA.

Includes a TGA hat, hatpin/ball marker, rules book, and daily achievement awards

YEAR LONG COURSES

Chinese: Grades K-6

Level I (THURSDAY) for beginners and Level II (WEDNESDAY) for those who already know Pinyin



This program will emphasize communicative interaction in Chinese. Students will learn Hanyu Pinyin, tones, and basic Chinese characters. Pinyin (the official Chinese phonetics) will be used to facilitate learning. Native speaking teachers will be combining discussion-based classroom instruction with cultural activities to engage students. Classes will be further enriched with Chinese culture, history, and traditions. This program makes learning Chinese a fun, enjoyable, and fulfilling process.

The program will be a two-strand program for students who are interested in learning a second language and students where Mandarin is part of their home. Therefore, a student doesn't need to be a native Chinese speaker or have a Chinese background to attend. Proficiency and performance will be assessed periodically, so that students are adjusted to different leveled groups. Classes meet weekly after school from October through May.

For more information, please contact Jenny Liu at 858-484-7353 or email huachengschool@yahoo.com.

\$490.00 – Check payable to HuaCheng Chinese School (HCCS)

Year 1 Spanish (Kindergarten) FRIDAY
Year 1 Spanish (1st – 4th grades) FRIDAY

Sing 'n Speak Spanish® makes learning conversational Spanish easy and fun. It carries high educational goals but is playful – with songs, humor, lots of visuals, interactive puppetry, games, role-playing, and a strong emphasis on the use of vocabulary in conversation. Elementary school children are at their linguistic best. There is no better time to lay the foundation for advanced learning and fluency.



Continually developed and refined, *Sing 'n Speak Spanish* is a multi-level curriculum that has been taught in more than 80 elementary schools to over 7,000 students since 1998. To learn more about us, go to www.singspeak.com.

Classes meet weekly after school October through May for a total of 28 classes. Each lesson is 45 minutes long with a maximum of just 12 children per class. Tuition includes all materials – music CD's, songbooks, workbooks and prizes.

For more information or for payment options, call Julia Burnier at 619-223-2508 or e-mail at julia@singspeak.com. Tuition is \$455.00/year. Make checks payable to Sing 'n Speak Spanish, Inc.

Note: Most Kindergarteners who take Year 1 Spanish benefit by repeating Year 1 Spanish in 1st grade.

Note: We are unable to offer all four levels of Spanish at all the Del Mar schools. Your child may attend a higher level class at another Del Mar school. The classes listed below will be offered as one hour classes, where the first 15 minutes of class will be review - allowing time for students from other schools to arrive in time for the 45 minute lesson.

Year 2 Spanish: Carmel del Mar (Wed)

Year 3 Spanish: Ocean Air (Thu) and Torrey Hills (Thu).

Year 4 Spanish: Ocean Air (Wed), Sage Canyon (Mon), and Sycamore Ridge (Thu).