

BROOKWOOD AFTER SCHOOL CLASSES: SPRING 2017

Welcome to Brookwood's Spring 2017 After-School Classes! Our courses, led by a dynamic and creative teaching staff, provide students with the opportunity to discover new interests, develop specialized skills, and have fun.

Please sign-up online using the new Reports Server: <https://reports.brookwood.edu> by **Monday, March 27, 2017**. Expect confirmation of your registration via email. There is always a small chance that a class may not run if we do not have enough students enrolled. Also, some classes fill up very quickly. For that reason, registration is on a first-come, first-served basis.

Families are billed through Brookwood accounts for most classes and are responsible for full payment once the class begins. Limited scholarship funds are available for some classes.

Contact Justin Zappia at jzappia@brookwood.edu with any questions.

MONDAYS

GIRLS ON THE RUN

GRADES 3-5 (Instructors: Mary Scott Neill, Carrie Woodruff, Moira Smith, Suzy Light, Kate Fuge)

We are excited to introduce the Girls On The Run program to Brookwood this spring! This fun, experience-based program inspires girls to be joyful, healthy, and confident while creatively integrating physical activities and running to train for an end of season 5K.

We will have discussions on various "growing up" themes to explore identity, collaboration, and what it means to be part of a community. This exploration will include a girls-led community service project and many fun activities along the way! Please check out the website below for more information on GOTR's mission and core values.

**** This class meets both Mondays and Thursdays throughout the term and all participants MUST commit to both days. To sign up for this class, you must register through the following web address: www.girlsontherunboston.org***

Grades 3-5: Mondays and Thursdays 4:00-5:30 p.m. (Outside/Gym)

17 Sessions: March 30, April 3, 6, 10, 13, 20, 24, 27, May 1, 4, 8, 11, 15, 18, 22, 25, June 1. Class culminates in a 5K on June 4.

Cost: \$175

MIXED MEDIA

GRADES 1-3; GRADES 4-6 (Instructor: Denault Studios Instructor)

During the weeks of this class, students work together to create a single large wind chime project that incorporates glass chimes, metalworking, beads, clay, and the like. It is a fun project that takes on a life of its own throughout the weeks, and the students will get to try their hand at a wide variety of mediums.

****This class needs a minimum of 10 children to run.***

Grades 1-3: Mondays 3:00-4:00 p.m. (Wildrick Art Room)

Grades 4-6: Mondays 4:00-5:00 p.m. (Wildrick Art Room)

7 Sessions: April 3, 10, 24, May 1, 8, 15, 22

Cost: \$175

CHESS

GRADES 1-3 (Instructor: Mikhail Perelshteyn)

Checkmate! Set up your own winning position. Whether you are the next Bobby Fischer poised to challenge other grandmasters, or you don't know your castle from your pawn, this class is for you. Senior chess master Mikhail Perelshteyn will guide all Lower School chess enthusiasts on the intricacies of chess, develop their logic, and teach them how to build a game-winning strategy. Come enjoy the competition and camaraderie of chess!

Grades 1-3: Mondays 3:00-4:00 p.m. (DWC)

6 Sessions: April 3, 10, 24, May 1, (no class 5/8), 15, 22

Cost: \$120

KARMA KIDS

GRADES 1-3 (Instructor: Marleen Wood)

Fun, flexibility, and focus. This class will be taught by our ever-popular after-school instructor Marleen Wood. Students will be introduced to yoga through both poses and basic stretching exercises tied to strength, flexibility, coordination, and body awareness. By attending to breathing, chanting, and visualization, students will focus and relax as well as release energy. Exercises will develop concentration, self-affirmation, friendship, and respect. Students will go home with techniques to use in the future when they confront anxiety, as well as small mementos they will make during the course. Namaste!

Grades 1-3: Mondays 3:00-4:00 p.m. (Loft)

7 Sessions: April 3, 10, 24, May 1, 8, 15, 22

Cost: \$126

YOGA TEENS

GRADES 4-6 (Instructor: Marleen Wood)

Yogi Marleen Wood will lead wellness and mindfulness exercises to help pre-teen students slow down, breathe deeply, and learn ways to increase focus and concentration. They will learn effective tools to handle stress, anger, and anxiety. Achieving emotional balance through physical yoga techniques such as breathing exercises, flowing sequence, balancing poses, and deep relaxation will be a goal during each session. In order to build a healthy relationship with their bodies, breathing and visualization techniques will focus on relaxation and self-control. Through playful pose, stimulated imagination, and energy release exercise, the class promotes inner strength, confidence, a feeling of well-being, and respect for others.

Grades 4-6: Mondays 4:00-5:00 p.m. (Loft)

7 Sessions: April 3, 10, 24, May 1, 8, 15, 22

Cost: \$126

TUESDAYS

BOSTON CHILDREN'S THEATRE

Grades 1-3 (Instructor: Boston Children's Theatre Staff)

This class will explore the use of the body, mind and voice to create theatre and tell our stories, both as individuals and as a community. Classes will focus on skill-building, improvisation exercises, subtext work, and character physicality. We will learn what it means to work together and use our skills to create a story, culminating in a final performance workshop for family and friends!

Grades 1-3: Tuesdays 3:00-4:00 p.m. (Loft)

10 sessions: March 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30

Cost: \$180

SELF-DEFENSE

GRADES 1-3 (Instructor: Deborah Goldsmith)

Kids will learn what it means to defend themselves, not only from potential danger from strangers, but also how to stand up for and take care of themselves and to be strong in the day to day life of a school-age child. This class is engaging and is designed to help build the confidence of young children. Students will participate in various drill work and games to help them learn how to use their voices, read and use body language, break free from a grab, and maximize their physical strength and power when striking.

****This class needs a minimum of 6 children to run.***

Grades 1-3: Tuesdays 3:00-4:00 p.m. (DWC)

9 sessions: March 28, April 4, 11, (no class 4/18), 25, May 2, 9, 16, 23, 30

Cost: \$162

SPRING ART

GRADES 1-3 (Instructor: Marleen Wood)

Think Spring! Let's wave goodbye to winter and welcome all that spring has to offer in this after-school imaginative art class. We will explore nature's magical garden by creating colorful and inventive flowers, rainbows, butterflies, insects and more using a variety of media and techniques. From creating our own apple blossom trees to honoring Earth Day, we will stretch our artistic skills and imaginations!

Grades 1-3: Tuesdays 3:00-4:00 p.m. (Science Gym)

10 sessions: March 28, April 4, 11, 18, 25, May 2, 9, 16, 23, 30

Cost: \$190

WEDNESDAYS

GOOSEBUMPS

GRADES 1-3 (Instructor: Marci Johnson)

Goosebumps! The most thrilling and chilling after-school class yet! (But not *too* scary...) In this class, we will make our own locked *Goosebumps* books, hear some storytelling, eat some worms, run from Slappy, make our own spooky yard gnomes and maybe even have tricks played on us by the Invisible Boy! Who knows what magical and spooky things might happen when you enter the world of R.L. Stine!

Grades 1-3: Wednesdays 3:00-4:00 p.m. (Shlopak Library)

10 Sessions: March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31

Cost: \$190

MARTIAL ARTS

GRADES 1-3 (Instructor: Victoria DeMarco)

Begin your first steps on the path of the Peaceful Warrior. Students gain strength, agility, coordination, balance, flexibility, and confidence as they progress through the Tang Soo Do belt ranking system with Master Victoria DeMarco from Safe Harbor North, Family Martial Arts (and more) in Beverly. This class is for students interested in achieving an advanced level or just trying the discipline of Martial Arts. No prior experience necessary! Uniforms can be purchased through Safe Harbor. Belt tests are scheduled through Safe Harbor for additional fees.

Grades 1-3: Wednesdays 3:00-4:00 p.m. (DWC)

10 Sessions: March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31

Cost: \$180

3D DESIGN PROBLEM BANK

GRADES 5-8 (Instructor: Rich Lehrer)

Did you know that Brookwood has become a national leader in the use authentic 3D printing projects to teach engineering and connect students to their world? It's true - and you can be part of it (space limited)! Students who join this after school class will learn how to 3D design using Tinkercad and 123 Design programs and be able to participate in two different projects:

1. Join Brookwood Innovation Coordinator Rich Lehrer and former Brookwood Tech Teacher Joe LePain as they pioneer a new approach to 3D designing: collaborative design projects. Brookwood students and Roland Park Country School (RPCS) students will partner up and collaborate to create Building Toy Adaptors - ever wish your Lego could connect to your Connex? Your Lincoln logs to your Brio Train? Your Mega Blocks to your Tinkertoys? After Brookwood and RPCS students are done with this project you will have student-created inventions that do exactly this! Come and be a part of this ground-breaking collaboration.

2. Did you know that Brookwood's 3D Design Problem Bank is now inspiring other schools to set up their own Problem Banks? It's true, and we would like you to be involved in it! Students in this after school class will also have the choice to put their design skills to use to create solutions to real world problems in need of a solution that Brookwood Community members have posted to our 3D Design Problem Bank. Come be part of our unique innovation and learn some wonderful problem solving, engineering, and 3D designing skills along the way, all while helping others in your community.

Grades 5-8: Wednesdays 4:00-5:00 p.m. (Science Gym)

10 Sessions: March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31

Cost: \$180

THURSDAYS

GIRLS ON THE RUN

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Cost: \$175

BALLET

GRADES 1-3 (Instructor: Leza Milham)

Leza Milham of Creative Arts Dance Conservatory will lead the children to pursue their dance goals in a non-competitive atmosphere. Leza's dance class is a welcoming environment that encourages effort and creativity in order to bring out the best in students. The ballet program will explore the technique of ballet as well as introducing the child to choreography and creative dance.

Grades 1-3: Thursdays 3:00-4:00 p.m. (DWC)

10 sessions: March 30, April 6, 13, 20, 27, May 4, 11, 18, 25, June 1

Cost: \$180

KAMISHIBAI STORYTELLING

GRADES 1-3; GRADES 4-6 (Instructor: Rachel Grinstead-Babson)

Kamishibai is a form of Japanese storytelling, it translates to "paper drama" and it is a wonderfully engaging way to absorb a story and learn more about another place, time and culture! During the Kamishibai Storytelling experience, we will be reading many traditional Japanese folktale Kamishibai stories and talking about the Kamishibai storytelling tradition. Throughout the spring, we will be creating origami to take home; participating in small group activities and games inspired by the stories, and will be working together to create our own Kamishibai story. As the traditional Kamishibai Men would say when calling the children to come hear a story in the local park, "No Hagimari, Hagimari, It's Kamishibai Time!"

Grades 1-3: Thursdays 3:00-4:00 p.m. (Shlopak Library)

Grades 4-6: Thursdays 4:00-5:00 p.m. (Shlopak Library)

10 sessions: March 30, April 6, 13, 20, 27, May 4, 11, 18, 25, June 1

Cost: \$190

MAC TENNIS

GRADES 2-5 (Instructor: Dave Colby)

Game, set, match! Jump on the Brookwood activity bus and head to the Manchester Athletic Club (MAC). The MAC's Junior Development Program gives students the opportunity to enhance their love for the lifetime sport of tennis. With classes offered in a variety of age brackets, the MAC will be sure to get your child into the right class to improve his or her skills. Whether you're a member of the MAC or not, your child will join the MAC's existing instructional tennis classes. Class is one hour in length. The buses leave Brookwood at 4:10 p.m. Parent pick-up is at the MAC at 5:30 p.m. A snack will be provided. Please contact Dave Colby for specific questions about the tennis program at dcolby@mactennis.com.

Grades 2-5: Thursdays 4:00-5:30 p.m. (MAC) **Participants must bring a racquet.*

10 sessions: March 30, April 6, 13, 20, 27, May 4, 11, 18, 25, June 1

Cost: \$250 includes transportation to the MAC and a snack (REACH from 3-4:00 p.m. billed separately); \$40 one-time uniform fee.

KNITTING

Faculty and Parents (Instructor: Annabel Wildrick)

Ladies and Gentlemen! Have you ever wanted to try your hand at the marvelously Zen practice of knitting? Or are you, perhaps, a seasoned knitter who wants to up her ante and learn some new stitches? Have you enviously eyed those fetchingly formed hats with ears, and can't wait to whip one up for yourself and all your friends? Maybe you'd really love to craft a cover for your iPad mini, or your iPhone maxi? Whatever your level of knittery, come join Annabel Wildrick for six sessions of fiber frolic fun. We will cover the basics of casting on and binding off, plus garter stitch, knitting and purling, knitting in the round, and a variety of novelty stitches, including seed/moss, linen, and some simple lace patterns. You'll make a sampler piece to learn and practice your new stitchery skills. Create your choice of hat, scarf, iPad case, or ...?

Class for Faculty and Parents: Thursdays 4:00-5:00 p.m. (Wildrick Art Room)

6 Sessions: April 6, 13, 20, 27, (no class 5/4), May 11, 18

Cost: \$140

FRIDAYS

MULTISPORT

GRADES 3-6 (Instructor: Monika Carbochova)

Do you like to move, run, play, and have fun? Do you like team sports? If so, this active class is for you! Monika Carbochova shares her love of sports with students in Grades 3-6. Participants will enjoy sports such as soccer, handball, kickball, floor hockey, pin soccer, wiffle ball, and more. Come hone your skills and play team sports with this experienced coach.

Grades 2-6: Fridays 3:00-4:00 p.m. (Cutler Gym and Outside)

9 Sessions: March 31, April 7, 14, 21, 28, May 5, (no class 5/12), 19, 26, June 2.

Cost: \$162

BIRD'S WORD NEWSPAPER

GRADES 1-6 (Instructor: Katie Ober '08)

Come join the staff of the spring edition of *The Bird's Word* newspaper. Reporters work on topics of their choice, conduct interviews, write and edit stories, and learn about graphics and layout. Each reporter designs his/her own page of this newspaper using computer software in the Mac Lab. This hands-on class results in an eagerly awaited and professionally presented publication.

Grades 1-6: Fridays 3:00-4:00 p.m. (MAC Lab)

8 Sessions: March 31, April 7, 14, 21, 28, May 5, (no class 5/12), 19, (no class 5/26), June 2.

Cost: \$145

ZUMBA KIDS



GRADES 3-6 (Instructor: Kim Crowley)

Zumba® Kids is perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. This class helps develop a healthy lifestyle and incorporates fitness as a natural part of children's lives by making it fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness. Instructor Kim Crowley has been a licensed Zumba Fitness Instructor for over seven years and has taught group exercise across the North Shore.

****This class needs a minimum of 5 children to run.***

Grades 3-6: Fridays 3:00-4:00 p.m. (DWC)

9 Sessions: March 31, April 7, 14, 21, 28, May 5, (no class 5/12), 19, 26, June 2.

Cost: \$162