

BROOKWOOD AFTER SCHOOL CLASSES: WINTER 2017

Welcome to Brookwood's Winter 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, January 2, 2017**. Expect confirmation of your participation 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 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

SOAP MAKING

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

Have a blast making your very own soap! With the guidance of a Denault Studios, artisan students will make their way through a variety of all natural melt and pour soap projects that they can take home and use. Projects include bar soap, bath salts, bath bombs, lip balms, and more.

**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: January 9, 23, 30, February 6, 13, 27, March 6.

Cost: \$175

CHESS

GRADES 1-3; GRADES 4-6 (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, Middle, and sixth grade 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)

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

7 Sessions: January 9, 23, 30, February 6, 13, 27, March 6.

Cost: \$133

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)

5 Sessions: January 9, 23, 30, (no class 2/6 and 2/13), February 27, March 6.

Cost: \$90

YOGA TEENS

GRADES 4-6 (Instructor: Marleen Wood)

Yogi Marleen Wood will lead wellness and mindfulness exercises to help pre-teen students slow down, take a deep breath, 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)

5 Sessions: January 9, 23, 30, (no class 2/6 and 2/13), February 27, March 6.

Cost: \$90

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)

8 Sessions: January 3, 10, 17, 24, 31, February 7, 14, 21.

Cost: \$144

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.

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

8 Sessions: January 3, 10, 17, 24, 31, February 7, 14, 21.

Cost: \$144

WINTER WONDERLAND

GRADES 1-3 (Instructor: Marleen Wood)

Do you want to build a snowman?! Step into Brookwood's Frozen Winter Wonderland in this popular after-school winter class run by Marleen Wood. Ever try your hand at creating frozen fractal ice sculptures or snow bubbles? Jack Frost never had such fun ice painting and creating snowball clay! From ice and water experiments to fun craft activities and frosty-inspired games like snowman ping pong and blizzard relay, we will celebrate the magic of winter!

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

6 Sessions: January 3, 10, 17, 24, 31, (no class 2/7 and 2/14), February 21.

Cost: \$120

WEDNESDAYS

AMERICAN GIRL

GRADES 1-3 (Instructor: Marci Johnson)

This class will be filled with dances, gymnastics, storytelling, tea parties, arts, crafts and games—all centered around different U.S. historical eras. Each week will bring to life a story based on an American Girl Doll—for example we will visit New Orleans of 1853 with Marie Grace and Cecile; write an article in 1934 with Kit Kittredge; make a doll-size patchwork quilt with pioneer Kirsten in 1854; learn to hula with Kanani; build a tepee with Kaya; and so much more! Bring your favorite American Girl Doll and get ready for some fun! (Boys ARE welcome, too!)

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

9 sessions: January 4, 11, 18, 25, February 1, 8, 15, 22, March 1.

Cost: \$180

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)

9 sessions: January 4, 11, 18, 25, February 1, 8, 15, 22, March 1.

Cost: \$162

THURSDAYS

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)

8 sessions: January 5, 12, 19, 26, February 2, 9, 16, (no class 2/23), March 2.

Cost: \$144

KAMISHIBAI STORYTELLING

GRADES 1-3 (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 winter, 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 their 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)

7 sessions: January 5, 12, 19, 26, February 2, 9, 16.

Cost: \$140 (includes materials fee)

MAC TENNIS

GRADES 2-5 (Instructor: Dave Colby)

Point, 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.*

9 sessions: January 5, 12, 19, 26, February 2, 9, 16, 23, March 2.

Cost: \$225 includes transportation to the MAC and a snack (REACH billed separately 3-4:00); \$40 one-time uniform fee.

FRIDAYS

MULTISPORT

GRADES 2-5 (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 2-5. 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: January 6, 13, 20, 27, February 3, 10, 17, 24, March 3.

Cost: \$162

BIRD'S WORD NEWSPAPER

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

Come join the staff of the winter 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: January 6, 13, (no class 1/20), 27, February 3, 10, 17, 24, March 3.

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, 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: January 6, 13, 20, 27, February 3, 10, 17, 24, March 3.

Cost: \$162