

GERMANTOWN FRIENDS SCHOOL

Extended Day Program



**AFTER-SCHOOL CLUBS
& MUSIC ENSEMBLES**

SPRING 2018

GERMANTOWNFRIENDS.ORG



AFTER-SCHOOL CLUBS – SPRING 2018

Please enjoy the following descriptions of the enriching play-centered clubs we have planned for the spring term.

Clubs will begin the week of April 9 (except for 3D Paper Arts and Origami), and end the week of May 21 (with the exception of Friday clubs, which will end on May 18). Make-up classes will take place during the week of May 29, with Monday club make-up sessions taking place on June 4.

Note: Music Ensembles have different start and end dates. Orchestra started Tuesday, February 27, and World Percussion starts Tuesday, April 3. Both instrumental ensembles finish on Tuesday, May 29. Lower School Chorus will begin on Wednesday, April 4, and end on Wednesday, May 30. Environmental Action Club will not take place during the spring clubs term.



>> OBVIOUS CHOICE ATHLETICS

1. 3D Paper Arts and Origami

Thursdays, 3:10-4:10 p.m. (begins 4/19)
Preschool-Grade 1 | \$175

We are thrilled to welcome Ada Cheung, GFS's new theatre scenic artist, to the after school clubs program. Ada will be leading a club that will dive into 3D Paper Arts and Origami! Projects will include 3D bookmarks of animals, superheroes, cartoon characters, or food. Students will also make basic origami, paper hand puppets, pop up cards, and spinning decorative mobiles. This club will help enhance digital dexterity, small motor skills, and the ability to follow directions.



• NEW •

2. All-Star Sports with Coach C. and Obvious Choice Athletics

Tuesdays, 3:20-4:20 p.m.
Grades 1-5 | \$195

The All-Star Sports Club with Coach C. and Obvious Choice Athletics offers young athletes the opportunity to play and improve their skills in a wide range of sports, including soccer, floor hockey, Ultimate Frisbee, and dodgeball. In addition to in-depth instruction, participants hone such important individual skills as eye-hand coordination, strategic thinking, and sportsmanship all while having loads of fun playing games under the direction of GFS's zaniest and most charismatic after-school coach!

3. American Sign Language

Thursdays, 3:10-4:10 p.m.
Grades 1-4 | \$185

American Sign Language (ASL) is one of the GFS Upper School's most popular electives so ASPire recently launched a program for Lower Schoolers. Part 1 took place during the winter with an introduction to ASL taught by Karen Leslie-Henry, Director of Community Outreach for our neighbor, Pennsylvania School for the Deaf (PSD). Part two of the club will involve a joint program with Lower School students from PSD. Each week, club participants will undertake a fun activity together such as cooking, crafts, or games.



>> BALLET

4. BALLET: *Aladdin*

Tuesdays, 3:10-3:55 p.m.
Preschool-Grade 1 | \$225

Following the triumph of their *Moana* performance, the ASPire dance troupe will journey to faraway Agrabah where mischievous Aladdin and his trusted sidekick Abu whisk intrepid princess Jasmine off on a magic carpet ride in an attempt to win her heart. Join beloved ballet instructor Fallon Gannon for an enchanted journey set to the Disney classic song “A Whole New World.”

The performance of *Aladdin* is scheduled for Tuesday, May 22.

Please note: Preschool students of any age may enroll. This class is open to dancers of all genders. Students will need their own ballet attire and slippers. Slippers, a leotard and tights, or a T-shirt with black leggings are recommended. Dancers should wear the attire they feel best suits them. Dance wear can be purchased through discountdance.com or at a local dance store.

5. Basketball with Coach C. and Obvious Choice Athletics

Fridays, 3:20-4:20 p.m.
Grades Kindergarten-5 | \$185

Basketball Club participants will hone essential skills such as shooting, passing, dribbling, and defense. Game concepts such as identifying opponents’ strengths and weaknesses and understanding basic defensive strategies will also be incorporated. In addition to developing players’ conditioning, flexibility, and speed, Coach C. will work with players to build self-confidence

and physical endurance, while strengthening their teamwork and sportsmanship skills.

6. Ceramics: Fun with Sculpey

Mondays, 3:20-4:20 p.m.
Grades 2-6 | \$225

This spring, Ceramics will be having fun with Sculpey! With Mother’s Day in mind,



students will be using Sculpey this term to decorate and personalize the handles of such fun household items as cake knives, pizza cutters, salad servers, whisks, and maybe even a metal nail file for mom’s purse! Expert ceramicist Lynne Dorman will be combing through vintage shops to find some cool and unusual kitchen tools for the students to decorate with Sculpey. Club participants will also be welcome to create a special vessel to accompany the Sculpey decorated utensil (such as a pie plate to go with a pie server or large bowl to go with a serving spoon). As always, there will be days for free clay play so club participants can do their own thing!



>> CHESS WITH ROSS COLBY

7. Ceramics: A Personalized Clay Club

• NEW •

Fridays, 3:20-4:20 p.m.

Grades 1-3 | \$240

During the spring term, we are turning our Clay Club into a personalized experience! The club will have a maximum enrollment of four students, permitting lots of one-on-one attention and instruction from club instructor Lynne Dorman. With such a small group, Lynne can concentrate on helping students refine their technique while working on fewer but more complex projects. The club is designed for those students who are real clay aficionados and have goals of building specific sculptures.

8. Chess with Ross Colby – Lower School

Wednesdays, 7:20-8:05 a.m.

Grades 1-5 | \$205

Although the Lower School Chess Club is designed to be the continuation of Chess from the winter term, newcomers are welcome to join (though they may wish to arrange an individual lesson or two with Ross beforehand). This group will continue their study of center control, development of knights and bishops, and king safety. As

always, the focus will be on thinking *before* touching and on asking ourselves, “What is my opponent trying to do?”, and “What is going to happen to my piece if I go there?”

The emphasis is not on winning, but on having fun while learning one of the world’s oldest and most popular games.

9. Chess with Ross Colby – Lower School Tournament

Tuesdays, 11 a.m.-12 p.m.

Grades 4-5 | \$265

The Lower School Tournament Chess Club is for experienced chess players who already have competed in one or more chess tournaments.

Third graders invited by Ross are eligible to participate from 11:30 a.m. until noon.

10. Chess with Ross Colby – Middle and Upper School

Wednesdays, 8:05-9 a.m.

Grades 6-12 | \$225

Middle and Upper School Chess Club is geared toward students who have had at least a full year of chess instruction. This group will continue learning about forks, pins, skewers, discovered attacks, and



>> COMPUTER CODING + LEGO® MINDSTORMS ROBOTICS

removing the defender. Concepts such as “zugzwang,” “opposition,” “backwards,” and “isolated” pawns, and “holes” will also be introduced. Recording and playing on the clock are encouraged but are not mandatory. Ross will delve deeper into opening and middlegame traps, plus all basic endgames will be mastered, including: 2-Rook (step ladder) checkmate, Queen/King and Rook/King (boxing) checkmates, and king/pawn endgames.

11. Computer Coding and LEGO® Mindstorms Robotics

Wednesdays, 3:30-4:30 p.m.

Grades 3-8 | \$215

During the spring term, participants will have the option of focusing on either LEGO® Mindstorms EV3 Robotics or coding projects using Scratch and Python. In other words, participants will be free to choose the area into which they wish to dig more deeply. Of course, newcomers are welcome to join the club as well!

ASpire or MSAS coverage from 3:10-3:30 p.m. is included in the cost of this club.

12. Cook’s Night Off

Tuesdays, 3:15-4:15 p.m.

Grades 2-6 | \$255

Do you find it difficult to come up with a delicious meal day after day? The goal of this club is to teach participants how to plan for and prepare a nutritious meal for the whole family to share. Each week, students will create dishes that focus on the importance of fresh, local ingredients as well as the skills associated with cooking a meal from scratch! Students learn and practice kitchen safety and proper knife skills while working together to each prepare a main dish that serves 4 to 6 people in an oven-ready container with baking instructions. Along with the actual meal, students will bring home the recipe so they will have the directions how to continue making family dinners even after the club has ended so eventually every night will be the cook’s night off!

We will provide vegetarian options upon request at registration.



>> KARATE

13. Hip-Hop with Movemakers Philly

Thursdays, 3:20-4:20 p.m.
Grades 1-3 | \$195

Movemakers Philly's renowned hip-hop classes combine martial arts-like technique with fast, energetic choreography. Participants will not only learn the evolution of hip-hop as a dance form, they will also study choreography from the latest music videos. Each session will begin with warm-up exercises before the music starts and the class begins learning and creating their own complex dance moves. Students will be encouraged to find their own identities through movement and to explore "the choreographer within," by creating portions of the final routine themselves.

14. Karate I

Mondays, 3:10-4 p.m.
Preschool and Kindergarten | \$215

15. Karate II

Mondays, 4:05-5 p.m.
Grades 1-5 | \$215

Under the direction of expert martial artist Mr. Edgard Velez, Karate I and II students will learn and practice drills designed to condition their minds and bodies while also

emphasizing fun. Mr. Edgard specializes in teaching children of all ages, experience levels and backgrounds, and he is dedicated to instilling the benefits of hard work, respect, compassion and drive both in and out of class.

The Karate Belt Ceremonies will take place on Monday, May 21.

Please note: ASPire coverage for students in Karate II is available from 3:10-4 p.m. for a modest additional fee. If your child does not already own a gi (uniform), please purchase one and indicate the size at registration.

16. Mandarin I - Little Pandas

Thursdays, 3:10-4:15 p.m.
Grades 1-4 | \$230

The objective of this club is to continue to develop what we hope will be a lifelong interest in a culture that spans millennia and is becoming an increasingly influential player on the world stage. The program will continue to follow the *My First Chinese Words* curriculum, which offers an introduction to key vocabulary words and sentence structures. Students also will read supplementary Chinese story books, watch DVDs about Martial Arts and create arts and crafts related to Chinese holidays and traditions. Lǎoshī Su Abigale will continue sharing her love of language in hopes of deepening their curiosity about foreign cultures.



>> SOCCER SHOTS

17. Pinterest with Heather Chu Marvill

Wednesdays, 3:10-4:10 p.m.

Grades 2-6 | \$205

Lower School art teacher Heather Chu Marvill has a ton of fun, artistic ideas!

Young artists will join Heather in experimenting with a variety of media including clay, paint, textiles, and more. This club will include a combination of free studio time and projects that Heather has pinned to her Pinterest wall. Students will explore new mediums and projects throughout these weeks while learning new artistic ways to create.

Follow Heather on Pinterest to check out her ideas here: www.pinterest.com/hetachu/asp/

18. Soccer Shots I

Wednesdays, 3:10-3:55 p.m.

Preschool and Kindergarten | \$195

• NEW •

19. Soccer Shots II

Wednesdays, 4:05-4:55 p.m.

Grades 1-3 | \$195

Returning this spring, Soccer Shots is the premier children's soccer experience for children from preschool to third grade. Through quality, high-energy soccer programming with instruction from highly trained coaches, Soccer Shots emphasizes soccer skills and character development with fun, age-appropriate play. Soccer Shots instructors use each session to teach children important character and social concepts, such as teamwork, confidence and respect. Moreover, their weekly, season-long approach will take children from the most basic understanding of soccer through the ten fundamental skills all soccer players need to know. Finally, Soccer Shots teaches players positive life skills designed to leave a lasting impact on every child who participates.

Please note: First graders who have no soccer experience may need to take Soccer Shots I. ASPire coverage for students in Soccer Shots II is available from 3:10-4:05 p.m. for a modest additional fee.



>> STAGE LEFT

20. Stage Left — Improv

Thursdays, 3:10-4:20 p.m.

Grades 3-5 | \$215

This spring, Jenny Hutchison's acclaimed Stage Left Club will return to improv! Stage Left offers Lower School thespians the opportunity to develop their knowledge of and interest in all aspects of theater arts. This club promotes self-confidence, communication and creativity, and includes such topics as acting, directing, singing, improvisation, set design, and movement.

21. Take-it-Apart with Mr. Fix-it

Fridays, 3:20-4:20 p.m.

Grades Kindergarten-5 | \$145

Calling all tinkerers! Pick up your screwdriver and join ASPire's own Mr. Fix-it, Rob Johnson, as you take apart devices such as an alarm clock, a vacuum, a radio, a television, and even a computer! Learn how power sources like electricity, batteries, and analog gears make machines work. Club participants will learn not only how machines and mechanisms work, but also how to open them up and put them back together. Ideally, by dismantling a gadget, kids will learn to look at machines differently.

If you have an old alarm clock, vacuum, radio, TV, or other gadget that you'd be willing to donate, please drop it off in the Lower School Office or the Auxiliary Programming Office.



>> **YOU GO GIRLS™**

22. You Go Girls™

Thursdays, 3:10-5 p.m.

Grades 3-5 | \$225

You Go Girls™ is a club that supports sisterhood and self-esteem in the context of running. Under the direction of GFS parents and running enthusiasts Katie Scrivner and Chris Peterson, as well as varsity GFS track athlete Taryn Barrett, this dynamic group of young women will set and reach goals they never imagined possible! In addition to running, club participants also will build self-confidence, deepen friendships and work on enhancing body satisfaction. Whenever possible, the You Go Girls™ will run outside during the spring term. When the weather isn't suitable for running, You Go Girls™ will practice yoga and mindfulness techniques, learn about accomplished female athletes, and make (and eat) healthy snacks! It is recommended that participants have proper running shoes as well as layers for spring's changing weather.

MUSIC ENSEMBLES

- **CHORUS**

Wednesdays, 3:10-4:15 p.m. (begins 4/4)
Grades 4-5

The new Lower School Chorus is open to interested students in grades 4 and 5. Students will explore their vocal potential as they learn correct breathing and singing techniques. We will sing in unison and then delve into 2-part arrangements, starting with rounds. No auditions are necessary, however, students will be asked to sing a few short scales so they can be placed in the correct section. Rehearsals will be right after school. Students will come directly to Debbie Stahl's classroom after dismissal for a short break and a little snack before starting to sing. The LS Chorus will perform for the Lower School community on Tuesday, June 5.

- **ORCHESTRA**

Tuesdays, 3:10-4:30 p.m. (began 2/27)
Kindergarten-Grade 5

This ensemble, led by Music Department Head Taia Harlos, is open to all string, woodwind, brass and piano players. Interested students should speak with Taia Harlos before enrolling. Students must have played for at least a year, read music, and currently be taking private lessons in order to join the Orchestra. The Orchestra will perform for the Lower School community on Tuesday, June 5.

- **WORLD PERCUSSION**

Tuesdays, 3:30-4:30 p.m. (begins 4/3)
Grades 4-5

The Lower School World Percussion program, under the direction of professional musician Shawn Hennessey, is a communal drumming experience that is both fun and educational for students, and for the GFS community as a whole. During each term, students in the fourth and fifth grades will be exposed to rhythms and techniques from Ghana, Cuba, Brazil and the Middle East, played on authentic drums. Djembes, Doumbeks, Congas, Surdos, and various bells and shakers are just some of the instruments that will be used. Specific activities will include polyrhythmic games, South Indian vocables, body percussion, drum language, and circle songs focusing on West African and Afro-Caribbean secular and spiritual songs. Singing while playing is encouraged, as is improvisation and dance. This program is sure to get hands grooving, blood pumping, and bodies jumping!

Axé! Interested students should talk to their classroom music teachers (Debbie Stahl or Taia Harlos) before enrolling. World Percussion will perform for the Lower School community on Tuesday, June 5.

Note for Parents and Guardians: Although there are no fees to participate in these Music Ensembles, we ask that you please enroll your child through Active Network once you have received word from Debbie Stahl or Taia Harlos that your child is eligible to participate. This will enable us to maintain up-to-date attendance lists and to communicate with you as efficiently as possible.



REGISTRATION

Online registration will begin on **Monday, March 12, at 5:45 p.m.** Visit www.germantownfriends.org/extendedday to find the registration button for Active Network. Enrollment is limited, so sign up early!

Upon registering, Lower School parents will need to update dismissal information for their children. The confirmation email will include a link to a Change in Dismissal form. It is essential that parents fill out this form in order to inform the Lower School Office of all changes in dismissal and pick-up plans.

We wish for all students to be able to participate in programming offered by GFS. Financial assistance is available for qualifying families. If you would like your child to participate and you anticipate needing assistance, please contact Tchet Dorman at tdorman@germantownfriends.org and Stacey Cromley at scromley@germantownfriends.org by Friday, March 30.

Although clubs are designed for particular grade levels, we may be able to accommodate interested students from outside of the designated grades provided that space is available and the instructor approves. Please contact afterschool@germantownfriends.org for further information.

CONTACT INFORMATION

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