

2015-2016 – ANCS Term II Winter Enrichment Programs
January 11th-March 4th

Week Day	Course Name	Instructor	Description	#Weeks	Time	Fee	Grades	Materials	Enrollment
Monday	PE Club	Ms. Paez	This class is an extension of PE Class. Activities will be a variety of enjoyable, all-inclusive physical activities designed to build self-confidence, promote cooperation, fair play and responsible participation while encouraging lifetime fitness pursuits.	8 weeks	3:15-4:15 PM	\$80.00	K-5	None	20 students
Monday	Yoga & Mindfulness Training	Ms. Brandli Ms. Shook	Students will stretch and strengthen their bodies and mind and learn to calm themselves with their breath. Yoga poses, yoga games, and snack. We end each class with a story relating to the theme of the day.	8 weeks	3:15-4:15 PM	\$80.00	K-3	None	20 students
Monday	Girl Power!	Ms. Eingurt	Students will build confidence in creativity, friendships, and math through crafting and games.	8 weeks	3:15-4:15 PM	\$80.00	2-3	\$10.00	10 students
Monday	Mindfulness Class	Ms. Laurent	Students will learn mindfulness practices that can help decrease stress and anxiety, improve concentration and attention, and increase self-awareness and overall emotional well-being. The class will consist of both formal practice (including sitting, eating, and walking exercises) and informal practice (focusing attention, attending to the present moment, choosing responses to everyday events).	8 weeks	3:15-4:15 PM	\$80.00	2-4	\$5.00	12 students
Tuesday	Playball	Kathryn Parker	Students learn “skills” of sports; tennis, golf, street hockey, volleyball, baseball, basketball & soccer. Development of skills related to the sports played at school, introduction to basic teamwork, development of skills needed in a game situation, and introduction to partner work.	8 weeks	3:15-4:15 PM	\$80.00	K-2	None	10 students

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Tuesday	Ballet & Jazz	I Love to Dance Atlanta	Please visit www.ilovedanceatlanta.com for more information. Register and pay online.	9/14-5/15	3:15-4:15 PM	N/A	K-2	N/A	20 students
Tuesday	Art Class	Ms. Traina	Students will be painting on canvases, sketching, and using watercolors.	8 weeks	3:15-4:15 PM	\$80.00	3-5	\$10.00	12 students
Tuesday	Comedy Improv	Mr. Sumner	Students will engage in a high-energy, interactive environment, work with peers to act out hilariously, fun improv games. There's no script, no rehearsal, just pure, off-the-cuff, mayhem!	8 weeks	3:15-4:15 PM	\$80.00	3-5	None	20 students
Tuesday	Cross Country	Ms. Daniel Ms. Webb	Students will learn the running basics while training for Run with the Wolves.	8 weeks	3:15-4:15 PM	\$80.00	3-5	None	40 students
Wednesday	Nerd Ninjas Code Academy	William Teasley	Students will learn computer programming (coding) using fun, interactive activities on available ANCS computers. The coding program that will be used is Scratch, developed by MIT to teach children coding skills.	8 weeks	1:45-3:15 PM	\$100.00	3-5	None	20 students
Wednesday	Kinoko Club	Ai Lovell	Want to visit Japan but think it's too far away? Kinoko Club is here to help! Experience the coolness of Japan here at ANCS. Students will utilize elements of Japanese culture including Japanese traditional crafts, games, anime, and language study in order to foster cultural awareness and fun.	8 weeks	1:45-3:15 PM	\$100.00	2-3	\$10.00	10 students

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Thursday	Kinoko Club	Ai Lovell	Want to visit Japan but think it's too far away? Kinoko Club is here to help! Experience the coolness of Japan here at ANCS. Students will utilize elements of Japanese culture including Japanese traditional crafts, games, anime, and language study in order to foster cultural awareness and fun.	8 weeks	3:15-4:15 PM	\$80.00	4-5	\$10.00	10 students
Thursday	Crochet Club	Ms. Pina	Students will learn how to crochet.	8 weeks	3:15-4:15 PM	\$80.00	3-5	\$10.00	12 students
Thursday	Step Up	Ms. German	Students will learn a series of patterns, beats, and rhythms that will be created through clapping, stomping, snapping, patting, chanting, and/or using other objects. Students will also learn the history of step and perform during morning meeting.	8 weeks	3:15-4:15 PM	\$80.00	3-5	None	20 students
Thursday	Cooking & Crafting	Ms. Randall	Students will have fun, learn, and get their hands a little sticky. They will create yummy food and fun, homemade crafts. Parents, please list any food allergies!	8 weeks	3:15-4:15 PM	\$80.00	4	\$20	15 students
Thursday	Poetry & Lyric Writing	Ms. Arrington	Students will learn the use of figurative language such as simile, metaphors, personification and allusion. They will have an opportunity to write their own songs.	8 weeks	3:15-4:15 PM	\$80.00	3-5	None	15 students
Friday	Cooking & Crafting	Ms. Randall	Students will have fun, learn, and get their hands a little sticky. They will create yummy food and fun, homemade crafts. Parents, please list any food allergies!	8 weeks	3:15-4:15 PM	\$80.00	1-3	\$20	17 students