



## MONDAYS - WINTER 2019 WTAFTER3

### **Creative Movement with Red Leaf Dance Studio**

2:30 – 3:15 p.m. Grades: PK ONLY

Program Fee: \$ 175.00

This program is designed to bring the magic of your child's favorite stories to life through dance, acting, story and song! Young dancers will enjoy warm ups and learn basic dance terminology with new concepts presented each week. Stories will include *Alice in Wonderland*, *The Nutcracker*, and *Cinderella*. At the start of each class, students will gather to listen to the featured story and will learn to interpret the story using props, mime, and movement.

### **Ballet Levels I & II with Red Leaf Dance Studio**

3:30 – 4:15 p.m. Grades: PK, K, 1, 2

Program Fee: \$ 175.00

All classical dance education begins with the foundation of ballet. The muscle structure of a dancer starts early on with learning how to control and carry the body. The essential ballet basics include learning all the ballet positions, proper posture and carriage, strength and stretching of the ankles and toes which results in the proper muscle development of long and lean ballet muscles. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play music games with "Simon says" and sound memory games such as "call and respond." These games are a fun way to practice outside of the classroom as well. On the last scheduled program class, a brief informal performance will take place called "Viewing Day." Please save the date for the performance on Monday, March 11, 2019 at 3:50 p.m. **All students will need to bring a leotard (any color), tights (any color), a dance skirt (any color) and ballet slippers with them to school each Monday. WTAFTER3 support staff will help to transition the children from school clothes to their dance attire.**

### **Ribbon Dance with Red Leaf Dance Studio**

4:30 – 5:15 p.m. Grades: PK, K, 1, 2, 3, 4

Program Fee: \$ 175.00

Discover the excitement and beauty of ribbon dance as the students explore how movement evokes feelings and images while using a long ribbon on a wand to further assist in the visual expression of movement. The discipline foundation is ballet, and sometimes gymnastics steps in as well. This class provides an added element of learning how to dance with a prop both as an individual and a group. On the last scheduled program class, a brief informal performance will take place called "Viewing Day." Please save the date for the performance on Monday, March 11, 2019 at 4:50 p.m. \*All props, ribbon wands, will be supplied for the use of in class curriculum only.

**NEW! If You Give a Student a Spatula – Cooking, Activity, and Story Time with Ms. Jeannie**

3:30 – 4:30 p.m.      Grades: PK, K, 1

Program Fee: \$ 175.00

Let's read, explore, create, and bake together after school every Monday! This unique, hands-on, interactive after school enrichment program will be full of ingredients, exploration, and delight! Inspired by the work of author, Laura Joffe Numeroff, and illustrator, Felicia Bond, students will make cookies, muffins, pancakes, and more. We will explore healthy options for food and exercise, and each student will create their own recipe and activity book that will last beyond our winter after school time together.

**NEW! Grossology Lab with Mad Science**

3:30 – 4:30 p.m.      Grades: PK, K, 1

Program Fee: \$ 175.00

Grossology: The Science of our Bodies – this after school science course offers a chance to explore just how gross our amazing bodies are! Discover cool chemical reactions, and get right down to the microscopic level to discover the stuff we're all made of—cells. Venture inward on a journey down the "Organ Trail" and explore all our body systems. Create an organ apron and a model lung to take home. Finish the week with an introduction to some of the gross body chemistry we all need, including burping, farting, and spitting, and learn why we need mucus. Make your own brain goo to keep!

**NEW! Stories through Glass with Pittsburgh Glass Center**

3:30 – 4:30 p.m.      Grades: K, 1, 2, 3

Program Fee: \$ 180.00

Transform your stories and characters into glass art with Pittsburgh Glass Center. We will create fused glass puppets, faux stained glass backdrops, and other glassy characters and accessories to bring your stories and drawings to life!

**NEW! Traditional Southern Chinese Lion Dance with Steel Dragon Martial Arts**

4:00 – 5:00 p.m.      Grades: 2, 3, 4, 5

Program Fee: \$ 175.00

The faculty and trainers with Steel Dragon Martial Arts are eager to share this exceptional learning experience with young students! Every Monday afternoon, we will come together to learn the basic lion musical beats and the basic lion movements. Our trainers will introduce students to some of the symbolism behind the dance and how it is used to tell many different types of stories, spread good wishes, and show the relationship between the music, the lion movement (based on martial arts) and the particular puzzle (cheng) that is being solved. There will be no shortage of possibilities for personal engagement for students with many different interests as we explore this traditional form of lion dancing at WT.

**ASCEND Bouldering & Climbing Clinic with Ms. Nesbitt**

3:30 – 5:00 p.m. Grades: 3, 4, 5

Program Fee: \$ 200.00

ASCEND Climbing Wall offers the environment to develop a love of fitness at an early age, promoting a lifelong appreciation for good health. Climbing is a great way for kids to be active while having lots of fun. In this program, we focus on the personal achievements of each individual; encouraging growth in personal strength, confidence, and self-esteem while we rock climb and boulder under the supervision of experienced staff and trainers at ASCEND. This program includes transportation. We will depart at 3:15 p.m. and will return to WT by 5:15 p.m. for sign-out.

**NEW! Saddle Club Riding Lessons at Cedar Run Farm**

3:15 – 5:30 p.m. Grades: 3, 4, 5 (8 spots available)

Program Fee: \$ 300.00

Giddy up! Horse-lovers should be ready for Monday afternoon horse-loving fun. Every Monday afternoon, we will board the WTAAfter3 activities van and travel to our partner school barn at Cedar Run Farms. Each student will receive a 30-minute riding lesson and will also spend 45-minutes at the barn working on projects, learning about horses, and enjoying games and activities linked to our love of horses! We will research and study the characteristics of different breeds of horses, prepare special snacks for horses, paint horseshoes, meet a farrier, play games, and explore additional horse-themed activities and projects. Riders will return to WT for pick-up by 5:30 p.m. every Monday.

**NEW! Mindful Mondays with Mrs. Hannan**

3:30 – 4:30 p.m. Grades: 4, 5

Program Fee: \$ 175.00

Begin your week with a relaxing and productive after school session with Mrs. Hannan. Mindfulness is a great way for students to develop focusing skills while learning to regulate their emotions and respond to situations calmly. In this class different mindfulness techniques will be explored through writing, art, games, and meditation. In addition to her work as a science teacher, Mrs. Hannan is also a certified yoga and meditation teacher.

**NEW! Math Minds Workshop – Tutoring and Enrichment with Mr. Tritsch**

3:30 – 4:30 p.m. Grade: 4 ONLY (Max. enrollment 5)

Program Fee: \$ 320.00

Every Monday afternoon, grade 4 students can take advantage of additional math time with Mr. Tritsch. The first 15 minutes of each session will focus on the assigned math homework for the night. The remaining 45 minutes of our time together will be dedicated to practicing the challenging skills that are introduced in fourth grade math class. Mr. Tritsch will work directly with grade level teachers to follow their curriculum, prepare students for the week's quizzes and tests, and track student progress and performance throughout. Activities are game-oriented, easily differentiated and intended to be fun for the students. This program is created for students who could use additional time each week to focus on reinforcing and strengthening grade level math skills.

## TUESDAYS – WINTER 2019 WTAAfter3

### **NEW!** Music Makers Academy with the Center for Young Musicians

2:30 – 3:30 p.m.

Grade: PK ONLY

Program Fee: \$ 240.00

Every Tuesday, your young musician will participate in this music learning program that includes singing, creative as well as structured movement, playing instruments and ensemble work, ear training, and guided listening. This developmentally sound approach to music literacy builds symbolic thinking, concentration, memory, and self-expression. The children start to work with written musical patterns, too.

In Music Makers: At Home in the World, your child will be engaged in activities that establish a solid music-making foundation. This term focuses on your child's fascination with nature and develops a love of instruments. Your child will be introduced to the sounds of orchestral instruments individually, and then in the context of an ensemble. Such a listening foundation will lead to long-term success with music reading in future classes. The program fee includes materials for home reference and study between sessions.

### **Gymnastics Levels I & II with Red Leaf Dance Studio**

3:30 – 4:15 p.m.

Grades: PK, K, 1, 2, 3, 4

Program Fee: \$ 220.00

This high-energy class focuses on learning the basic fundamentals of balances using stability, strength, and flexibility. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play games such as relay races and obstacle courses to practice consecutive tricks. Gymnastics related coloring pages are sometimes assigned as homework to encourage stretch and strength training at home. On the last scheduled program class, a brief informal performance will take place called "Viewing Day." Please save the date for the performance on: Tuesday, March 12, 2019 at 3:50 p.m.

### **NEW!** Snapology Brick Scientists: Building Your City

3:30 – 4:30 p.m.

Grades: PK, K, 1

Program Fee: \$ 220.00

Students will learn how to build simple machines relating to city construction, building strong structures, create transportation for getting around the city and urban planning.

### **NEW!** Mindful World II Workshop

3:30 – 4:30 p.m.

Grades: K, 1, 2, 3

Program Fee: \$ 220.00

Mindful World II is an exciting hybrid after school experience blending meditation, world folktales, and art projects with each week focused around a core value and different country's traditions. Although the basic mindfulness skills of self-regulation, body-awareness, and focused attention, will be the same format as our fall 2018 time together, Mindful World II will include ALL NEW stories and creative arts, and some new countries as well. Students will virtually travel to Ireland, China, Australia, and Chile among other destinations. Contemplative arts will include calligraphy, painting on silk, making wind chimes, and rain sticks.

### **Gymnastics Levels II & III with Red Leaf Dance Studio**

4:30 – 5:15 p.m.      Grades: 1, 2, 3, 4, 5

Program Fee: \$ 220.00

This high-energy class focuses on learning the more advanced fundamentals of balances using stability, strength, and flexibility. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play games such as relay races and obstacle courses to practice consecutive tricks. Gymnastics related coloring pages are sometimes assigned as homework to encourage stretch and strength training at home. On the last scheduled program class, a brief informal performance will take place called “Viewing Day.” Please save the date for the performance on: Tuesday, March 12, 2019 at 4:50 p.m.

### **Circus Arts Workshop with O’Ryan McGowan**

3:30 – 4:30 p.m.      Grades: 2, 3, 4, 5

Program Fee: \$ 220.00

In this after school program, students will come to know the basic tenets of circus arts; balance, coordination, and clowning. The curriculum each week will rotate through a variety of skills, drills, and interactive exercises. We will explore the fundamentals of balance, team building, coordination and improvisational theatre by learning the basics of juggling, partner balancing, prop manipulation, and character development. Circus arts are a wonderful way to increase motor skills while having fun, working as a team, and reinforcing good classroom behavior. Games and exercises teach focus and strength, while helping students to embrace their inner clown!

### **Improv Workshop with Ms. Boone**

3:30 – 4:30 p.m.      Grades: 3, 4, 5

Program Fee: \$.220.00

Join us for this positive and fun weekly workshop designed to improve confidence and to inspire creativity. Our sessions, led by Ms. Boone, offer a fun and supportive outlet for young actors in Grades 4 and 5 to learn the basics of Improv, storytelling, and creating your stage presence. Our time together will include: games, role play, voice manipulation, acting out emotions, and story creation.

### **WT on the Move Running Club**

3:30 – 4:30 p.m.      Grades: 4, 5

Also fondly referred to as running club, student athletes will work toward finishing their “marathon” runs each week on campus. Runners should bring their running clothes, tennis shoes, and water bottle with them to school every Tuesday. Ready...set...run!

### ***NEW!* Math Minds Workshop – Tutoring and Enrichment with Mr. Tritsch**

3:30 – 4:30 p.m.      Grade: 3 ONLY

Program Fee: \$ 400.00

Every Tuesday afternoon, Grade 3 students can take advantage of additional math time with Mr. Tritsch. The first 15 minutes of each session will focus on the assigned math homework for the night. The remaining 45 minutes of our time together will be dedicated to practicing the challenging skills that are introduced in third grade math class. Mr. Tritsch will work directly with grade level teachers to follow their curriculum, prepare students for the week's quizzes and tests, and track student progress and performance throughout. Activities are game-oriented, easily differentiated, and intended to be fun for the students. This program is created for students who could use additional time each week to focus on reinforcing and strengthening grade level math skills.

## WEDNESDAYS – WINTER 2019 WTAfter3

### **Spoon-fed Theater Workshop with Ms.Boone**

3:30 – 4:30 p.m.      Grades: PK, K, 1

Program Fee: \$ 220.00

*Once Upon A Time*...after school at WT, young PK creators will use their art skills and imaginations to bring stories to life in their own little theater space. Each week, we will focus on new characters, plots, emotions, voices, and special effects as we create our own wooden spoon puppets and act out stories. All of our stories will end with *Happily Ever After*.

### **Chess Lab Jr. with Coach Kennedy**

3:30 – 4:15 p.m.      Grades: PK, K

Program Fee: \$ 220.00

Check mate, chess novices. Here is a beginning chess class that will teach students the basic rules and fundamentals of chess, with a focus on playing. Chess develops amazing math and critical thinking skills in children. But don't tell the children this fact...they think that chess is just about playing and having fun!

### **NEW! Forensic Food Lab with Allegheny Land Trust**

3:30 – 4:30 p.m.      Grades: PK, K, 1

Program Fee: \$ 220.00

Ice cream, pizza, and science oh my! Experience the fun of making your own snacks while learning how their ingredients fit into our environment. From the importance of organics to the origins of ice cream and the plant basis for pizza, we'll use hands-on, engaging activities to learn about the roles our favorite snacks play in the environment. Each day will include the active creation of a difference snack, a fun learning activity, and a recipe for families to prepare together at home.

### **NEW! WT Song Birds – Let's Sing**

3:30 – 4:15 p.m.      Grades: K, 1, 2

Program Fee: \$ 220.00

*Do you love to sing? Do you want to share your passion and talent with others?* If you answered yes to these questions, boy do we have an after school experience for you. This program will provide opportunities for students to sing, express, play, and inspire with music! The sessions will incorporate a range of activities including vocal technique, voice projection, and more! Students will help to select the songs from a variety of different genres of music. You provide the talent and passion, and we'll provide the outlet!

### **Chess Lab 101 with Coach Kennedy**

4:30 – 5:15 p.m.      Grades: 1, 2, 3

Program Fee: \$ 220.00

Check mate, chess novices. Here is a beginning to intermediate level chess class that will teach students the rules and fundamentals of chess, with a focus on playing. Chess develops amazing math and critical thinking skills in children. But don't tell the children this fact...they think that chess is just about playing and having fun!

**NEW! Character/Folk Dance Studio focus: Germany & Italy with Alexander Zankin-Pittsburgh Ballet School**

4:30 – 5:30 p.m.      Grades: 2, 3, 4, 5

Program Fee: \$ 220.00

This introductory folk dance class will expose students in Grades 2, 3, 4, and 5 to the dance and musical culture heritage of different countries. We will study basic folk dance steps and will perform choreographed folk dances of various ethnic regions. The aim of this class is to develop physical, mental, socio-cultural, recreational, and emotional capacities as well as multi-culture awareness. The curriculum engages all of the learning modalities –affective, cognitive, and psychomotor. After mastering the above “basics,” students will be introduced to choreographed folk dances. The curriculum will include German and Italian folk dance steps and dances.

**Fencing Clinic Beginner & Beginner + with Coach Iana Dakova and Pittsburgh Fencers Club**

3:30 – 4:30 p.m.      Grades: 1, 2, 3, 4, 5

Program Fee: \$ 220.00

En garde! This basic level clinic will introduce students to the sport of fencing. Each week, we will engage in warm-up exercises and stretching, basic footwork and blade work exercises, and essential tactics and strategies. Young athletes will learn to fence and develop an understanding of how fencing’s strategy, rules, and conduct related to the history of swordsmanship. Skills will be reinforced through practice and drills. Access to all equipment and protective gear is included in the program tuition.

**Girls Lower School Robotics Lab**

3:30 – 5:00 p.m.      Grades: 4, 5

Program Fee: \$ 250.00

During the winter 2019 term, our group of fourth and fifth grade girls will continue to create, build, and program robots. This lab time with Coach Anna Nesbit will offer the opportunity for young robotics engineers to dive deeper into their curiosities to explore robotics beyond the competitive season.

**Spartan FIT Ninja Training Workout at PittsburghFIT**

3:30 – 5:00 p.m.      Grades: 2, 3, 4, 5      *Only 9 spots available*

Program Fee: \$ 250.00

Every Wednesday, your young athlete will board the WTAAfter3 Enrichment Van and travel to PittsburghFIT for their workout. Spartan FIT at Pittsburgh FIT offers a state-of-the-art fitness facility to grow body awareness, control and strength for a lifetime of health and fitness. We will teach your young athletes how to move, run, jump, climb, crawl, and lift any obstacle and have a blast doing it. The environment at PittsburghFIT is super-positive, encouraging, age-appropriate, and inclusive. We want to build great athletes, and we also believe that building great people and creating a team environment and community is even more important. In this program, your child will build strength, skill, speed, agility, coordination, balance, accuracy and stamina. Your child will also build self-esteem and confidence under the supervision and guidance of our experienced and certified coaches.

## THURSDAYS – WINTER 2019 WTAAfter3

### **NEW! Unicorn Art Studio with Ms. Flati**

3:30 – 4:30 p.m.      Grades: PK, K, 1, 2

Program Fee: \$ 220.00

Every Thursday afternoon will be filled with glitter, rainbows, magic, and more! There is no end to the unicorn-themed projects that we will create in this enrichment art studio. Take advantage of this opportunity to travel over the creative rainbow with Mrs. Flati and to let your imagination soar.

### **Tap Levels I & II with Red Leaf Dance Studio**

3:30 – 4:15 p.m.      Grades: PK, K, 1, 2, 3, 4

Program Fee: \$ 220.00

Your little dancer will learn to become a fierce foot-percussionist! Special shoes – with metal on the heel and toe – designed for "tap dance" allow the dancer to create music while learning rhythm, timing syncopation, beats and so much more. Both mind and body are challenged with progressions and variations for individual advancement throughout the sessions. We will play music games with "Simon says" and sound memory games such as "call and respond." These games are a fun way to practice outside of the classroom as well. Tap related coloring pages are sometimes assigned as homework to encourage further training at home. On the last scheduled program class, a brief informal performance will take place called "Viewing Day." Please save the date for the performance on Thursday, March 14, 2019 at 3:50 p.m. **All students will need to bring leggings or sweatpants, a t-shirt, and tap shoes to school each Thursday. WTAAfter3 support staff will help to transition the children from school clothes to their dance attire.**

### **NEW! Creative Theater Dance with Red Leaf Dance Studio**

4:30 – 5:15 p.m.      Grades: 1, 2, 3, 4, 5

Program Fee: \$ 220.00

Young dancers can express their love for musical theatre every Thursday afternoon with the dance faculty from Red Leaf Dance Studio. We will learn songs and dance routines from our favorite musicals and show tunes each week. Students will have fun exploring their creative side as they are taught how to choreograph and will hold an in-class performance at the end of the program for family and friends. Let's Dance!

### **NEW! African Drums and Dance**

3:30 – 4:30 p.m.      Grades: K, 1, 2, 3, 4, 5

Program Fee: \$ 220.00

Kick those shoes off and jump, step, hop, and sing to the vibrant beat of West Africa. Each week, students will experience the language, sounds, stories, and dress of African culture through music and dance. Basic movement techniques provide heart-pounding exercise that kids will enjoy. Hands-on music immersion includes playing the djembe drum, and unique instruments such as the shekere, dunduns (bass drums) and balafon (wooden ancestor to the xylophone) – a fun, mental workout sure to excite young minds!

**NEW! Ice & Deck Hockey Clinic**

3:30 – 5:15 p.m.      Grades: K, 1, 2, 3, 4, 5

Program Fee: \$ 250.00

*No sessions on January 31, February 14, February 21*

Ice hockey players will climb aboard the WT ice van and head to Schenley Park for a basic skating, ice hockey skills, and fundamentals program. This is a great opportunity for your little athlete to gain exposure to this sport and to have a little bit of outdoor fun in the dead of winter! *Please note:* this is a two-hour program. The WT van will return to campus at 5:15 p.m. The price of the program includes weekly skate rental for children who do not have their own skates. The minimum equipment requirement is a helmet with face shield or cage. WT will provide sticks, pucks, and training balls.

**NEW! Learn to Ice Skate Clinic**

4:45 – 6:00 p.m.      Grades: 1, 2, 3, 4, 5

Program Fee: \$ 210.00

*No sessions on January 31, February 14, February 21*

Take advantage of this time to learn from certified USFSA ice skating coaches at Schenley Ice Rink. The WTAAfter3 van will depart from WT every Thursday at 4:30pm and will return at 6pm. Students will have the opportunity to learn from figure skating coaches and to practice their skills every week for 1 hour. The program fee includes weekly skate rental for children who do not have their own skates.

**Science MAKE-annex with Mr. Mendenhall**

3:30 – 4:30 p.m.      Grades: 3, 4, 5

Program Fee: \$ 220.00

Calling all STEM-minded students – this program is for you! Grade 3, 4, and 5 scientists will be making, experimenting, and having fun while doing STEM activities after school with Mr. Mendenhall. Throughout this program, students will do hands-on science experiments, be exposed to different forms of technology, develop critical thinking skills through engineering projects, and refine math skills through math activities. All learning activities will be used to develop self-confidence when working with STEM projects.

**NEW! Yoga Studio**

3:30 - 4:15 p.m.      Grades: 2, 3, 4, 5

Program Fee: \$ 200.00

Take time to finish your Thursday off right. During this session we will focus on tips and tricks to help you relax your mind and body. These skills (whether new or reinforced) come in handy and are most helpful for students when they are having difficulty focusing in class, or feeling easily distracted and anxious. We will learn to recognize triggers and how to respond to stressful situations. We will practice yoga, meditation, and do "mindful" activities during our hour together at WT every Thursday afternoon. Prepare to relax your mind!

**Chess Team Clinic with Coach Kennedy**

3:30 – 5:00 p.m.      Grades: 3, 4, 5

Program Fee: \$ 250.00

This intermediate level chess class will focus on the skills involved with more advanced chess play. The competitive chess season will include eight matches. Our team will compete in a league with Bethel Park, Manchester Academic Charter School, University Prep, and Western Pennsylvania School for the Deaf. Space in this program is limited to 7 players and must be approved by Coach Kennedy.

## FRIDAYS – WINTER 2019 WTAAfter3

### **Martial Arts Workshop, Jr.**

2:30 – 3:15 p.m. PK ONLY

Program Fee: \$ 200.00

PK students will have the opportunity to finish off the school week with this introductory self-defense class that is predicated on three guiding principles: self-control, discipline, and respect. Students will practice age- appropriate activities involving these principles while learning the basics of KungFu and Kempo Karate. Classes offer a combination of warm-up and stretching, karate kicks and punches, evasive movements for escaping from holds (jiu jitsus), and strengthening exercises.

### **Martial Arts Studio I**

3:30 – 4:30 p.m. Grades: K, 1, 2

Program Fee: \$ 200.00

Students will have the opportunity to finish off the school week with this self-defense class that is predicated on three guiding principles: self-control, discipline, and respect. Students will practice age-appropriate activities involving these principles while learning the basics of KungFu and Kempo Karate. Classes offer a combination of warm-up and stretching, karate kicks and punches, evasive movements for escaping from holds (jiu jitsus), and strengthening exercises. Students who progress appropriately through the program will be invited to test for new advanced belt levels at Shaolin Studios in Regent Square.

### **Winter Art Studio at Color Me Mine**

3:30 – 5:00 p.m. Grades: PK, K, 1, 2, 3

Program Fee: \$ 250.00

Every Friday, we will board the WTAAfter3 Van and head to the Color Me Mine Art Studio in East Liberty for our artistic/creative session! The amazing, talented, and creative Color Me Mine Leaders look forward to spending time with your young artists every Friday afternoon at WT! Our projects will alternate between ceramics, mosaics, and canvas, and we will explore themes and items linked to winter colors, themes, and holidays, and popular characters and games that appeal to artists of any age. See you at the studio!

### **Russian Language and Culture**

3:45 – 4:45 p.m. Grades: 1, 2, 3

Program Fee: \$ 200.00

This program is an introduction to Russian language and culture. Students are introduced to the Cyrillic alphabet, Russian songs, costumes, traditions and poetry. While the course will be conducted in English, we will cover basic Russian phrases, words and engage in very simple conversation. Students will get familiar with the proverbs, sayings, and phraseology of the language. We will explore Russian Culture using traditional Russian art objects, like nesting dolls and children's books. We will also learn about fairy tales, songs, and the national tradition of poetry recitation.

### **Martial Arts Studio II**

4:30 – 5:30 p.m.

Grades: 3, 4, 5

Program Fee: \$ 200.00

Students will have the opportunity to finish off the school week with this self-defense class that is predicated on three guiding principles: self-control, discipline, and respect. Students will practice age-appropriate activities involving these principles while learning the basics of KungFu and Kempo Karate. Classes offer a combination of warm-up and stretching, karate kicks and punches, evasive movements for escaping from holds (jiu jitsus), and strengthening exercises. Students who progress appropriately through the program will be invited to test for new advanced belt levels at Shaolin Studios in Regent Square.

### **Hand Chime & Bell Choir**

3:30 – 4:30 p.m.

Grades: 4, 5, 6

Program Fee: \$ 200.00

You can ring in the new school year on the right note by joining the WT Hand Chime Choir! Every Friday afternoon, young musicians will gather with Mrs. Jones to learn about hand chimes and to practice new songs. This is a great way for students to master skills linked to ear-training and ensemble awareness. This experience will be full of enrichment and fun. We will hold an informal show to share our new songs with family and friends in mid-March.

### **Percussion Ensemble**

3:30 – 4:30 p.m.

Grades: 3, 4, 5

Program Fee: \$ 200.00

*Do you play the drums or have you always wanted to?* This is your chance to join your friends in the Percussion Ensemble and explore many of the percussion instruments - vibraphone, bells, timpani, bongos, congas, tom toms, snare drums, cymbals, rototoms, temple blocks, and more. Players will read music, work on improving basic sense of time and musicianship, as well as learn how to play multiple percussion instruments! A basic understanding of note reading is required. All instruments and music are provided for the ensemble. It is recommended that players invest in drumsticks and a drum pad for at home use. All players will receive a take-home music folder. This group will perform in the end-of-year private music lesson celebration.

## SATURDAYS - WINTER 2019 WTAfter3

### **Junior Basketball Bears Skills & Drills with Coach Jimyse & Hidden Gyms**

8:00 – 8:45 a.m.

Grades: PK, K, 1

Program Fee: \$ 190.00

Join us for weekend enrichment basketball clinics and games. Every Saturday morning our littlest basketball players will meet at the WT basketball courts to learn ball skills, practice, and play! All young players will receive a double-sided 2019 season basketball shirt and will create new friendships and memories that will travel beyond the season. Let's play!

### **Basketball Bears Skills & Drills with Coach Jimyse & Hidden Gyms**

9:00 – 10:00 a.m.

Grades: 2, 3, 4, 5

Program Fee: \$ 190.00

Join us for weekend enrichment basketball clinics and games. Every Saturday morning we will meet at the WT basketball courts to learn ball skills, practice, and play. All young players will receive a double-sided 2019 season basketball shirt and will create new friendships and memories that will travel beyond the season. Let's play!