



MONDAYS – MIDDLE SCHOOL WINTER 2019 WTAAfter3

ASCEND Climbers Club with Ms. Nesbitt

3:30 – 5:00 p.m. Grades: 6, 7, 8

January 7 through March 11, 2019

Program Fee: \$ 200.00

ASCEND Climbing Wall offers the environment to develop a love in fitness at an early age promoting a lifelong appreciation for good health. Climbing is a great way for students to remain active during the winter months 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 WT at 3:15 p.m. and will return to WT by 5:15 p.m. for sign-out.

TUESDAYS – MIDDLE SCHOOL WINTER 2018 WTAAfter3

Debate Club with Carnegie Mellon University's Carnegie Debate Group

3:30 – 5:00 p.m. Grades: 6, 7, 8 maximum enrollment 8

January 15 through March 5, 2019

Program Fee: \$ 220.00

This program fuses the 5 Cs of the 21st Century – Critical Thinking, Communication, Collaboration, Creativity, and Civic Awareness. Through discussion, role-play, research, and presentations this program will seek to inspire courage and conversation and to stimulate, provoke, and expand young minds. Each week will explore new topics and work to present different points of view linked to these topics. Debate promotes problem solving and innovative thinking and helps to build connections to words and the ideas that make them. Take advantage of this opportunity to learn from seasoned, medaled debaters who want to share their knowledge and passion with WT students.

NEW! SpartanFIT Ninja Training Workout at PittsburghFIT

3:30 – 5:00 p.m. Grades: 6, 7, 8

January 8 through March 12, 2019

Program Fee: \$ 250.00

Every Tuesday, Middle School students 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 athlete 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 student will build strength, skill, speed, agility, coordination, balance, accuracy and stamina. In addition, all athletes will also build self-esteem and confidence under the supervision and guidance of experienced, certified coaches.

WEDNESDAYS – MIDDLE SCHOOL WINTER 2018 WTAAfter3

NEW! Test-Taking Skills Workshop

3:30 – 5:00 p.m. Grades: 7, 8

Three 90-Minute Sessions – January 23, 30, and February 6, 2019

Program Fee: \$ 250.00

This three-session/four-and-a-half hour seminar will focus on what good test-taking looks like and the tips and tools that you can use to increase test scores and to reduce anxiety linked to taking standardized tests! Each session will focus on a different test discipline: Vocabulary, Reading, and Math. Your coaches will show examples of our test questions are structured and share tips for decoding that will help you process details and arrive at the correct answers. Instruction will be supported by practice questions and group discussion. Take advantage of this opportunity to learn from WT's Test Prep Program Partner Expert Instructors, Goldstein Test Prep.

THURSDAYS – MIDDLE SCHOOL WINTER 2018 WTAAfter3

NEW! Yoga Studio

4:15 – 5:15 p.m. Grades: 6, 7, 8

Program Fee: \$ 200.00

January 10 through March 14, 2019

Take time to finish your Thursday off right. During this session we will focus on tips and tricks to help you relax your teenage 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

3:30 – 5:00 p.m. Grades: 6, 7, 8

Program Fee: \$ 250.00

January 10 through March 14, 2019

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 seven players and must be approved by Coach Kennedy.

FRIDAYS – MIDDLE SCHOOL WINTER 2018 WTAAfter3

Hand Chime & Bell Choir

3:30 – 4:30 p.m. Grades: 6, 7, 8

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, 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 talent with family and friends in mid-March.