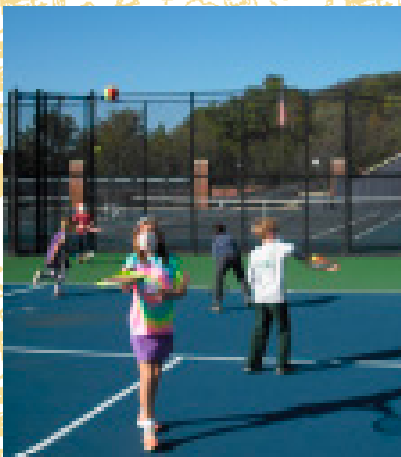


KINDERGARTEN–GRADE 8
SPRING SESSION 2022



AFTER-SCHOOL *Activities*



FRIDAY
2/25/22

ONLINE
REGISTRATION
OPENS

FRIDAY
3/4/22

ONLINE
REGISTRATION
CLOSES

MONDAY
3/28/22

SPRING
SESSION
CLASSES BEGIN

Classes and PRICES

GRADE	PAGES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
KINDERGARTEN	4-6	Traveling Through Food with Mrs. K 8 classes / \$280	Ballet Petite 8 classes/ \$245	Tae Kwon Do 8 classes / \$360	Players Soccer Training 6 classes / \$270	Yoga & Balance with Mr. Castro 7 classes/ \$245
GRADE 1	6-8	Fundamentals Academy Basketball 8 classes/ \$360	Traveling Through Food with Mrs. K 8 classes / \$280	Tae Kwon Do 7 classes / \$315	Players Soccer Training 6 classes / \$270	TGA Tennis 7 classes/ \$315
GRADE 2	9-11	Chess 8 classes / \$360	TGA Flag Football 8 classes/ \$360	TGA Volleyball 8 classes/ \$360	Whizara Coding with Scratch 6 classes/ \$270	GWU Tennis 7 classes/ \$315
GRADE 3	11-13	Girls on the Run 22 classes/ \$922 Striders Run Club 9 classes/ \$350	Minecraft Coding 8 classes / \$360	Girls on the Run 22 classes/ \$922 Kickball 8 classes/ \$360	Stitch It Fashion 8 classes / \$360	GWU Tennis 7 classes/ \$315
GRADE 4	12-13	Girls on the Run 17 classes/ \$922 Striders Run Club 10 classes/ \$350	Stitch It Fashion 8 classes / \$360	Girls on the Run 17 classes/ \$922 Kickball 8 classes/ \$360	Green Thumb Club with Mr. Mason and Mr. Bolger 6 classes/ \$210	Fundamentals Academy Basketball 7 classes/ \$360
GRADE 5	14	Girls on the Run 22 classes/ \$922 Striders Run Club 10 classes/ \$350	GWU Tennis 8 classes/ \$360	Girls on the Run 22 classes/ \$922 Kickball 8 classes/ \$360	Green Thumb Club with Mr. Mason and Mr. Bolger 6 classes/ \$210	Fundamentals Academy Basketball 7 classes/ \$360
MIDDLE SCHOOL	15		Gr 6. Yoga & Balance with Mr. Castro 8 classes/ \$280	Gr 6. Whizara Coding 8 classes/ \$360	Gr. 6-8 TGA Flag Football 6 classes/ \$270	



PRIVATE MUSIC LESSONS FOR ALL GRADES ARE AVAILABLE MONDAYS-FRIDAYS.
8 CLASSES / \$480 SEE PAGES 16-17



POLICIES and Procedures

REGISTRATION

Spring Session registration begins Friday, February 25, and closes Friday, March 4, with classes beginning the week of March 28. The Spring Session runs for approximately eight weeks, with most classes ending the week of May 30. Late registration will be available until March 16. However, registration after March 4 will incur a late fee of \$25 per class. You can access the registration website via our Veracross Parent Portal. If you are enrolling multiple children, please complete an online After-School Registration for each child. Once you have completed your online registration, you will receive a confirmation email. Children may enter a class already in progress as long as there is space available and with the permission of the instructor.

CANCELLATION POLICY

Please note that you **MUST** cancel your registration no later than 24 hours after your first class has been completed in order to receive a 75% refund. If you **DO NOT** cancel your registration within 24 hours of your first class, you will be charged 75% of the program fee.

To cancel, please email Eby Okonkwo at okonkwoe@stpatsdc.org and provide your child's name, your phone number, and the After-School Activity information.

Please note that you are not able to cancel your registration online.

MAKE-UP DATE

In the event an instructor cancels a class or if weather causes a cancellation, a make-up date will be used as a substitute class, if available.

DISMISSAL

The time frame for each After-School Activity is clearly noted in the brochure and will be provided in your registration confirmation email. In an effort to maintain COVID-19 protocols, we ask that all students be picked up promptly at the end of their class.

If your child is not picked up within 15 minutes of the class ending, we will escort your child to Extended Day and bill you the \$50 Extended Day Drop-In fee.

PAYMENT INFORMATION

All fees for After-School Activities are billed through the Business Office. Please address all payment-related questions to Minnie Ivery at iverym@stpatsdc.org.



Traveling Through Food with Mrs. K

Mondays, 3:00–4:00 PM

April 4, 11, 18, 25, May 2, 9, 16, 23

Let your child's curiosity and appetite run wild while students learn how to make scrumptious delicacies from cultures across the globe. Students will also learn kitchen vocabulary. Food is one thing that connects people globally. We all eat, we all have to eat, and we all love to eat. We may not all speak the same language throughout the world, but we all have food in common. Please note that this class is for first-time cooking students.



Ballet Petite

Tuesdays, 3:15–3:45 PM

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

Ballet Petite is an enriching dance and performing arts program that creates an imaginative and culturally rich environment through the use of movement. Students will be transformed through literature and classical music, handmade costumes, and props. They will enjoy new ballet progressions and dance techniques weekly.



Tae Kwon Do

Wednesdays, 3:00–4:00 PM

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

This Tae Kwon Do class provides an overview of fundamental principles and techniques of one of the world's most popular martial art styles for students of all levels and physical abilities, with no previous experience necessary. The class is taught at moderate physical intensity so all participants can comfortably train to their own ability. The class will be taught to improve the body, mind, and spirit, while increasing strength, balance, and coordination as well as promoting self-confidence and self-esteem.



Players Soccer Training

Thursdays, 3:00–4:00 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

Players Soccer Training is designed to create a positive environment with high energy for young players to improve their skills and knowledge of the world's favorite game. Coached by former GWU Men's Soccer coach Jake Ouimet, players will benefit from and enjoy small-group instruction to develop and improve ball control and technique.

KINDERGARTEN, CONT.

Yoga & Balance with Mr. Castro

Fridays, 3:00-4:00 PM

April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

This yoga class incorporates character education through games, movement, and yoga poses. The children will be taught responsibility through listening, compassion, self-esteem, patience, and kindness. These values inspire children to live better on and off the yoga mat.



GRADE 1

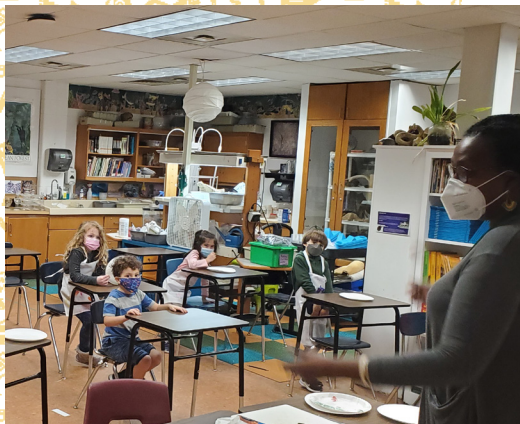
Fundamentals Academy Basketball

Mondays, 3:15-4:15 PM

April 4, 11, 18, 25, May 2, 9, 16, 23

This class is for students who are looking to take their game to the next level. By implementing skill-building and full-game experience, it's the ultimate development environment. Our goal is to set our students apart from the competition based on their elite conditioning, skill set, and fundamentals.





Traveling Through Food with Mrs. K

Tuesdays, 3:00–4:00 PM

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

Let your child's curiosity and appetite run wild while students learn how to make scrumptious delicacies from cultures across the globe. Students will also learn kitchen vocabulary. Food is one thing that connects people globally. We all eat, we all have to eat, and we all love to eat. We may not all speak the same language throughout the world, but we all have food in common. Please note that this class is for first-time cooking students.



Tae Kwon Do

Wednesdays, 4:00-4:45 PM (Please note the late start time. Students will join Extended Day at no cost.)

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

This Tae Kwon Do class provides an overview of fundamental principles and techniques of one of the world's most popular martial art styles for students of all levels and physical abilities, with no previous experience necessary. The class is taught at moderate physical intensity so all participants can comfortably train to their own ability. The class will be taught to improve the body, mind, and spirit, while increasing strength, balance, and coordination as well as promoting self-confidence and self-esteem.



Players Soccer Training

Thursdays, 3:00–4:00 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

Players Soccer Training is designed to create a positive environment with high energy for young players to improve their skills and knowledge of the world's favorite game. Coached by former GWU Men's Soccer coach Jake Ouimet, players will benefit from and enjoy small-group instruction to develop and improve ball control, technique.



TGA Tennis

Fridays, 3:15-4:15 PM

April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

The USTA and TGA bring a tennis court to you! We offer an introduction to the sport in an engaging and supportive environment. While learning the basic foundations and etiquette of tennis, students will also improve their fine-motor skills and coordination through games and drills. Coaches use teachable moments during classes to promote life skills such as honesty and sportsmanship. Tennis racquets are provided.

Chess

Mondays, 3:00-3:50 PM (Please note early end time.)

April 4, 11, 18, 25, May 2, 9, 16, 23

David Paulina has been playing chess for more than 20 years and has taught chess at several Washington-area independent schools, including St. Patrick's. In chess, students learn how to apply different strategies for opening, middle, and end games. Students learn to analyze their games to see where they did great and how to improve. Students practice playing a minimum of 30 minutes each class and are paired with others of the same skill level.



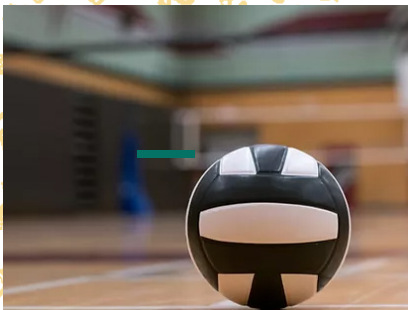
TGA Flag Football

Tuesdays, 3:15-4:15PM

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

Flag football is an excellent way for children to learn one of America's favorite sports in a safe, enjoyable, and encouraging environment. This noncontact sport will teach players offensive and defensive skills needed to dominate on the field. Players will focus on footwork, receiving drills, and throwing a football accurately. In addition to the sports skills, coaches will utilize teachable moments during class to implement essential life lessons such as teamwork, kindness, and sportsmanship.



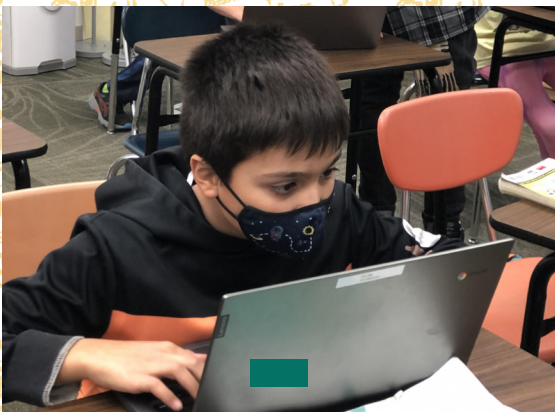


TGA Volleyball

Wednesdays, 3:15-4:15 PM

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

This course introduces students to basic skills and knowledge associated with volleyball, including passing, serving, setting, and spiking. By applying these principles through active participation, students develop the necessary skill and knowledge to play volleyball. In addition, this course provides students with opportunities to improve physical fitness, acquire knowledge of fitness concepts, and practice positive personal and social skills. Students will gain an understanding of how a wellness lifestyle affects one's health, fitness, and physical performance.



Whizara Coding

Thursdays, 3:30-4:30 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

This Whizara Scratch programming course offers an engaging way for students to start thinking like programmers as they explore and develop imaginative stories, animation, and games using MIT's Scratch programming interface. Students learn the block-based programming concepts of motion, looks, sounds, events, loops, conditional game mechanics, operators, and variables. Students get creative with designing, drawing, recording, and storyboarding personalized projects using the drag-and-drop visual programming interface. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism, and algorithmic thinking.

GRADE 2, CONT.



GWU Tennis

Fridays, 3:15-4:15 PM

April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

Students will enjoy the afternoon on the GWU tennis courts. Each week, they will explore the fundamentals of beginner's tennis. Players will focus on various techniques, including strokes, footwork, and competitive play through games and drills. Students can use GWU tennis rackets or bring their own!

GRADE 3



Girls on the Run

Mondays AND Wednesdays, 3:15- 4:30 PM

March 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27, May 2, 4, 9, 11, 16, 18, 23

Girls on the Run (GOTR) is a life-changing program for girls in Grades 3 through 5 that encourages them to explore positive social, emotional, mental, and physical development that integrates running. Participants must attend both Monday and Wednesday sessions to train for the culminating 5k running event on May 22 at Anacostia Park. As part of the national program's required curriculum, GOTR will begin on March 28. Each class is approximately 1 hour and 15 minutes.



Striders

Mondays, 3:15-4:15 PM

March 28, April 4, 11, 18, 25, May 2, 9, 16, 23

Grab your sneakers and warm up with a weekly run! Brave the elements with our passionate coaches and develop self-respect and the value of a healthy lifestyle. We'll be running all over the St. Patrick's campus as well as throughout the surrounding Palisades community. Runners of all experience levels are welcome, but please come ready to pound the pavement in any weather. Other running games will include Capture the Flag and Sharks and Minnows. Sign up today to stay fit!

Minecraft Coding

Tuesdays, 3:00-3:50 PM (Please note early end time.)

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

We invite you to join the Minecraft Club as we build our own civilizations. Students will learn how to build blocks and structures using programming and also discover how to create their own mini-games in Minecraft. Students will learn problem-solving and practice teamwork and collaboration to accomplish group missions and plan out their world. Students will explore their creativity by building villages, castles, monuments, working machines, and countless other possibilities!

Kickball with Active Play

Wednesdays, 3:00–4:00 PM

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

We are bringing back a classic recess activity: Kickball! In an activity similar to baseball, participants will separate into two teams, but instead of throwing and hitting, they will be rolling and kicking a soft kickball. A certified Active Play Coach will be leading the group for the season. The goal is for the students to learn the rules of the game. They will become knowledgeable about how to run the bases and tag up from a pop-out. Join today for a guaranteed good time!



Stitch It Fashion

Thursdays, 3:15-4:15 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

Are you looking for an engaging and creative way for your children to express themselves? If you answered yes, well, Stitch It is just for you, and them! In this class, students are provided all supplies and a sewing machine. They learn the basics of hand-stitching, the art of clothing construction, and how to properly use the sewing machine. Students will also learn sewing terminology and create beautiful projects that will be treasured for a lifetime. We hope to “stitch it” with you soon!



GRADE 3, CONT.



GWU Tennis

Fridays, 3:15-4:15 PM

April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

Students will enjoy the afternoon on the GWU tennis courts. Each week, they will explore the fundamentals of beginner's tennis. Players will focus on various techniques, including strokes, footwork, and competitive play through games and drills. Students can use GWU tennis rackets or bring their own!

GRADE 4

Girls on the Run

Mondays AND Wednesdays, 3:15- 4:30 PM

March 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27, May 2, 4, 9, 11, 16, 18, 23

Girls on the Run (GOTR) is a life-changing program for girls in Grades 3 through 5 that encourages them to explore positive social, emotional, mental, and physical development that integrates running. Participants must attend both Monday and Wednesday sessions to train for the culminating 5k running event on May 22 at Anacostia Park. As part of the national program's required curriculum, GOTR will begin on March 28. Each class is approximately 1 hour and 15 minutes.





Striders

Mondays, 3:15-4:15 PM

March 28, April 4, 11, 18, 25, May 2, 9, 16, 23

Grab your sneakers and warm up with a weekly run! Brave the elements with our passionate coaches and develop self-respect and the value of a healthy lifestyle. We'll be running all over the St. Patrick's campus as well as throughout the surrounding Palisades community. Runners of all experience levels are welcome, but please come ready to pound the pavement in any weather. Other running games will include Capture the Flag and Sharks and Minnows. Sign up today to stay fit!

Stitch It Fashion

Tuesdays, 3:15-4:15PM

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

Are you looking for an engaging and creative way for your children to express themselves? If you answered yes, well, Stitch It is just for you, and them! In this class, students are provided all supplies and a sewing machine. They learn the basics of hand-stitching, the art of clothing construction, and how to properly use the sewing machine. Students will also learn sewing terminology and create beautiful projects that will be treasured for a lifetime. We hope to "stitch it" with you soon!





Kickball with Active Play

Wednesdays, 3:00–4:00 PM

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

We are bringing back a classic recess activity: Kickball! In an activity similar to baseball, participants will separate into two teams, but instead of throwing and hitting, they will be rolling and kicking a soft kickball. A certified Active Play Coach will be leading the group for the season. The goal is for the students to learn the rules of the game. They will become knowledgeable about how to run the bases and tag up from a pop-out. Join today for a guaranteed good time!



Green Thumb Club

Thursdays, 3:15-4:15 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

Join Mr. Mason and Mr. Bolger in the Green Thumb Club! Each Thursday, students in Grades 4 and 5 will get their hands dirty in the Garden & Outdoor Learning Space. Participants will help maintain the garden, plant new crops and flowers, learn more about how our food system works, and get to taste some of the delicious harvest.

GRADE 4, CONT.

Fundamentals Academy Basketball

Fridays, 3:15-4:15 PM

April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

This class is for students who are looking to take their game to the next level. By implementing skill-building and full-game experience, it's the ultimate development environment. Our goal is to set our students apart from the competition based on their elite conditioning, skill set, and fundamentals.



GRADE 5

Girls on the Run

Mondays AND Wednesdays, 3:15- 4:30 PM

March 28, 30, April 4, 6, 11, 13, 18, 20, 25, 27, May 2, 4, 9, 11, 16, 18, 23

Girls on the Run (GOTR) is a life-changing program for girls in Grades 3 through 5 that encourages them to explore positive social, emotional, mental, and physical development that integrates running. Participants must attend both Monday and Wednesday sessions to train for the culminating 5k running event on May 22 at Anacostia Park. As part of the national program's required curriculum, GOTR will begin on March 28. Each class is approximately 1 hour and 15 minutes.



Striders

Mondays, 3:15-4:15 PM

March 28, April 4, 11, 18, 25, May 2, 9, 16, 23

Grab your sneakers and warm up with a weekly run! Brave the elements with our passionate coaches and develop self-respect and the value of a healthy lifestyle. We'll be running all over the St. Patrick's campus as well as throughout the surrounding Palisades community. Runners of all experience levels are welcome, but please come ready to pound the pavement in any weather. Other running games will include Capture the Flag and Sharks and Minnows. Sign up today to stay fit!



GWU Tennis

Tuesdays, 3:00-3:50 PM

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

Students will enjoy the afternoon on the GWU tennis courts. Each week, they will explore the fundamentals of beginner's tennis. Players will focus on various techniques, including strokes, footwork, and competitive play through games and drills. Students can use GWU tennis rackets or bring their own!





Kickball with Active Play

Wednesdays, 3:00–4:00 PM

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

We are bringing back a classic recess activity: Kickball! In an activity similar to baseball, participants will separate into two teams, but instead of throwing and hitting, they will be rolling and kicking a soft kickball. A certified Active Play Coach will be leading the group for the season. The goal is for the students to learn the rules of the game. They will become knowledgeable about how to run the bases and tag up from a pop-out. Join today for a guaranteed good time!



Green Thumb Club

Thursdays, 3:15-4:15 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

Join Mr. Mason and Mr. Bolger in the Green Thumb Club! Each Thursday, students in Grades 4 and 5 will get their hands dirty in the Garden & Outdoor Learning Space. Participants will help maintain the garden, plant new crops and flowers, learn more about how our food system works, and get to taste some of the delicious harvest.

Fundamentals Academy Basketball

Fridays, 3:15-4:15 PM

April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

This class is for students who are looking to take their game to the next level. By implementing skill-building and full-game experience, it's the ultimate development environment. Our goal is to set our students apart from the competition based on their elite conditioning, skill set, and fundamentals.

MIDDLE SCHOOL

Yoga & Balance with Mr. Castro

Tuesdays, 3:30-4:15PM

April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

This yoga class incorporates character education through games, movement, and yoga poses. The children will be taught responsibility through listening, compassion, self-esteem, patience, and kindness. These values inspire children to live better on and off the yoga mat.





Whizara Coding

Wednesdays, 3:30-4:30 PM

April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

The Whizara Scratch programming course offers an engaging way for students to start thinking like programmers as they explore and develop imaginative stories, animation, and games using MIT's Scratch programming interface. Students learn the block-based programming concepts of motion, looks, sounds, events, loops, conditional game mechanics, operators, and variables. Students get creative with designing, drawing, recording, and story-boarding personalized projects using the drag-and-drop visual programming interface. The course further reinforces computational concepts of sequencing, pattern recognition, parallelism, and algorithmic thinking.

TGA Flag Football

Thursdays, 3:30-4:30 PM

April 7, 14, 21, 28, May 5, 12, 19, 26 (Make-up June 2)

Flag football is an excellent way for children to learn one of America's favorite sports in a safe, enjoyable, and encouraging environment. This noncontact sport will teach players offensive and defensive skills needed to dominate on the field. Players will focus on footwork, receiving drills, and throwing a football accurately. In addition to the sports skills, coaches will utilize teachable moments during class to implement essential life lessons such as teamwork, kindness, and sportsmanship. Please note this coincides with "no athletics" days.



PRIVATE MUSIC LESSONS FOR ALL GRADES ARE AVAILABLE MONDAYS–FRIDAYS

Monday Dates: April 4, 11, 18, 25, May 2, 9, 16, 23

Tuesday Dates: April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)

Wednesday Dates: April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)

Thursday Dates: April 7, 14, 21, 28 May 5, 12, 19, 26 (Make-up June 2)

Fridays Dates: April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

PIANO/KEYBOARD LESSONS

Introduce your child to the wonderful world of music with piano lessons. Piano/keyboard lessons for beginners focus on piano basics and learning to read notes, read rhythms, play scales, play basic chords, and other tools essential to play any style of music. In this piano/keyboard course, students will meet after school with one of our professional music instructors to practice proper hand position, getting to know the keys, understanding rhythm, and much more. Students will learn by seeing and doing. Access to a piano or keyboard at home would be great but is not a requirement. This is a great way to introduce any young child to the joy of playing.





Monday Dates: April 4, 11, 18, 25, May 2, 9, 16, 23
 Tuesday Dates: April 5, 12, 19, 26, May 3, 10, 17, 24 (Make-up May 31)
 Wednesday Dates: April 6, 13, 20, 27, May 4, 11, 18, 25 (Make-up June 1)
 Thursday Dates: April 7, 14, 21, 28 May 5, 12, 19, 26 (Make-up June 2)
 Fridays Dates: April 8, 22, 29, May 6, 13, 20, 27 (Make-up June 3)

DRUM AND PERCUSSION LESSONS

Introduce your child to the wonderful world of music through the drums and percussion. This class is based on building a foundation of music reading, performance, technique, and aural skills as they apply to the drums. Each lesson starts with a warm-up including various exercises taught and provided to the students. After the warm-up, the lesson material will be presented to the students in the form of handouts, call-and-response activities, or from a lesson book.



GUITAR LESSONS

Guitar players of all skill levels are welcome! Students will explore the fundamentals of guitar, including how to hold a guitar, the numbering system, each guitar string, becoming comfortable with the fretboard and other parts of the guitar, and more. As they improve their skill set, participants will explore how to tune their guitar, scales, chords, arpeggios, and rhythm. Students will learn everything they need to play their first guitar song. Please note: This beautiful and complex instrument is best taught to Grade 2 students and above.