



AFTER-SCHOOL CLUBS

Session II 2020

ONLINE REGISTRATION OPENS:

Thursday, December 12

ONLINE REGISTRATION CLOSES:

Monday, January 20

SESSION II CLASSES BEGIN:

Monday, January 13



AFTER-SCHOOL CLUBS

Session II

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Baking & Cooking Around the World 15 Classes Grades K-2 \$435/session	Ballet Petite 16 Classes Grades K-1 \$520/session	The Art of Book Folding 4 Classes Grades 4-5 \$116/session	Beginner Piano w/ April Flory 14 Classes Grades K-8 \$812/session
Creative Kids Drama 15 Classes Grades 2-4 \$525/session	Beginner Piano w/ April Flory 14 Classes Grades K-8 \$812/session	Boys Running Club 8 Classes Grades 3-5 \$280/session	Chess Club 15 Classes Grades K-2 \$525/session
Girls on the Run 11 Classes Grades 3-5 \$490/session *Meets Mondays and Wednesdays	Checkmate Chess 16 Classes Grades 3-5 (or by permission of instructor) \$528/session	Girls on the Run 11 Classes Grades 3-5 *Meets Mondays and Wednesdays	Debate Club 15 Classes Grades 3-5 \$600/session
Learn. Code. Build. 15 Classes Grades 3-5 \$525/session	Hot Cocoa 16 Classes Grades K-2 \$640/session	Private Strings, Piano, and Brass w/ Griffith Kazmierczak 17 Classes Grades K-8 \$986/session	Fencing 15 Classes Grades 4-5 \$525/session
Minecraft 15 Classes Grades 1-3 \$525/session	Private Strings, Piano, and Brass with Griffith Kazmierczak 16 Classes Grades K-8 \$928/session	Science Palooza 17 Classes Grades K-2 \$595/session	FunBall Class 15 Classes Grades K-2 \$525/session
Private Piano or Percussion with David McDonald 11 Classes Grades 1-8 \$638/session	Tennis with GWU 8 Classes Grades 1-3 \$296/session	Tae Kwon Do 17 Classes Grades K-5 \$629/session	Golf Club 10 Classes Grades K-2 \$370/session
Storybook STEM 8 Classes Grades K-1 \$232/session	Yoga & Balance 16 Classes Grades 1-3 \$528/session	Tennis with GWU 8 Classes Grades 2-4 \$296/session	Private Strings, Piano, and Brass w/ Griffith Kazmierczak 15 Classes Grades K-8 \$870/session
TGA Tennis 15 Classes Grades K-1 \$525/session			Soccer Training with GWU 8 Classes Grades K-3 \$240/session
			Stitch It: Machine Sewing & Design 15 Classes Grades 2-5 \$570/session



AFTER-SCHOOL CLUBS

Policies & Procedures

REGISTRATION

- After-School Clubs are scheduled for two sessions. Session I begins in mid-September, and Session II begins in mid-January. Children may enter a class already in progress as long as there is space available and with the permission of the instructor.
- Register for all After-School Clubs at <http://www.stpatsdc.org/programs/plus/after-school-clubs>.
- If you are enrolling multiple children, **please complete an online After-School Clubs registration for each child**. Once we receive your completed online registration, we will send you an enrollment confirmation.
- Session II registration for After-School Clubs closes Monday, January 20, at 11:00 am.

ENROLLMENT

- We make every effort to offer a variety of classes to students. However, St. Patrick's reserves the right to cancel any program due to lack of sufficient enrollment. You will be notified by Thursday, January 9, if the class may be cancelled.

CANCELLATION POLICY

- Please note that you **MUST cancel no later than 24 hours** after your first session has been completed.
- If you **DO NOT cancel your registration within 24 hours of your first session**, you will be charged 75% of the program fee. To cancel, please email hamiltonr@stpatsdc.org and provide your child's name, your phone number, and the After-School Clubs class information.

PAC (FORMERLY EXTENDED DAY) AND FINANCIAL AID DISCOUNTS

- Limited financial aid discounts are available on a first-come, first-served basis for families currently participating in the Financial Aid Program. To receive a 15% discount on one After-School Club taught by a St. Patrick's faculty member, per session, enter the discount code AIDMON, AIDTUE, AIDWED, or AIDTHU online.
- If your child is contracted for PAC (Pals After Class) and you are registering him/her for an After-School Club, you may be eligible to receive a 30% discount on one After-School Club taught by a St. Patrick's faculty member per session. Enter the discount code EXTENDEDMON, EXTENDEDTUE, EXTENDEDWED, or EXTENDEDTHU online.
- Kindly note that these limited PAC and financial aid discounts are available on a first-come, first-served basis for one activity per child, per session. The financial aid and PAC discounts cannot be combined for the same class.
- Please note that we are unable to apply discounts to the following classes: Ballet Petite, Boys Running Club, Checkmate Chess, Chess Club, Creative Kids Drama, Debate Club, Fencing, FunBall Class, Girls on the Run, Golf Club, Hot Cocoa, Learn. Code. Build., Minecraft, private music lessons, Science Palooza, Soccer Training with GWU, Stitch It, Tae Kwon Do, Tennis with GWU, TGA



Tennis, and Yoga. Should you need a financial aid discount for one of these clubs, please contact Rhia Hamilton.

DISMISSAL

- At the conclusion of each class, ending from 4:00 to 4:30 pm, teachers escort children outside to carpool. For piano classes that end at 3:30 pm or after 4:30 pm, music instructors escort children to the front entrance. Please be prompt for pick-up. If you are delayed, please call the school at 202-342-2805. If your child is not picked up within 15 minutes of the class ending, we will escort him/her to PAC and will call you. You will be billed \$40 for PAC drop-in.

MAKE-UP DATE

- In the event of an unexpected cancellation (e.g., weather closing or instructor absence), the make-up date, if available, will be used as a substitute class.
- In the event that a class cannot be made up, parents will be reimbursed for the class.

PAYMENT INFORMATION

- All fees for After-School Clubs are billed through the Business Office. Please address all payment-related questions to Minnie Ivery at 202-342-2832.

PLEASE RETAIN THIS BOOKLET AS A REFERENCE FOR IMPORTANT COURSE INFORMATION.

QUESTIONS? Please refer to the “After-School Clubs” section under the “St. Patrick’s Plus” tab of the school website.





AFTER-SCHOOL CLUBS

Class Descriptions

(Listed alphabetically)

The Art of Book Folding

INSTRUCTOR: Ms. Rosenberg,
librarian

DAY/TIME: Wednesday, 3:00-4:00 PM

GRADES: 4-5

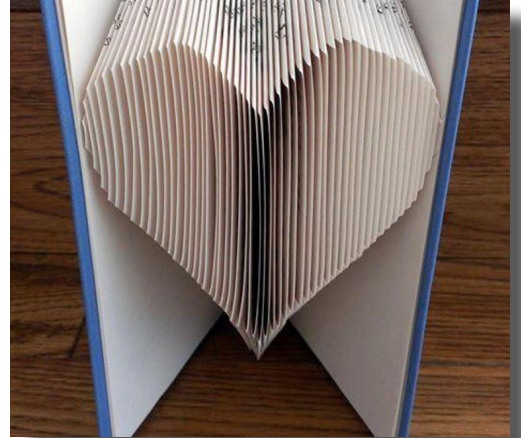
Dates: Jan. 15, 22, 29; Feb. 5 (Feb. 12 make-up date)

COST: \$116

LOCATION: Day School Library

MIN: 4 **MAX:** 10

Transform a book into a work of art in this club. With a ruler, pencil, and old book, we will create heart-themed art just in time for Valentine's Day gift-giving. Following "mark-and-fold" patterns, discarded books will be upcycled into treasured keepsakes. We will also try our hand at blackout poetry, finding messages hidden in existing print.



Baking & Cooking Around the World

INSTRUCTOR: Mrs. Klingenberg,
religion teacher

DAY/TIME: Monday, 3:15-4:15 PM

GRADES: K-2

COST: \$435

LOCATION: Wolfhounds Den

MIN: 6 **MAX:** 8



Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 16, 30; Apr. 6, 13, 20, 27;
May 4, 11 (May 18 make-up date)



Have a sweet tooth? Come join us and learn basic baking and cooking skills while we make delicious cupcakes, cookies, muffins, and other treats. Let your child's curiosity—and appetite—run wild while s/he learns how to make scrumptious delicacies from cultures across the globe. We will learn kitchen vocabulary and the important steps of measuring, following recipes, and handling various ingredients. You'll be baking and tasting! All children will receive a cook-book for the class.



Ballet Petite

INSTRUCTOR: Ballet Petite instructor

DAY/TIME: Tuesday, 3:00-4:00 PM

GRADES: K-1

LOCATION: Mini-Gym

COST: \$520 (no discounts available)

MIN: 6 Max: 12

Dates: Jan. 14, 21, 28; Feb. 4, 11, 25; Mar. 3, 10, 17, 31; Apr. 7, 14, 21, 28; May 5, 12 (May 19 make-up date)

Ballet Petite is a wonderful and enriching dance and performing arts program. Each class is built upon development objectives based on the Royal Academy of Dance ballet curriculum. Ballet Petite creates an imaginative and culturally rich world through the use of movement, literature and classical music, handmade costumes and props, and pantomime to introduce students to dance techniques and the performing arts. Students advance weekly with new ballet progressions, musicality, and creative expression while working to fine-tune their motor skills in an enchanting setting. The classic fairytale style and children's literature develop the children's performance and technical ability and their love of dance.



Beginner Private Piano with April Flory

INSTRUCTOR: Ms. April Flory, N2 teacher

DAY/TIME: Tuesday & Thursday, 3:00-6:00 PM

GRADES: K-8

LOCATION: Music Room 2

COST: \$812 (Tues. & Thurs.) (no discounts available)

Tuesday Dates: Jan. 14, 21, 28; Feb. 4, 11; Mar. 3, 17, 31; Apr. 7, 14, 21, 28; May 5, 12 (May 19 make-up date)

Thursday Dates: Jan. 16, 23, 30; Feb. 6, 13, 20; Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)



I am delighted to be continuing my third year teaching at St. Patrick's. I was born and raised in Canton, Ohio, and my love of music started very early on. I started playing the piano as a toddler in my home, where I learned from my mother. From there, I had the opportunity to attend an elementary school for the arts, where I was able to continue my study of the piano every day in addition to the regular curriculum. I started teaching piano to young students 10 years ago and believe strongly in the ability of music to enhance a child's learning and development. Please note that each private music class is 30 minutes in duration.



Boys Running Club

INSTRUCTOR: ActivePlay instructor
DAY/TIME: Wednesday, 3:15-4:15 PM
GRADES: 3-5

LOCATION: Whitehaven Gym & Outside
COST: \$280 (no discounts available)
MIN: 5 **MAX:** 10

Dates: Mar. 18; Apr. 1, 8, 15, 22, 29; May 6, 13 (May 20 make-up date)

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



Checkmate Chess

INSTRUCTOR: Mr. David Paulina
DAY/TIME: Tuesday, 3:00-4:00 PM
GRADES: 3-5

LOCATION: Day School Library
COST: \$528 (no discounts available)

Dates: Jan. 14, 21, 28; Feb. 4, 11, 25; Mar. 3, 10, 17, 31; Apr. 7, 14, 21, 28; May 5, 12 (May 19 make-up date)

If you already have a basic understanding of chess and want to improve your level of play, then Checkmate Chess is for you! This class is intended for students of all levels. We focus on developing a love of learning and good sportsmanship. Our high-energy lessons keep students excited about the game! We'd love to have you join us!



Chess Club

INSTRUCTOR: Mr. David Paulina

DAY/TIME: Thursday, 2:55-3:55 PM

GRADES: K-2

LOCATION: Church Library

COST: \$525 (no discounts available)

MIN: 6 **MAX:** 14

Dates: Jan. 16, 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)



Chess develops spatial thinking and supports children's ability to focus. Taught by a certified chess instructor, Chess Club at St. Patrick's provides endless benefits to students. We welcome children new to chess to learn piece movement, board, files, ranks, and notation. In Chess Club, we will learn how to apply different strategies for opening, middle, and end game. We will learn to visualize numerous possibilities before making one's next move. Children analyze their games to see where they did great and where they could do better. Players acquire skill sets they can apply to all aspects of their lives for years to come

- Instruction takes place on a large chess-demonstration board. Students are encouraged to participate by moving these pieces when prompted by the instructor.
- The written part of class uses worksheets to reinforce lesson topics.
- Students practice a minimum of 30 minutes each class and are paired with others of the same skill.

Creative Kids Drama

INSTRUCTOR: Creative Kids instructor

DAY/TIME: Monday, 3:15-4:15 PM

GRADES: 2-4

LOCATION: Design & Collaboration Annex

COST: \$525/session
(no discounts available)

MIN: 8 **MAX:** 15

Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 16, 30; Apr. 6, 13, 20, 27; May 4, 11 (May 18 make-up date)

Creative Kids Drama is an innovative and dynamic literature-based drama program. Each week, a professional actor/teacher leads the students in exploring and dramatizing specially selected children's stories. The students then create and act out their own original stories based on these books. These stories, which come from all over the world, are carefully chosen for each age group.

Creative Kids Drama introduces students to acting, increases their love of books, and provides an exciting way to practice oral language and literacy skills. It's the perfect mix for an enjoyable and memorable after-school program!





Debate Club

INSTRUCTOR: Spark Business Academy instructor

DAY/TIME: Thursday, 3:15-4:15 PM

GRADES: 3-5

LOCATION: Day School Library

COST: \$600/session

(no discounts available)

MIN: 6 **MAX:** 10

Dates: Jan. 16, 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)

Students learn the art of persuasion and help select debate topics they find appealing. They work in rotating groups and practice their debating skills in a supportive environment, including developing arguments, issuing rebuttals, providing examples, rebuilding their case, and summarizing points of view. Students learn to think on their feet and enhance their public-speaking skills, gaining self-confidence in the process.

Fencing

INSTRUCTOR: ActivePlay instructor

DAY/TIME: Thursday, 3:15-4:15 PM

GRADES: 4-5

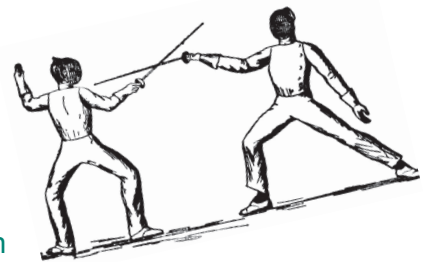
LOCATION: Nave

COST: \$525 (no discounts available)

MIN: 6 **MAX:** 10

Dates: Jan. 16, 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)

Calling all pirates, musketeers, and Jedi! Fencing is coming to St. Patrick's! Fencing is a martial art and an Olympic sport. It is based on swordsmanship in which winning points are made through contact with an opponent. Children in the class will learn basic moves and participate in matches to develop their skills and explore this history-rich sport that combines athleticism and intellect. Like other martial arts, fencing is about personal accomplishment, creative problem-solving, and discipline. Fencers will apply their acquired skills and confidence to other sports, studies, and life. All equipment used in this class, including clothing, masks, and sabres, will be provided by the instructor.





FunBall Class

INSTRUCTOR: Mr. Omar Griffin

DAY/TIME: Thursday, 3:00-4:00 PM

GRADES: K-2

LOCATION: Mini-Gym

COST: \$525 (no discounts available)

MIN: 6 **MAX:** 10

Dates: Jan. 16, 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30;
May 7, 14 (May 21 make-up date)

This class introduces the fundamentals of sports through games, dance, and aerobics in a non-competitive, enjoyable, nurturing environment. The goal of this class is to develop students' motor skills, balance, and confidence, which can be applied to all sports, while simultaneously building a lifelong love for exercise. Students learn skills that are necessary to play all sports, including how to kick, catch, throw, run, dodge, jump, shoot, and much more.



Girls on the Run

INSTRUCTORS: Ms. Sack, art teacher; Mrs. Thomas, 3B teacher; and Mrs. Hockenberry, K3 teacher

DAY/TIME: Monday & Wednesday, 3:15-4:30 PM

GRADES: 3-5

LOCATION: 3B

COST: \$490
(no discounts available)

MIN: 10 **MAX:** 15

Monday dates: Mar. 9, 16, 30; Apr. 6, 13, 20, 27; May 4, 11, 18; June 1

Wednesday dates: Mar. 11, 18; Apr. 1, 8, 15, 22, 29; May 6, 13, 20, 27

Girls on the Run (GOTR) is a life-changing, experiential learning program for girls in Grades 3 to 5. GOTR encourages positive social, emotional, mental, and physical development as participants train for a culminating 3.1-mile (5K) running event on Sunday, May 31, at Freedom Plaza. In order to participate in the run, girls must attend both the Monday and Wednesday sessions. Availability is determined on a first-come, first-served basis.



Golf Club

INSTRUCTOR: Ms. Sandi Weinberg
DAY/TIME: Thursday, 3:15-4:15 PM
GRADES: K-2

LOCATION: Indoor Playroom &
Outside
COST: \$370
(no discounts available)

Dates: Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30 (May 7 make-up date)

Join us for a one-hour class that is success-driven for our future golfers! We introduce and practice putting, chipping, and driving, with a focus on form along with hand-eye coordination. We have several nine-foot putting greens to make and master miniature-golf games.

We use rubber golf balls and practice balls of all sizes (including quick-start tennis balls for the beginners, which allow the children to have immediate success). Let us introduce this life-long sport in a safe and extremely enjoyable environment.



Hot Cocoa

INSTRUCTOR: SPARK Business
Academy instructor
DAY/TIME: Tuesday, 3:15-4:15 PM
GRADES: K-2

LOCATION: LS Science Room
COST: \$640 (no discounts available)
MIN: 5 **MAX:** 12

Dates: Jan. 14, 21, 28; Feb. 4, 11, 25; Mar. 3, 10, 17, 31; Apr. 7, 14, 21, 28; May 5, 12 (May 19 make-up date)



My First Hot Chocolate Stand: Let's sell hot chocolate! Join us for this enjoyable class, where you learn how to make yummy hot chocolate and how to earn money selling it! Each session empowers students with an entrepreneurial mindset for their hot chocolate stand. Students learn about marketing, finance, and strategy in a supportive environment fostering teamwork. From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy. As a showcase event, students launch their hot chocolate stand at the conclusion of the club and donate profits to a charity that they select!



Learn. Code. Build.

INSTRUCTOR: Codemoji instructor

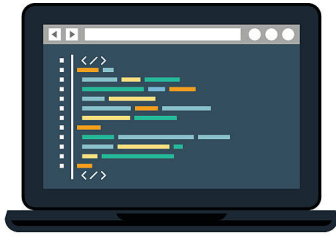
DAY/TIME: Monday, 3:15-4:15 PM

GRADES: 3-5

LOCATION: Day School Library

COST: \$525 (no discounts available)

MIN: 6 **MAX:** 10



Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 16, 30; Apr. 6, 13, 20, 27; May 4, 11 (May 18 make-up date)

Robots! Coding! Games! Grades 3 to 5 students will be immersed in STEM activities as they explore coding and website development during the Learn. Code. Build. program. During this 15-week program, students will learn how to build a website, use various methods to code robots, and utilize STEM devices to build creative games and projects. Through the Codemoji platform, students will dive into HTML, CSS, and JS and become fluent with programming terms.

Minecraft

INSTRUCTOR: Mr. David Paulina

DAY/TIME: Monday, 2:55-3:55 PM

GRADES: 1-3

LOCATION: Design & Collaboration Annex

COST: \$525 (no discounts available)

MIN: 6 **MAX:** 12

Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 16, 30; Apr. 6, 13, 20, 27; May 4, 11 (May 18 make-up date)

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!





Private Piano or Percussion with David McDonald

INSTRUCTOR: Mr. David McDonald

LOCATION: Music Room 1

DAY/TIME: Monday, 3:00-6:00 PM

COST: \$638

GRADES: 1-8

MIN: 6 **MAX:** 12

Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 30; Apr. 6, 13; May 4
(May 18 make-up date)

We invite children interested in drumming or piano to learn with David McDonald on Monday afternoons. A gifted piano and percussion instructor, Mr. McDonald has more than 15 years of professional experience in music education and performance. He has recently served on the music faculties at Washington Conservatory of Music and British International School of Washington. In addition, he is a full-time member of the United States Air Force Band, with whom he has presented hundreds of concerts and clinics at various high schools and universities across the country. Mr. McDonald holds a master's degree in music performance from the Catholic University of America and a bachelor's degree in music performance from DePaul University. Please note that each private music class is 30 minutes in duration.



Private Strings, Piano, or Brass with Griffith Kazmierczak

INSTRUCTOR: Mr. Griffith Kazmierczak

DAY/TIME: Tuesday-Thursday, 3:00-6:00 PM

GRADES: K-8

LOCATION: Music Room 1

COST: \$928 (Tues.) \$986 (Wed.) \$870 (Thurs.) (no discounts available)

Tuesday dates: Jan. 14, 21, 28; Feb. 4, 11, 25; Mar. 3, 10, 17, 31; Apr. 7, 14, 21, 28; May 5, 12 (May 19 make-up date)

Wednesday: Jan. 15, 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11, 18; Apr. 1, 8, 15, 22, 29; May 6, 13 (May 20 make-up date)

Thursday: Jan. 16, 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)



2015-2016 Strathmore Artist-in-Residence Griffith Kazmierczak has been turning heads in the D.C. area for nine years. He performs on the trumpet, violin, and mandolin, making him a rare breed of multi-instrumentalist. Mr. Kazmierczak's musical style strives constantly to unite the "stuck-in-your-head" melodies of popular song with the complexity of modern jazz. Holding bachelor's and master's of music degrees from the University of Maryland in College Park, Griffith brings with him 10 years of private teaching experience and knowledge of a variety of musical instruments, including strings, brass, and piano. Mr. Kazmierczak started his musical experience in a Suzuki Strings program at the age of four and aims to inspire his students with the same love of music that he experienced from an early age. Please note that each private music class is 30 minutes in duration.



Science Palooza

INSTRUCTOR: Little Scholar instructor
DAY/TIME: Wednesday, 3:00-4:00 PM
GRADES: K-2

LOCATION: LS Science Room
COST: \$595/session (no discounts available)
MIN: 6 **MAX:** 12



Dates: Jan. 15, 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11, 18; Apr. 1, 8, 15, 22, 29;
May 6, 13 (May 20 make-up date)

Come discover, experiment, and create as we learn about the colliding worlds of art and science in this STEAM-based class. We will create simple machines, learn about crystals and minerals, and dabble in the world of robots. Put on your lab coat and grab your art supplies, because this STEAM class will rock your world!



Soccer Training with GWU

INSTRUCTORS: George Washington University men's soccer coaches
DAY/TIME: Thursday, 3:00-4:00 PM
GRADES: K-3

LOCATION: Whitehaven Field & Gym
COST: \$240 (no discounts available)
MIN: 6 **MAX:** 24

Dates: Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)



We invite you to join the GWU soccer coaches this spring! The weekly 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. Soccer players of all abilities will benefit from and enjoy the small-group instruction and demonstration to develop and improve ball control and technique. Please note: Children should wear shin guards and sneakers for the training.



Stitch It: Machine Sewing & Design

INSTRUCTOR: I Can Build a Bridge instructor

LOCATION: Design & Collaboration Annex

DAY/TIME: Thursday, 3:15-4:15 PM

COST: \$570 (no discounts available)

GRADES: 2-5

Dates: Jan. 16, 23, 30; Feb. 6, 13, 20, 27; Mar. 5, 19; Apr. 2, 16, 23, 30; May 7, 14 (May 21 make-up date)

Are you looking for an enjoyable and creative way to express yourself while learning about STEAM? Well, Stitch It: Machine Sewing & Design is the class! Students learn various age-appropriate hand- and machine-sewing techniques. Students will also learn about the science of fabrics, how they are made, and the various types; the technology of the machine and its functions; the engineering of making your projects and the art of designing them and making them unique; and the math of sewing, including measuring the seam allowance and its effect on the size of your project or measuring the circumference of your head, waist, or leg to make sure project measurements are correct. In Stitch It, students will make beautiful, personalized, and detailed projects while learning practical skills that will last a lifetime! Please note that all materials are included in the course fee.



Storybook STEM

INSTRUCTOR: Ms. Andrea Miller, 1B teacher

LOCATION: 1B

DAY/TIME: Monday, 3:15-4:15 PM

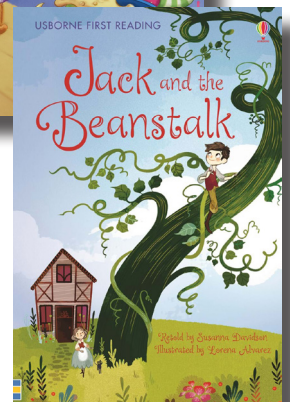
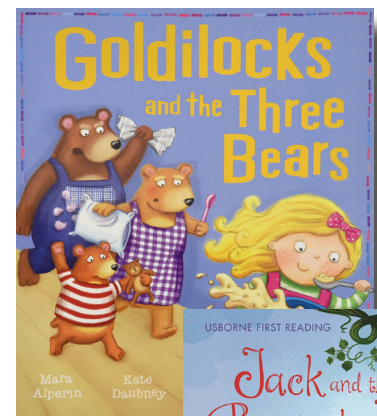
COST: \$232

GRADES: K-1

MIN: 6 **MAX:** 12

Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 16 (Mar. 30 make-up date)

New picture books and old favorites will spark students' imagination and creativity as they embark on design challenges inspired by children's literature. Every session, we will listen to and discuss a story. Then, children will participate in a design challenge to complete. Possible activities include building a bear hibernation station, designing a parachute for Jack to escape the Giant and his beanstalk, and creating a new bed for Goldilocks.





Tae Kwon Do

INSTRUCTOR: Mr. William Fletcher
DAY/TIME: Wednesday, 3:15-4:15 PM
GRADES: K-5

LOCATION: Great Hall
COST: \$629 (no discounts available)
MIN: 8 **MAX:** 20

Dates: Jan. 15, 22, 29; Feb. 5, 12, 19, 26; Mar. 4, 11, 18; Apr. 1, 8, 15, 22, 29; May 6, 13 (May 20 make-up date)



Practice and training in tae kwon do are beneficial to the body, mind, and spirit. Physically, it increases strength, flexibility, balance, and coordination. Mentally, it improves concentration, focus, and discipline. Perhaps the most important benefits gained by students of tae kwon do are increased self-confidence and self-esteem. The tae kwon do tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit are taught and emphasized in class. William Shane Fletcher is a 3rd Dan Black Belt who has been teaching tae kwon do for more than 15 years. He is twice the Maryland State Middleweight Champion and Senior Staff Instructor at Flying Kick Fitness Center, located in Bethesda.

Tennis Clinic with GWU

INSTRUCTORS: GWU coach
DAY/TIME: Tuesday, & Wednesday,
3:00-4:00 pm
GRADES: Tuesday: 1-3, Wednesday:
2-4

LOCATION: GWU Courts
COST: Tuesday & Wednesday: \$296
(no discounts available)
MIN: 4 **MAX:** 12

Tuesday Dates: Mar. 17, 31; Apr. 7, 14, 21, 28; May 5, 12
(May 19 make-up date)

Wednesday Dates: Mar. 18; Apr. 1, 8, 15, 22, 29; May 6, 13
(May 20 make-up date)

Tennis, anyone? After-school tennis lessons are at the GWU-Mount Vernon Campus tennis courts. Clinics feature tennis fundamentals, strokes, footwork, and some competitive play. We maximize practice time by limiting groupings to four children to each court. Students will be grouped based on grade and ability. The tennis instructors pick up and drop off the children at St. Patrick's. GWU provides racquets. However, if your child brings his/her own racquet, please be sure his/her name is written on it.





TGA Tennis

INSTRUCTOR: TGA Tennis instructor

DAY/TIME: Monday, 3:00-4:00 PM

Grades: K-1

LOCATION: Mini Gym

COST: \$525

MIN: 6 **MAX:** 15

Dates: Jan. 13, 27; Feb. 3, 10, 24; Mar. 2, 9, 16, 30; Apr. 6, 13, 20, 27; May 4, 11 (May 18 make-up date)

Students focus on improving fine-motor skills and coordination through games and drills while learning the basic rules and etiquette of tennis. Coaches use teachable moments during lessons and games to promote life skills like honesty and sportsmanship. Modified equipment such as low-impact balls and activities including warm-up, lessons, and rally game play are designed to help each student reach a new level of success in an entertaining and supportive environment.

Yoga & Balance

INSTRUCTOR: Ms. Laura Narayani

Gubisch

DAY/TIME: Tuesday, 3:00-4:00

PM

GRADES: 1-3

LOCATION: Nursery School

Library

Dates: Jan. 14, 21, 28; Feb. 4, 11, 25; Mar. 3, 10, 17, 31; Apr. 7, 14, 21, 28; May 5, 12 (May 19 make-up date)



This yoga class incorporates character education through games, movement, and yoga poses. Simple yoga poses are combined with engaging songs, stories, and various traditional yoga games that increase flexibility. Laura Narayani Gubisch, who has taught yoga at St. Patrick's for a number of years, has been trained not only in children's yoga, but also in classroom management. The children will be taught responsibility through listening, compassion, self-esteem, patience, and kindness. These values inspire us to live better on and off the yoga mat. Please note that a new yoga mat is included in the class fee.