

GFS

GERMANTOWN FRIENDS SCHOOL

ONLINE AFTER-SCHOOL CLUBS

SPRING 2020



Please enjoy the following descriptions of the fun, enrichment-oriented clubs we will be offering online in this spring.

Clubs will begin the week of April 27-May 1 and end the week of June 8-12, for a total of seven weeks. Each club costs \$105 for the entire season (\$15 per session).

Please note that club lengths are approximate. They may end up being a bit shorter or a bit longer. All clubs will be conducted entirely live except for Soccer Shots, which will have pre-recorded content as well as live content.

We miss you so much!

GERMANTOWNFRIENDS.ORG

1 • ALL-STAR SPORTS WITH OBVIOUS CHOICE SPORTS

Mondays, 4-4:30 p.m. | Grades Kindergarten-2
Material, Gear, and Space Needs: Students will need sufficient space to bounce and/or dribble a ball safely. Ideal for participants to have a basketball and a soccer ball on hand.

Coach C. and Obvious Choice Sports offer young athletes the opportunity to improve their skills in a wide range of sports. Participants will stretch/warm up, play the always popular "Coach Says," learn vocabulary, and practice their skills with drills they can do at home! Each program will develop hand-eye coordination, conditioning, and sportsmanship—all while having loads of fun! This program will help youngsters prepare to get right back on the court or field!

2 • AMAZING ZOOMDANCE

Tuesdays, 4-4:30 p.m. | PreK-Grade 2 | Material, Gear, and Space Needs: Students will need sufficient space to enjoy creative movement safely. This movement may involve twirling, skipping, jumping, and more!

ZoomDance classes are filled with dance, music, storytelling, imagination, and fun! In the online format, we are looking to keep your kids moving and using their bodies with a range of creative activities. We'll dance our way through stories, exploring the characters and adventure through rhythmic movement, songs, and performance, and leave space for everyone to show off their favorite moves. ZoomDance creator and instructor Sarah Gladwin Camp is a professional dancer and choreographer who has taught children's dance, music, and drama throughout Europe and in Philadelphia. To learn more, visit www.zoomdance.com.

3 • AMERICAN SIGN LANGUAGE

Tuesdays, 4-4:30 p.m. | Grades 1-5 | Material, Gear, and Space Needs: All materials will be provided

American Sign Language (ASL) will be taught by Karen Leslie-Henry, who is the Director of Community Relations for our neighbor, The Pennsylvania School for the Deaf. This club is designed both for new and returning students.



For returning students, Karen will review the ASL alphabet, numbers, and basic vocabulary. Students will be provided with alphabet and vocabulary worksheets, and will practice and learn handshapes associated with the language. Sessions will also include understanding deaf culture, basic communication tips and tools, conversation structure, and games. Since ASL relies totally on visual access, in the online version of this club, it will be important to have full visual access to the student's full face, both hands and upper body. Students new to the program then will partner with their more experienced classmates because, as the old saying goes: "The best way to learn something is to teach it!"

4 • BALLET FOR CENTER CITY STUDENTS

Fridays, 4:10-4:45 p.m. | Preschool-PreK (ages 3-5)
Material, Gear, and Space Needs: Ballet attire recommended; scarf or ribbon, stuffed animal, and wand if handy are recommended but not required. Students will need sufficient space to enjoy dancing safely.

The goal of our after-school ballet program is to immerse our youngest dancers in the joys of moving to music. Each week, beloved and classically-trained professional dancer Fallon

Gannon introduces our youngest students to different types of music and movement while teaching (and later reinforcing) basic ballet terminology and positions. The focus is on careful listening (both to the music and to the instructions), creative expression, and, of course, fun! Dancers will join Fallon remotely from their homes for the very same pattern of class. Dancers will have a sharing time at the beginning to say hello to each other. Once instruction starts, dancers will be asked to mute their mics to prohibit any background noise so students can all focus on dancing. All warmup/exercises/technique will remain the same. Students will meet back together at the end and unmute their mics to share what their favorite part of class was that day. Dancers are asked to bring a scarf or ribbon, stuffed animal, and wand if they have them handy. Note: These props are recommended but NOT necessary.



5 • BALLET MAIN CAMPUS: ALADDIN
Fridays, 5-5:40 p.m. | Preschool-Grade 1 (ages 3-7) | Material, Gear, and Space Needs: Traditional ballet attire; in addition, a scarf or ribbon, stuffed animal, and wand (if handy) are recommended but not required. Students will need sufficient space to enjoy dancing safely.

This spring, come fly with us on a magic carpet to the Arabian city of Agrabah, where Aladdin and his sidekick Abu rub a magic lamp, release the magic genie, and help Princess Jasmine save her kingdom from the nefarious Jafar. Under the direction of our wonderful ballet instructor, Fallon Gannon, participants will dance to such classic songs as "A Whole New World" from Alan Menken's wonderful score for the new live-action version of Aladdin. We will all dance together, remotely from our homes following the usual structure of Fallon's class: share, warmup, technique, and finish up with learning choreography. Class will begin with a sharing time for students to go around and say hello to their friends in the club. Once warmup begins all dancers will mute their mics to cut out all background noise so each dancer can focus on the instruction. Dancers will follow along with Fallon's instruction until the end of class. At the end, students will meet back together, turn on their mics, and can share with one another their favorite part of class/the dance/etc. Newcomers are welcome. Dancers are asked to bring a scarf or ribbon and/or wand if they have them handy. Note: These props are recommended but NOT necessary. They will only be used for a few short exercises with a creative dance section.

Please note: As Ballet Plus will follow directly after Ballet Main Campus: *Aladdin*, please be sure to have your child disconnect once the main session has finished.

BALLET PLUS \$35 for full season
Fridays, 5:40-6 p.m. | PreK-Grade 1

Our more experienced dancers are invited again to participate in an additional twenty minutes of class following the regular ballet class. Students who have participated in ballet with Fallon for two or more prior terms are welcome to enroll in Ballet PLUS as a session option in ACTIVE Network.

Note: Ballet classes are open to dancers of all genders. Students will need their own ballet attire and slippers. Slippers, a leotard, and tights, or a T-shirt with black leggings, are recommended. Dancers should wear the attire they feel best suits them. Dancewear can be purchased through www.discountdance.com.



6 • BASKETBALL WITH OBVIOUS CHOICE SPORTS

Tuesdays, 4-4:30 p.m. | Grades 3-5

Material, Gear, and Space Needs: Students will need sufficient space to bounce and/or dribble a ball safely. Ideal for participants to have a basketball and a soccer ball on hand.

Coach C. and Obvious Choice Sports offer young athletes the opportunity to improve their skills in basketball. Participants will stretch/warm up, play the always popular “Coach Says,” learn vocabulary, and practice their skills with drills they can do at home! Each program will develop hand-eye coordination, conditioning, and sportsmanship—all while having loads of fun! This program will help youngsters prepare to get back on the court or field!

7 • CERAMICS: THE CLAY CLUB

Mondays, 4-4:45 p.m. | Grades 1-4

Material, Gear, and Space Needs: Homemade “claydough” or air dry clay (see below on ordering), a plastic tablecloth, tools.

The online “Clay” club this term will be using an air dry clay material that does not require firing.

Some possible projects might include animal sculptures and figures, clay jewelry, self-portraits/clay faces, decorative containers, etc. If available, the commercial air dry material required will be sent to the student’s home. Alternatively, a parent or caregiver may need to make the homemade air dry material using basic ingredients such as cornstarch, vinegar, white glue, etc. (with the specific recipe for the material sent in advance). The online format will also require parents to gather together common objects and tools found at home for the projects.

Expert ceramicist Lynne Dorman, who has been teaching ceramics to children for more than a decade, will be bringing her love of clay and art to this fun-filled after school club.

Please note: If unable to buy the air dry clay listed below, parents may make their own “claydough” at home for their child to use.

[Crayola White Air Dry Clay](#) is available for purchase at Michaels for \$13.99 (\$11.19 with coupon 20MAKE4120). Shipping is \$6.95, or curbside pick-up is available at [stores](#) in the greater Philadelphia area.

8 • CERAMICS: THE CLAY CLUB - KINDERGARTEN

Mondays, 5-5:45 p.m. | Kindergarten

Material, Gear, and Space Needs: Homemade “claydough,” a plastic tablecloth, and tools

The online “Clay” club will focus on squeezing, poking and molding a simple, homemade dough substance to create fun, useful and decorative objects such as dishes, pendants, beads, animal sculptures, and pieces of one’s choosing - just the thing to keep little hands busy! The dough will be made using the simple ingredients of flour, salt, and water and can be made in advance (recipe will be sent ahead) or by following along with the instructor during the first session. The online format will require that parents gather together basic tools and materials for the projects. Some parent/caregiver assistance may be required to prepare the “claydough”.

Expert ceramicist Lynne Dorman, who has been teaching ceramics to children for more than a decade, will be bringing her love of clay and art to this fun-filled after school club.

9 • HAND SEWING

Thursdays, 3:45-4:30 p.m. | Grades Kindergarten-2 | Material, Gear, and Space Needs: A sewing kit will be needed for this club. Please select the sewing kit—which will be a session option—when registering.

Local needle arts expert Heather Hutchison Harris is back to share her love of handcrafts with our younger lower schoolers. Using Google Meet, club participants will have a live class with Heather using the pre-purchased hand sewing kits. As participants' skills develop, so will the complexity of the projects. Participants will learn how to: thread a plastic needle, tie knots, running and whip stitches, and add embellishments that are included in the kit. Heather's hand sewers will have an awesome time creating cool projects with their friends!

10 • HIP-HOP WITH MOVEMAKERS PHILLY

Thursdays, 4-4:45 p.m. | Grades 1-4 | Material, Gear, and Space Needs: Sufficient space to do hip-hop dance moves

Movemakers Philly's renowned hip-hop classes combine martial arts-like technique with fast, energetic choreography. Participants will not only learn the evolution of hip-hop as a dance form, they will also study choreography from the latest music videos. Each session will begin with warm-up exercises before the music starts and the class begins learning and creating their own complex dance moves. Students will be encouraged to find their identities through movement and to explore "the choreographer within" by creating portions of the final routine themselves.



11 • INTRO TO SPORTS WITH OBVIOUS CHOICE SPORTS

Thursdays, 4-4:30 p.m. | Preschool-Kindergarten (ages 3-6) | Material, Gear, and Space Needs: Students will need sufficient space to enjoy creative movement safely. This movement may involve twirling, skipping, jumping, and more!

Coach C. and Obvious Choice Sports offer young athletes the opportunity to improve their skills in a wide range of sports. Participants will stretch/warm up, play the always popular "Coach Says," learn vocabulary, and practice their skills with drills they can do at home! Each program will develop hand-eye coordination, conditioning, and sportsmanship—all while having loads of fun! This program will help youngsters prepare to get right back on the court or field!

12 • KARATE I

Mondays, 4-4:30/4:45 p.m. | Preschool-Kindergarten (ages 3-6)

13 • KARATE II

Mondays, 5-5:30/5:45 p.m. | Grades 1-5

Material, Gear, and Space Needs: A foam pool noodle cut evenly into four pieces and a yoga mat are recommended; space to do karate; and a karate gi to wear if available.

Under the direction of expert martial artist Mr. Edgard Velez, Karate I and II students will learn and practice drills designed to condition their minds and bodies while also emphasizing fun. Mr. Edgard specializes in teaching children of all ages, experience levels, and backgrounds, and is dedicated to instilling the benefits of hard work, respect, compassion, and drive, both in and out of class. Karate online will continue to enforce the lessons we have learned in the classrooms. Our lessons will include games and drills that will help with focus, coordination, and fun.

14 • MANDARIN: SINGING PANDAS

Thursdays, 4-4:30 p.m. | Preschool-PreK (ages 3-5)

15 • MANDARIN: LAUGHING DRAGONS

Fridays, 4-4:30 p.m. | Grades Kindergarten-2

16 • MANDARIN: FLYING TIGERS

Fridays, 5-5:30 p.m. | Grades 3-5

Material, Gear, and Space Needs: None

Experienced Mandarin teacher Hsiao-Ning Tu returns to continue her characteristic hands-on approach of learning through combining songs, stories, and play! Come join a 30-minute fun-filled festivity of live Chinese cultural practice brimming with age-appropriate songs, stories, games, and even poetry! Led by children’s innate curiosity and language learning instinct, Tu laoshi’s (laoshi = teacher) immersion approach maximizes linguistic exposure and sharpens the aural sensitivity of young brains. Our old friends little lion, baby shark, and others are also back, taking center stage to energize your child’s innate curiosity, learning instinct, and participation.

17 • SOCCER SHOTS I

Tuesdays, 4-4:30/4:40 p.m. | Ages 3-4

18 • SOCCER SHOTS II

Tuesdays, 5-5:30/5:40 p.m. | Ages 5-8

Material, Gear, and Space Needs: Sufficient space to practice soccer-related skills as well as a soccer ball (or any similarly-sized ball)

Soccer Shots is going online to kick off the spring season and keep your child learning! Soccer Shots On The Go uses our expert-approved curriculum to help children get moving and have some fun at home! Through professionally developed content hosted by Coach Billy each week, you’ll receive age-appropriate digital instruction including Vimeo recorded instruction and additional resources with soccer skills, character development and creative ways to stay active! Each weekly class will run for 30-40 minutes through the GFS platform for social interaction between coach and children. Check out [this video](#) for a sneak peek!



19 • UKULELE KIDS

Mondays, 4-4:30/4:45 p.m. | Grades 1-3
Material, Gear, and Space Needs: Ukulele

Interested in learning how to play a stringed instrument? The ukulele is the perfect choice: they are simple to learn, easy to carry, comparatively inexpensive to purchase, and timelessly popular. This course, taught by a professional musician from Philly Music Lessons, will begin with basic chords and then progress to learning songs. Students will also learn about the instrument’s history as well as some classic songs. Philly Music Lessons have found great success with online lessons since having to shut down their studios. Ukulele remains an easy instrument to learn, and excel at, even via the online format

Note: Students who do not already own a ukulele can order one through ACTIVE Network when registering for the club.

20 • YOU GO GIRLS™

Thursdays, 4-4:30/4:45 p.m. | Grades 3-6
Material, Gear, and Space Needs: Sneakers and a place to run outside safely

You Go Girls™ is a club that supports sisterhood and self-esteem in the context of running. Under the direction of GFS parent and running enthusiast Katie Scrivner, girls will be led virtually through a series of stretching and strength work to help them prepare for independent running activities to complete before the following week's session. Each week we will focus on a different aspect of the art and sport of running and a different aspect of teamwork, and positive mental and emotional development for girls. Girls will need to have some time each week to run independently and safely, either in a yard or with an adult in the community. Weekly commitment outside of club time will be no more than 45 minutes each week.



CONTACT INFORMATION

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REGISTRATION

Visit www.germantownfriends.org/extendedday to find the registration button for ACTIVE Network. Enrollment is limited, so sign up early!