

# MONDAY

## M.A.T.I Karate

TK/K • 12 weeks (Session 1 & 2)  
Monday, 1:45-2:30 p.m.  
Cost: \$250

Sept. 12, 19; Oct. 3, 10, 17, 24, 31;  
Nov. 7, 14, 28; Dec. 5, 12  
*(No class 9/26, Rosh Hashanah;  
11/21, Thanksgiving)*

Don Newell and Eliza Newell from M.A.T.I. Kempo Karate are back by popular demand for their tenth year! The Martial Arts Training Institute helps students learn basic karate techniques, including kicks, blocks, strikes, and self-defense. The class will also focus on students building confidence when meeting someone new by practicing the three aspects of a polite greeting: good eye contact, firm handshake, and a loud voice. Students also learn the "Three Rules of Concentration": focus your eyes, mind, and body. Important life skills, such as respect, a positive attitude, self-control, and honesty will be reinforced as well. The last class will include a belt ceremony where students showcase what they have learned to their instructors and family. Whether a child is new to the sport or working to move up to a higher belt level, this class will accommodate all skill levels.

## Tiny Tumblers

TK/K • 6 weeks  
Monday, 1:45-2:30 p.m.  
Cost: \$150

September 12, 19;  
October 3, 10, 17, 24  
*(No class September 26, Rosh Hashanah)*

Join us for Tiny Tumblers where our TK and Kindergartners will learn basic acrobatic and tumbling skills. Classes will include a warm up, stationary acrobatics, and down-the-mat tumbling. This program will encourage movement, strength, and conditioning. Our instructor, Cindy Milia, was a former collegiate gymnast and is certified in acrobatics by Carolina Dance Masters. Fun Fall themes of apples, leaves, and pumpkins will also be incorporated into the warm-up and down-the-mat exercises. Students will practice taking turns, sharing, social skills, and listening skills, all while having fun and staying active!



## Enrichment Programs, Fall 2022: Session 1

## M.A.T.I Karate

Grades 1-5 • 12 weeks (Session 1 & 2)  
Monday, 3:00-3:45 p.m.  
Cost: \$250

Sept. 12, 19; Oct. 3, 10, 17, 24, 31;  
Nov. 7, 14, 28; Dec. 5, 12  
*(No class September 26, Rosh Hashanah;  
November 21, Thanksgiving)*

Don Newell and Eliza Newell from M.A.T.I. Kempo Karate are back by popular demand for their tenth year! The Martial Arts Training Institute helps students learn basic karate techniques, including kicks, blocks, strikes, and self-defense. The class will also focus on students building confidence when meeting someone new by practicing the three aspects of a polite greeting: good eye contact, firm handshake, and a loud voice. Students also learn the "Three Rules of Concentration": focus your eyes, mind, and body. Important life skills, such as respect, a positive attitude, self-control, and honesty will be reinforced as well. The last class will include a belt ceremony where students showcase what they have learned to their instructors and family. Whether a child is new to the sport or working to move up to a higher belt level, this class will accommodate all skill levels.



## Lower School Bucket Band

Grades 3-4 • 6 weeks  
Mondays, 3:00-3:45 p.m.  
Cost: \$120

September 12, 19;  
October 3, 10, 17, 24

The Lower School Bucket Band, led by Latin's own Alicia Long and Katie Kilroy, invites your child to express authenticity through drumming by creating rhythms and sounds that feel and sound good when played alone or with a group. This program is designed to be exciting and intuitive, complete with games, engaging activities, and the opportunity to collaborate with the LS Junior Hawks Cheer enrichment program to perform at a Varsity Football game! We'll learn beginner-friendly rhythm activities for improving social connectivity and coordination. Most importantly, the Bucket Band will be a FUN and unique experience for everyone involved.



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# TUESDAY

## Enrichment Programs, Fall 2022: Session 1

### Manners Matter

TK/K • 6 weeks  
Tuesday, 1:45-2:30 p.m.  
Cost: \$120

September 6, 13, 20;  
October 4, 11, 18  
*(No class 9/27, Fall Break)*

Raise your hand if you like good manners! Learning good manners is an important part of social development. Join us for a fun-filled program that will encourage and promote these essential qualities. Your child will learn the art of handwritten notes, proper table manners, making eye contact when engaging with others, practicing patience gracefully, demonstrating an attitude of gratitude, and getting along with others. We will work on these skills through games and role playing along with daily challenges, all complete with lots of laughter and surprise treats. This class will be led by former Nest Teacher and Latin Summer Camps veteran instructor, Laura Douglas. Come see how learning good manners can be fun!

### First Tee of Charlotte

TK/K • 6 weeks  
Tuesdays, 1:45-2:30 p.m.  
Cost: \$115

September 6, 13, 20;  
October 4, 11, 18  
*(No class 9/27, Fall Break)*

“FORE!” Whether your child is new to the sport or has played before, this class is appropriate for all skill levels. First Tee of Charlotte’s enrichment program focuses on instilling a passion for golf, developing skills, having fun, and building confidence. Every class includes golf instruction, physical activity, a rules and etiquette lesson, and a character development theme from “The First Tee Nine Core Values”: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy, and judgment. This class is a fun environment designed to encourage participation to give boys and girls a solid foundation in the game of golf.

### Outrageous Origami

Grades 2–3 • 6 weeks  
Tuesdays, 3:00-3:45 p.m.  
Cost: \$140

September 6, 13, 20;  
October 4, 11, 18  
*(No class 9/27, Fall Break)*

Let’s make super cool and interesting animals, shapes, and more using the Japanese art of paper folding. We’ll have a blast and strengthen our brain at the same time by using our fine motor skills, eye-hand coordination, and mental concentration. This class will be led by Laura Douglas, former Nest teacher and Latin Summer Camps veteran instructor. Come see what awesome creations we can make with colorful papers!

### Hawks in Training

Grades 4–5 • 6 weeks  
Tuesdays, 3:00-3:45 p.m.  
Cost: \$120

September 6, 13, 20;  
October 4, 11, 18  
*(No class 9/27, Fall Break)*

Our fourth and fifth grade athletic development enrichment program is designed for both boys and girls to strengthen coordination and athleticism. Led by Varsity Wrestling Coach David Paige, this program will take place in our Latin Strength Center where students will be introduced to age-appropriate exercises that help develop speed and power. These young athletes will learn proper movement patterns and participate in fun games and conditioning activities such as vertical jumps, box jumps, shuttle races, rope climbs, and more. Let’s get Latin Strong together!

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# WEDNESDAY

## Enrichment Programs, Fall 2022: Session 1

### Junior Chefs Cooking

TK/K • 10 weeks (Session 1 & 2)  
Wednesday, 1:30-2:30 p.m.  
Cost: \$250

Sept. 7, 14, 21, 28; Oct. 19;  
Nov. 2, 9, 16, 30; Dec. 7  
*(No class 10/5, Yom Kippur; 10/12, Professional Development; 10/26, Early Dismissal; 11/23, Thanksgiving)*

Let's get cooking! This course is more than just your average "cookie-cutter" cooking school. Chef Dawn and Chef Scott will teach your young chef how to make fantastic dishes from around the world. For our junior chefs, this will be an introduction to general cooking and light prepping, and will cover measuring, marinating, seasoning, sautéing, and baking with local and fresh ingredients. Be prepared for your chef to whip up their own dishes at home with these new skills. Get your aprons on to batter up some delicious recipes!

### Soccer Shots

TK/K • 10 weeks (Session 1 & 2)  
Wednesday, 1:45-2:30 p.m.  
Cost: \$220

Sept. 7, 14, 21, 28; Oct. 19;  
Nov. 2, 9, 16, 30; Dec. 7  
*(No class 10/5, Yom Kippur; 10/12, Professional Development; 10/26, Early Dismissal; 11/23, Thanksgiving)*

Goaaaaa! For twenty years, Soccer Shots has introduced soccer to the children of Charlotte. Using creative and imaginative games, weekly sessions focus on basic soccer skills like dribbling, passing, and shooting. Positive character traits are highlighted during each session such as respect, teamwork, and confidence. Whether your child is new to soccer or has been playing for a few years, Soccer Shots will expose him or her to the fun of soccer, sportsmanship, and being part of a team.

### Junior Chefs Cooking

Grades 1-3 • 10 weeks (Session 1 & 2)  
Wednesday, 3:00-3:45 p.m.  
Cost: \$250

Sept. 7, 14, 21, 28; Oct. 19;  
Nov. 2, 9, 16, 30; Dec. 7  
*(No class 10/5, Yom Kippur; 10/12, Professional Development; 10/26, Early Dismissal; 11/23, Thanksgiving)*

Let's get cooking! This course is more than just your average "cookie-cutter" cooking school. Chef Dawn and Chef Scott will teach your young chef how to make fantastic dishes from around the world. For our junior chefs, this will be an introduction to general cooking and light prepping, and will cover measuring, marinating, seasoning, sautéing, and baking with local and fresh ingredients. Be prepared for your chef to whip up their own dishes at home with these new skills. Get your aprons on to batter up some delicious recipes!

### Chess

Grades 1-5 • 10 weeks (Session 1 & 2)  
Wednesday, 3:00-3:45 p.m.  
Cost: \$220

Sept. 7, 14, 21, 28; Oct. 19;  
Nov. 2, 9, 16, 30; Dec. 7  
*(No class 10/5, Yom Kippur; 10/12, Professional Development; 10/26, Early Dismissal; 11/23, Thanksgiving)*

Checkmate! Come experience chess instruction and play in a fun-filled environment. Students will learn the movements of all the chess pieces as well as some basic chess concepts such as castling, check, and checkmate. By the end of the class, students should be able to confidently move pieces and castle. As the students advance, they will learn concepts such as stalemate, piece values, and types of checkmates (i.e. ladder checkmate). Students will also learn and practice notation. Whether your child is new to chess or has played before and needs to polish skills, this class is sure to be a winner for all. Each student will be provided with chess sets and weekly master instruction..

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# THURSDAY

## Enrichment Programs, Fall 2022: Session 1

### Friendship Detectives

Kindergarten • 8 weeks  
Thursday, 1:45-2:30 p.m.  
Cost: \$150

September 8, 15, 22, 29;  
October 6, 13, 20; November 3

Calling all Kindergarten friends! In this group, led by Lower School Counselor Mindy Vergakis, students will learn how to become friendship detectives. Students will use their detective skills to better understand social cues, become better listeners, follow directions, and be more mindful of others. Students will receive instruction, practice, and feedback as they develop their budding social skills through stories, games, and play.

Students will learn and practice: making friends, listening with your whole body, understanding expected and unexpected behaviors, being mindful of personal space and boundaries, self-regulation, emotional-regulation, flexible thinking, taking turns in conversation and play, transitioning between activities, asking for help, and more!

### Movement, Mindfulness, and Me!

TK/K • 6 weeks  
Thursday, 1:45-2:30 p.m.  
Cost: \$150

September 8, 15, 22, 29;  
October 6, 13

Join us for wellness afternoons where our TK and Kindergartners will be introduced to the benefits and joys of yoga and mindfulness. Each class will be filled with yoga poses, meditation, breathing techniques, mindfulness activities, positive affirmations, games, and songs to help children improve their confidence and self-esteem, concentration skills, strength, balance, coordination, and body awareness in a fun and kid-friendly way. Yoga is a great way to help kids find their balance, both physically and mentally, and it helps children work through difficult thoughts and big emotions. Our instructor, Alex Guerrero, is an Early Childhood Educator and a yoga instructor with a 500-hour adult yoga certification and Kidding Around Yoga child certification.

### Hawk Hoops Basketball

Grades 3-5 • 6 weeks  
Thursday, 3:20-4:05 p.m.  
Cost: \$120

September 8, 15, 22, 29;  
October 6, 13

Join us for Hawk Hoops! Our junior basketball clinic is available for boys and girls in 3rd-5th grade. Coached by Latin Varsity Girls' Assistant Coach and Latin alumna, Elizabeth Owen, these sessions will encourage proper basketball fundamentals and teach a love for the game. Drills and games will focus on ball handling, form shooting, passing, defensive positioning, and rebounding. If you want to up your game and have a lot of fun along the way, you won't want to miss this class!

### Junior Hawks Cheer

Grades 2-4 • 6 weeks  
Thursday, 3:00-3:45 p.m.  
Cost: \$120

September 8, 15, 22, 29;  
October 6, 13

Calling all cheerleaders! Our Lower School Cheerleading program introduces basic cheerleading skills including motions, jumps, cheer, and dance with a focus on safety, sportsmanship, and fun. Our program is led by Nancy Atwell, Lower School Librarian and Varsity Cheerleading Coach. We will work together to learn Latin cheers, chants, and fight songs. The children will even have a performance opportunity at a Varsity Football game at the end of the session. A t-shirt will be included in the cost. Let's Go Hawks!

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# FRIDAY

## Enrichment Programs, Fall 2022: Session 1

### Mighty Muscles

TK/K • 6 weeks  
Friday, 1:45-2:30 p.m.  
Cost: \$120

September 9, 16, 23, 30;  
October 7, 14

Pump it up! Mighty Muscles is a sports and games program designed to promote healthy physical bodies. We will be developing our ABCs: agility, balance, and coordination. Nikki Williams and her AC Sports Academy coaching staff will introduce your young athletes to a range of fun activities that will enhance and strengthen these fundamental skills. This exciting program will include jumping, throwing, catching, kicking, balancing, and much more.

### Atomz Lab: Wonders of Space

TK/K • 6 weeks  
Friday, 1:45-2:30 p.m.  
Cost: \$145

September 9, 16, 23, 30;  
October 7, 14

5-4-3-2-1...BLAST OFF! Have a budding astronaut, astronomer, or a child with an "infinity and beyond" passion for space? Students will learn about the planets in the solar system and conduct experiments including gravitational pull and creating a space hurricane. After making our own telescope tube, we will explore stars and constellations. Don't miss out on an out-of-this-world experience!

### Atomz Lab: Fun with Physics

Grades 1-2 • 6 weeks  
Friday, 3:00-3:45 p.m.  
Cost: \$145

September 9, 16, 23, 30;  
October 7, 14

Calling all little engineers! Your child is going to love these awesome projects that will get them building, creating, and having fun through hands-on experimentation. Your child will study forces and motion, learn how to use the Scientific Method by saving Fred the Gummy Worm, complete an egg drop challenge, build the tallest tower and the strongest bridge, and much more. Physics is fun with Atomz Lab!

### Junior Hawk Girls Lacrosse

Grades 3-5 • 6 weeks  
Friday, 3:00-3:45 p.m.  
Cost: \$120

September 9, 16, 23, 30;  
October 7, 14

AC Sports Academy is offering a Junior Hawks Lacrosse program for young girl athletes in third through fifth grade. Our very own CLS Lacrosse Program Director, Nikki Williams, will focus on teaching the basics of lacrosse in a fun and friendly environment. Players will learn cradling, catching, and throwing with soft lacrosse balls. No need to purchase new equipment; we will have sticks for players to borrow. This is a great opportunity for young players to try something new or to enhance their current skills and understanding of the game. We'll see you on the field!

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