



MEADOWS AFTER-SCHOOL PROGRAMS



2022-2023 Fall Course Catalog



MEADOWS AFTER-SCHOOL PROGRAMS

Dear Parents,

We hope that you and your family have enjoyed a fun, restful summer!

On behalf of the Meadows After-school ProgramS (MAPS) instructors, we look forward to welcoming you and your child(ren) back to school. I am especially excited as I will be leading the team as the Manager of Auxiliary Programs (formerly After-School and Summer Programs). I come to The Meadows with 11 years of experience working closely with schools and school districts to align auxiliary programming to academic standards. In addition, I completed a Certification in Advanced French at Université Laval, a Bachelor's Degree in English Literature and Creative Writing at Rhodes College, and a Master's Degree in Environmental Education and Communication at Royal Roads University. I am driven by a love of learning, and am thrilled to assist the MAPS instructors in providing exceptional learning opportunities for our students!

The goal of MAPS remains to meet the needs of our families and provide as many enrichment opportunities for our students as possible. Therefore, we are delighted to share our fall offerings that will help your little learner(s) continue to grow and develop outside of the classroom.

Please make sure to read the course catalog thoroughly as some policies and class expectations have changed, including the following:

- Starting this year, registration will take place within the myMeadows Parent Portal. You will be able to use your existing account, along with VC Pay, simplifying the registration process.
- MAPS will continue to be offered on a trimester schedule. The dates for each trimester are:
 - Fall - August 15 to November 22
 - Winter - November 28 to March 3
 - Spring - March 6 to May 24
- Enrichment classes and athletics will begin after Lower School dismissal, unless otherwise noted.
- Early Drop-Off (7:00 a.m. for Lower School and 7:30 a.m. for Beginning School) will be offered daily.
- Extended Day (4:30 p.m. pick-up) will be offered daily for both Lower School and Beginning School.
- Late Pick-Up (until 6:00 p.m.) will be offered for Lower School only.
- Drop-in (3:30-4:30 p.m.) is available in urgent circumstances at \$25/day/child. The charge will be billed through myMeadows.

Fall 2022 MAPS Registration will open within the myMeadows Parent Portal Thursday, August 4, at 6 p.m.
It will close Thursday, August 11, at 11:59 p.m.

If you need assistance, please reach out to support@themeadowsschool.org.

We look forward to having your child(ren) join us this trimester in the Meadows After-school ProgramS!

Sincerely,
Monica Gehrig
Manager of Auxiliary Programs



Register online at [myMeadows](#)

MAPS Course Descriptions

DAILY

Early Drop-Off - 7:00 a.m.

Grades: K-5

Instructor: TMS Faculty/Staff

Tuition: \$100 per day, per trimester

Location: Lower School

Drop-off: Between 7:00 and 7:20 a.m. at the Lower School

Students arriving at school early will receive a snack and have the opportunity to engage with educational games and activities.

Extended Day - 4:30 p.m.

Grades: K-5

Instructor: TMS Faculty/Staff

Tuition: \$150 per day, per trimester

Location: Lower School

Pick-up: By 4:30 p.m. at the Lower School

After dismissal, students will have a short time to play, eat a snack, and then work on completing his/her homework for the evening. If time allows, your child will work on an activity that involves problem solving and critical thinking.

Late Pick-Up - 6:00 p.m.

Grades: K-5

Instructor: TMS Faculty/Staff

Tuition: \$115 per day, per trimester

Location: Lower School

Pick-up: By 6:00 p.m. at the Lower School, call 702-283-0683

Students coming from MAPS or Extended Day will have a short time to play and eat a snack. Students will then have time to finish homework and the opportunity to participate in educational and problem solving activities that promote critical thinking until they are picked up.

Early Drop-Off - 7:30 a.m.

Grade: PreK

Instructor: TMS Faculty/Staff

Tuition: \$100 per day, per trimester

Location: Lower School

Drop-off: Between 7:35 and 7:55 a.m. at the Lower School

Students arriving at school early will receive a snack and enjoy discovery learning centers until they are walked to the Beginning School at 8:00 a.m.

Extended Day - 4:30 p.m.

Grade: PreK

Instructor: TMS Faculty/Staff

Tuition: \$150 per day, per trimester

Location: Beginning/Lower School

Pick-up: By 4:30 p.m. at the Lower School

After dismissal, students will have a snack, and then participate in discovery learning centers.

MONDAYS

Archery

TMS Instructor: Mrs. Ginnae Stamanis
Location: Lower School

Grades: 4 - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Join us and learn the basics of archery! We provide the equipment: Genesis beginner compound bows. Students will learn safety, form, aiming, scoring, and courtesy.

Basketball - Primary Grades

Instructor: Erin Thorn
Location: Lower School Playground

Grades: K - 2

Tuition: \$225 per trimester
Pick-Up: 4:30 p.m.

Coached by retired WNBA player Erin Thorn, students will learn the fundamental skills and drills that helped Coach Thorn achieve the highest levels of success during her basketball career, including ball-handling, shooting, defense, footwork, game concepts, and more.

Grades K-2 will participate in an in-house league at The Meadows School where staff will incorporate game coaching in a controlled environment.

Basketball - Intermediate Grade

Instructor: Erin Thorn
Location: Lower School Playground

Grades: 3 - 5

Tuition: \$450 per trimester (includes Monday and Wednesday)
Pick-Up: 4:30 p.m.

Coached by retired WNBA player Erin Thorn, students will learn the fundamental skills and drills that helped Coach Thorn achieve the highest levels of success during her basketball career, including ball-handling, shooting, defense, footwork, game concepts, and more.

Grades 3-5 will participate in league play on various weekends through the trimester. By registering for this program, there is a commitment to attend practice (Mondays and Wednesdays) as well as games (dates to be provided). The Meadows School will facilitate the league registration and no additional fees will be charged to parents.

Craft Corner

TMS Instructor: Ms. Mary Beth Cleland
Location: Lower School

Grades: 2 - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Come join your friends for different crafts with paper, string, pine cones, yarn, beads, feathers, and paint. We will make dream catchers, lizards, and bracelets. It's a great opportunity to be creative while you chat with your friends.

Creating with Ms. Smilow

TMS Instructor: Ms. Alix Smilow
Location: Beginning School

Grade: PreK

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Our youngest Mustangs will tap into their imagination through play. Students will work together to make creations, discover their interests, and have some fun!

Guitar - Beginner

TMS Instructor: Mr. Edward Judd

Location: Peccole CFA

Grades: 1 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course is for students with little or no guitar experience. Instruction will include everything from the basics of playing to performing as an ensemble. Students will learn how to read music, technique, team work, and preparation in performance. **Students must provide their own instruments.**

Sports Fitness

TMS Instructor: Brandon Kotake

Location: Lower School Field

Grades: 3 - 5

Tuition: \$225 per trimester

Pick-Up: 4:30 p.m.

This course is also offered Wednesdays and Fridays. Students may register for one, two, or three days.

An age-appropriate course designed to help Lower School athletes gain proper biomechanics, increased speed, agility, strength, stability, mobility, flexibility, and mental toughness.

Tennis - Beginner Skills Clinic

Instructor: Meadows Tennis Staff

Location: TMS Tennis Complex

Grade: PreK

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course is for students having varying levels of experience or no formal experience at all. This course will concentrate on giving students a set of basic tennis skills while having fun! Ideas about sportsmanship and effort will be emphasized. Students will be divided into small groups for instruction. Students may wear school uniforms with tennis shoes and should bring their own tennis rackets for this class.

Violin - Beginner

TMS Instructor: Ms. Denitza Larsen

Location: Peccole CFA Orchestra Room

Grades: PreK - 2 (PreK students must be at least 5 years old)

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This exciting course is designed to give students the opportunity to begin their musical journey on the violin in a fun, supportive group setting. The Strings program is one of the fastest growing music programs at The Meadows School. An adult must be in attendance for all class sessions. Parent involvement in early instrument training is crucial. Students must provide their own instrument by the third week of class. Instructions on acquiring an instrument will be given at the first class.

TUESDAYS

Art - Beginning School

TMS Instructor: Ms. Kaylyn Fong
Location: Beginning/Lower School

Grade: PreK

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

This course is project based focused on drawing and painting. Students will explore a variety of art mediums including watercolors, chalk pastels, and tempera paint while learning about artists and various art techniques.

Art - Primary Grades

TMS Instructor: Ms. Rachel Martin
Location: Peccole CFA

Grades: K - 2

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

This course is project based. Students will explore a variety of art mediums including watercolors, oil pastels, chalk pastels, acrylic painting, ceramics, and sculpture while learning about artists and various art techniques.

Coding with Bee-Bot Robots

TMS Instructor: Mr. Joseph Carver
Location: Lower School

Grades: K - 2

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Introduce your child to the concepts of computational thinking with Bee-Bot robots. Beginning with the creation of Rube Goldberg machines and ending with the Bee-Bot, students will do hands on projects to skill build and be introduced to coding with iPads as they teach their robot to perform functions!

Drama - Primary Grades

TMS Instructor: Mr. Tim Burris
Location: Peccole CFA

Grades: K - 2

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Students will explore movement, improvisation, proper vocal production, and stretch their creativity. There will be a demonstration that parents can attend and participate in at the end of the trimester.

FIRST® LEGO® League

Instructor: Ms. Dawn Trujillo
& Ms. Caroline Trunoske
Location: Robotics Lab

Grade: 4

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

FIRST® LEGO® League introduces science, technology, engineering, and math (STEM) to children through fun, exciting hands-on learning. Participants gain real-world problem solving experience through a guided, global robotics program, helping today's students and teachers build a better future together. FLL uses a team form to inspire youth to experiment and grow their critical thinking, coding, and design skills through hands-on STEM learning and robotics.

Participants for FLL must understand they are part of the team and that they must enroll in both fall and winter trimesters and are required to go to 2 weekend competitions in the winter, mid-December and mid-January.

This program is designed to learn and build the foundations for being in a competitive environment that leads into TMS Middle and Upper school robotics programs with the goal of growing players who are interested in robotics, STEM, and engineering.

Odyssey of the Mind (OOTM)

TMS Instructor: Dr. Tom Garvey

Location: Middle School

Grades: 4 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

Come on a multi-disciplinary journey of discovery—an Odyssey of the Mind (OOTM)! This internationally acclaimed program invites students to work together over a year-long period building meaningful relationships, increasing their problem-solving abilities, expressing their creativity, applying skills learned in the classroom, and building self-confidence.

In its inaugural year at The Meadows School, OOTM will be facilitated by World Languages teacher Dr. Tom Garvey. Over 3 trimesters, Dr. Garvey will assist students as they put their spin on the popular concept of the "Trojan Horse" by creating one of their own! It will be used to get past a wall in a performance that also includes a character from *The Iliad*, an original Greek chorus, and an unusual statue.

Participants for OOTM must understand they are part of the team and that they must enroll in all 3 trimesters (fall, winter, and spring). By attending the sessions consecutively, students will be able to build on the multifaceted solutions they've developed as a team in the previous sessions and prepare for an end-of-the-year-celebration!

Tennis - Intermediate Skills Clinic

Instructor: Meadows Tennis Staff

Location: TMS Tennis Complex

Grades: 1 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course is also offered Thursdays. Students may register for one or both days.

This course is for students having varying levels of experience. This course will concentrate on giving students a set of basic tennis skills while having fun! Ideas about sportsmanship and effort will be emphasized. Students will be divided into small groups for instruction. Students may wear school uniforms with tennis shoes and should bring their own tennis rackets for this class.

Volleyball - Competitive (Girls)

TMS Instructor: Ms. Kathy Brennan

Location: Lower School

Grades: 3 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

Bump, Set, Spike! This course focuses on skill development in the sport of volleyball. Students will learn how to properly serve, set, and hit as well as the rules of the game. This is an excellent way to develop hand-eye coordination and footwork for all players.

This course requires students to commit to practice Tuesdays and weekend games (dates to be provided). The Meadows School will facilitate the league registration and no additional fees will be charged to parents.

WEDNESDAYS

Basketball - Intermediate Grades

Instructor: Erin Thorn

Location: Lower School Playground

Coached by retired WNBA player Erin Thorn, students will learn the fundamental skills and drills that helped Coach Thorn achieve the highest levels of success during her basketball career, including ball-handling, shooting, defense, footwork, game concepts, and more.

Grades: 3 - 5

Tuition: \$450 per trimester (includes Monday and Wednesday)

Pick-Up: 4:30 p.m.

Grades 3-5 will participate in league play on various weekends through the trimester. By registering for this program, there is a commitment to attend practice (Mondays and Wednesdays) as well as games (dates to be provided). The Meadows School will facilitate the league registration and no additional fees will be charged to parents.

Cheer - Primary Grades

Instructor: Ms. Isis Young

Location: Lower School

Grades: K - 2

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course will consist of the fundamentals of cheer. Students will learn motions, technique, sideline cheers, and dance. This will be a great class for those just starting out in cheer and for cheerleaders who want to enhance their cheer technique and experience.

Chess

Instructor: Mr. Ryan Phillips

Location: Lower School

Grades: 2 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

Welcome to the journey of the 64 squares! This course will teach students tactical motifs such as back rank checkmates, double attacks, deflections and much more. Taught by USCF expert Ryan Phillips, the kids will develop pattern recognition skills, learn opening principles and be able to evaluate their decision making process. This course will be perfect for players new to chess and also players looking to take their game to the next level. Let's get started on this exciting journey!

Debate

Instructor: Ms. Dana Randall

Location: Lower School

Grades: 4 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

Students will learn to think critically about all sides of a discussion in addition to getting the opportunity to develop public speaking skills and confidence.

Fun Academy

TMS Instructor: Ms. Kaylyn Fong

Location: Beginning School

Grade: PreK

Tuition: \$225

Pick-up: 4:30 p.m.

Singing, dancing, games, art, relay races, magic, and cooking—this course has it all! Students will enjoy a fun-filled afternoon with Ms. Fong as their guide.

Sports Fitness

TMS Instructor: Brandon Kotake

Location: Lower School Field

Grades: 3 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course is also offered Mondays and Fridays. Students may register for one, two, or three days.

An age-appropriate course designed to help lower school athletes gain proper biomechanics, increased speed, agility, strength, stability, mobility, flexibility, and mental toughness.

Tennis - Beginning Skills Clinic

Instructor: Meadows Tennis Staff

Location: TMS Tennis Complex

This course is also offered Fridays. Students may register for one or both days.

Grades: 1 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course is for students having varying levels of experience or no formal experience at all. This course will concentrate on giving students a set of basic tennis skills while having fun! Ideas about sportsmanship and effort will be emphasized. Students will be divided into small groups for instruction. Students may wear school uniforms with tennis shoes and should bring their own tennis rackets for this class.

THURSDAYS

American Sign Language

TMS Instructor: Ms. Kathy Brennan

Location: Lower School

Grades: 3 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

This course will give students a basic foundation in American Sign Language (ASL). The course will include: the alphabet and finger-spelling; colors; animals; foods and drinks; family signs; feelings; professions; verbs and key nouns. By the end of the trimester, students will be able to communicate simple sentences in ASL!

Book Club

TMS Instructor: Ms. Marilyn Smilow

Location: Lower School

Grades: K - 2

Tuition: \$225 per trimester

Pick-Up: 4:30 p.m.

Students will listen to Ms. Smilow read an age-appropriate book in a relaxed setting. Then they will participate in an activity that relates to the story (such as coloring).

Cheer - Intermediate Grades

Instructor: Ms. Isis Young

Location: Lower School

Grades: 3 - 5

Tuition: \$225 per trimester

Pick-Up: 4:30 p.m.

This course will consist of the fundamentals of cheer. Students will learn motions, technique, sideline cheers, and dance. This will be a great class for those just starting out in cheer and for cheerleaders who want to enhance their cheer technique and experience.

Drama - Intermediate Grades

TMS Instructor: Mr. Tim Burris

Location: Peccole CFA

Grades: 3 - 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

Students will explore movement, improvisation, proper vocal production, and stretch their creativity. There will be a demonstration that parents can attend and participate in at the end of the session.

FIRST® LEGO® League

Instructors: Ms. Dawn Trujillo

& Ms. Caroline Trunoske

Location: Robotics Lab

Grade: 5

Tuition: \$225 per trimester

Pick-up: 4:30 p.m.

FIRST® LEGO® League introduces science, technology, engineering, and math (STEM) to children through fun, exciting hands-on learning. Participants gain real-world problem solving experience through a guided, global robotics program, helping today's students and teachers build a better future together. FLL uses a team form to inspire youth to experiment and grow their critical thinking, coding, and design skills through hands-on STEM learning and robotics.

Participants for FLL must understand they are part of the team and that they must enroll in both fall and winter trimesters and are required to go to 2 weekend competitions in the winter, mid-December and mid-January.

This program is designed to learn and build the foundations for being in a competitive environment that leads into TMS middle and upper school robotics programs with the goal of growing players who are interested in robotics, STEM, and engineering.

Flag Football

Instructor: Coach Philip Weil
Location: Lower School Field

Grades: K - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Intro to flag football but still competitive. Have a fun way in learning the game of football. We start with warm up drills, then study and practice a playbook to get ready for game day, then a scrimmage at the end of each practice. Everyone is welcome to learn how to be a teammate, works together, and most of all have fun in the game of flag football. Are you ready for some football? Go Mustangs!

Lacrosse - Primary Grades

Instructor: Rebel Way
Location: Lower School Field

Grades: K - 2

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

This course is for students who want to learn how to play the fastest growing sport in the US! The course is open to all skill levels. Our goal will be to grow a love of the sport while educating players on basic skills. We will focus on the fundamentals necessary to play the game while emphasizing the importance of dedication, sportsmanship, and teamwork. Players will have the opportunity to develop a broad base of introductory skills and apply them to fun drills and games. Players are required to provide their own lacrosse sticks. Boys and girls lacrosse require different types of lacrosse sticks. Sticks can be purchased at Dick's Sporting Goods.

Girls Beginner Lacrosse Stick: STX Women's Exult 200 on AL 6000 Complete Lacrosse Stick

Boys Beginner Lacrosse Stick: STX Stallion Starter 200 on Stallion 6000 Complete Attack Lacrosse Stick

Lacrosse - Intermediate Grades

Instructor: Rebel Way
Location: Lower School Field

Grades: 3 - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

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Girls Beginner Lacrosse Stick: STX Women's Exult 200 on AL 6000 Complete Lacrosse Stick

Boys Beginner Lacrosse Stick: STX Stallion Starter 200 on Stallion 6000 Complete Attack Lacrosse Stick

LEGO Discovery

TMS Instructor: Ms. Mary Pap
Location: Lower School

Grades: 1 - 4

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

Learn about structure and design through LEGOs. Students will be given challenges to create LEGO projects that have specific requirements or must have a particular feature. By working independently as well as collaboratively, students will develop building techniques and strategies that align with engineering skills. Students will become problem solvers and learn about teamwork through the construction and design of LEGO projects.

Tennis - Intermediate Skills Clinic

Instructor: Meadows Tennis Staff
Location: TMS Tennis Complex
This course is also offered Tuesdays. Students may register for one or two days.

Grades: 1 - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

This course is for students having varying levels of experience. This course will concentrate on giving students a set of basic tennis skills while having fun! Ideas about sportsmanship and effort will be emphasized. Students will be divided into small groups for instruction. Students may wear school uniforms with tennis shoes and should bring their own tennis rackets for this class.

Registration will open within the myMeadows Parent Portal

FRIDAYS

Fun & Games

TMS Instructor: Mrs. Mary Beth Cleland
Location: Lower School

Grades: K - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

It's fun and games time! Come learn new fun games and play some of your old favorites. Sportsmanship, teamwork, and game-based skills will be emphasized in this class. Please wear tennis shoes.

LEGO Discovery

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Sports Fitness

TMS Instructor: Brandon Kotake
Location: Lower School Field

Grades: 3 - 5

Tuition: \$225 per trimester
Pick-up: 4:30 p.m.

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MAPS Faculty Contact Information

Manager of Auxiliary Programs

Monica Gehrig
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Early Drop-Off, Extended Day, and Late Pick-Up

702-283-0683

Lower School Office Assistant/MAPS Support

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Craft Corner and Fun & Games

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FIRST Lego League

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Flag Football

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Lacrosse

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LEGO Discovery

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Odyssey of the Mind

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Sports Fitness

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Tennis

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Violin

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