

KINDERGARTEN–GRADE 8
FALL SESSION 2022



AFTER-SCHOOL *Activities*

MONDAY
8/15/22

ONLINE
REGISTRATION
OPENS

MONDAY
8/29/22

ONLINE
REGISTRATION
CLOSES

MONDAY
9/12/22

FALL
SESSION
CLASSES BEGIN



CLASSES AND PRICES

GRADE	PAGES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
KINDERGARTEN	4-6	Players Soccer Training 7 classes / \$360	Yoga & Balance with Mr. Castro 8 classes/ \$280	Tae Kwon Do 8 classes / \$360	Ballet Petite 8 classes / \$280	TGA Tennis 6 classes/ \$270
GRADE 1	6–8	Board Games Galore 7 classes/ \$280	Yoga & Balance with Mr. Castro 8 classes/ \$245	Tae Kown Do 8 classes / \$360	Players Soccer Training 8 classes / \$360	Gymnastics by Power Tots 6 classes/ \$270
GRADE 2	9-12	Minecraft Coding 7 classes/ \$360 OR Traveling Through Food with Mrs. Klingenberg 7 classes / \$280	GWU Tennis 8 classes/ \$360	Flag Football with Mr. Cooke 8 classes/ \$280	Players Soccer Training 8 classes / \$360	Gymnastics by Power Tots 6 classes/ \$270
GRADE 3	12-16	Girls on the Run 19 classes/ \$720 Striders Run Club 7 classes/ \$280	Fundamentals Academy Basketball 8 classes/ \$360 OR Checkmate Chess 8 classes / \$360	Girls on the Run (cont.) 19 classes/ \$720 OR Codemoji 8 classes/ \$360	Stitch It Fashion 8 classes / \$360 OR TGA Volleyball 8 classes/ \$360	TGA Flag Football 6 classes/ \$270
GRADE 4	16–20	Girls on the Run 19 classes/ \$720 Striders Run Club 7 classes/ \$280	Fundamentals Academy Basketball 8 classes/ \$360 OR Checkmate Chess 8 classes / \$360	Girls on the Run (cont.) 19 classes/ \$720 OR Codemoji 8 classes/ \$360	Stitch It Fashion 8 classes / \$360 OR TGA Volleyball 8 classes/ \$360	TGA Flag Football 6 classes/ \$270
GRADE 5	20-23	Girls on the Run 19 classes/ \$720 Striders Run Club 7 classes/ \$280	Stitch It Fashion 8 classes / \$360	Girls on the Run 22 classes/ \$922 OR The Great Debate 8 classes/ \$360	TGA Volleyball 8 classes/ \$360	Fundamentals Academy Basketball 6 classes/ \$270
MIDDLE SCHOOL	24-25		Stitch It Fashion 8 classes / \$360	The Great Debate 8 classes/ \$360		Fundamentals Academy Basketball 6 classes/ \$270



PRIVATE MUSIC LESSONS ARE AVAILABLE FOR STUDENTS KINDERGARTEN TO GRADE 8

POLICIES and Procedures

REGISTRATION

Online registration begins Monday, August 15, and closes Monday, August 29, with most classes beginning the week of September 19. Late registration is available until Friday, September 30, and will incur a late fee of \$25 per class. Late registration is only available by email request at auxiliaryprogram@stpatsdc.org. The Fall Session runs for approximately eight weeks, with most classes ending the week of November 14.

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 submitted 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.

With such a variety of activities and classes available, it is possible that a student can be registered for more than one activity a day. However, it is the parents' responsibility to ensure that times do not overlap. After-School staff will ensure that students transition safely to the corresponding activities when participating in multiple classes on one day.

Several offerings are available for our Middle School students. Students are able to register for activities but may only attend classes if they do not interfere with athletic responsibilities or other school requirements.

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 auxiliaryprogram@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. To help us manage dismissal carpool, 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.

Players Soccer Training

Mondays, 3:15–4:15 PM

Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

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.



Yoga & Balance with Mr. Castro

Tuesdays, 3:00-4:00 PM

Sept. 20, 27; Oct. 4, 18, 25; Nov. 1, 8, 15 (Make-up: Nov. 29)

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





Tae Kwon Do

Wednesdays, 3:00–4:00 PM

Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

This Tae Kwon Do class provides an overview of fundamental principles and techniques of one of the world's most popular martial art styles. Students of all levels and physical abilities are welcome, 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.



Ballet Petite

Thursday, 3:15–4:15 PM

Sept. 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (Make-up: Dec. 1)

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 the use of literature and classical music, handmade costumes, and props. They will enjoy new ballet progressions and dance techniques weekly.



TGA Tennis

Fridays, 3:15-4:15 PM

Sept. 30; Oct. 7, 14, 28; Nov. 4, 18 (Make-up: Dec. 2)

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.

GRADE 1

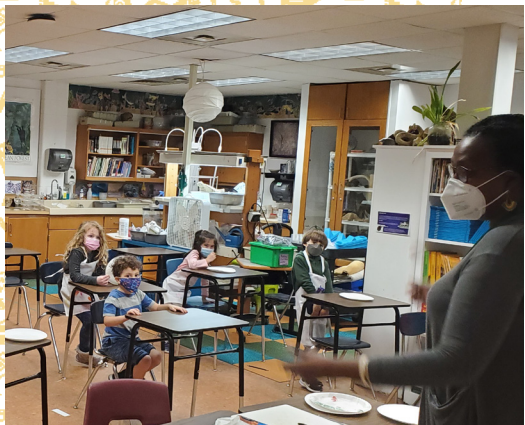


Board Games Galore

Mondays, 3:15–4:15 PM

Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

Children will learn to collaborate and play as they discover some of the world's most classic board games such as Monopoly, Trouble, Operation, Sorry, Jacks, Battleship, and others. Children will have the opportunity to learn each game's specific rules, compare and contrast their strategies, and bring home their knowledge just in time for a family game night!



Yoga & Balance with Mr. Castro

Tuesdays, 3:00- 4:00 PM

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Players Soccer Training

Thursdays, 3:15–4:15 PM

Sept. 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (Make-up: Dec. 1)

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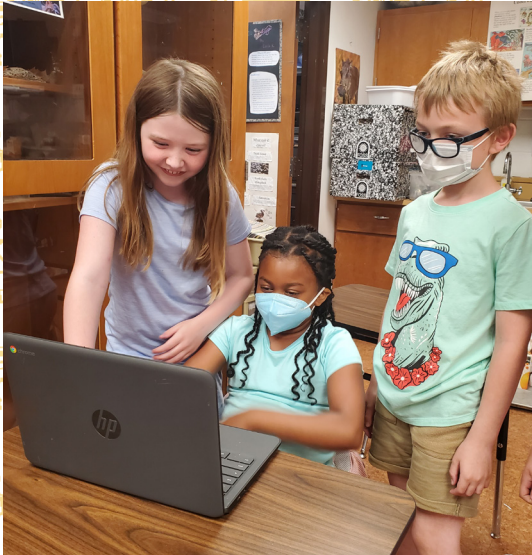


Gymnastics with Power Tots

Fridays, 3:15-4:00 PM

Sept. 30; Oct. 7, 14, 28; Nov. 4, 18 (Make-up: Dec. 2)

Get ready to tumble, roll, and stand on your hands! Power Tots gymnastics classes build a strong foundation of basic skills. Children love exploring equipment like the balance beam, parallel bar, parachute, springboard, and vaulting blocks. Our small-group format allows us to offer individualized attention, ensuring safety and support. Skills learned include forward rolls, backwards rolls, handstands, a variety of jumps (learning to jump), cartwheels, balance beam skills, and so much more! Skills are age-based and designed to promote student progress. Great for children with experience and for children new to gymnastics!



Minecraft Coding

Mondays, 3:00-3:50 PM (Please note early end time)
 Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

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 techniques 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!



Traveling Through Food with Mrs. K

Mondays, 3:00–4:00 PM
 Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

Let your child's curiosity and appetite run wild while they 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.



GWU Tennis

Tuesdays, 3:15-4:15 PM

Sept. 20, 27; Oct. 4, 18, 25; Nov. 1, 8, 15 (Make-up: Nov. 29)

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 techniques including strokes and footwork through competitive play, games, and drills. Students can use GWU tennis rackets or bring their own.



Flag Football with Mr. Cooke

Wednesdays, 3:00-4:00 PM

Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

Flag Football introduces the sport of football to young athletes in a safety-centric and fun-focused environment. For our little linebackers, Coach Cooke will teach the basics of teamwork and introduce fundamentals and core concepts through energy-burning activities.



Tae Kwon Do

Wednesdays, 4:00-4:45 PM

(Please note the late start time. Students will join Extended Day at no cost.)

Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

This Tae Kwon Do class provides an overview of fundamental principles and techniques of one of the world's most popular martial art styles. Students of all levels and physical abilities are welcome, 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

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Sept. 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (Make-up: Dec. 1)

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.

Gymnastics with Power Tots

Fridays, 3:15-4:00 PM

Sept. 30; Oct. 7, 14, 28; Nov. 4, 18 (Make-up: Dec. 2)



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GRADE 3

Girls on the Run

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

Sept. 12, 14, 19, 21, 26, 28; Oct. 3, 5, 12, 17, 19, 24, 26; Nov. 2, 7, 9, 14, 16, 21



Girls on the Run (GOTR) is a life-changing, running-based program for girls in Grades 3 to 5 that encourages them to explore positive social, emotional, mental, and physical development. Participants must attend both Monday and Wednesday sessions to train for the culminating 5k running event on Sunday, November 20, at Anacostia Park. As part of the national program's required curriculum, GOTR will begin on Monday, September 12. Each class is approximately 1 hour and 15 minutes.



Striders

Mondays, 3:15-4:15 PM

Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

Grab your sneakers and warm up with a weekly run! Brave the elements with our passionate coaches and develop self-respect and the values 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. Running games will include Capture the Flag and Sharks and Minnows. Sign up today to stay fit!



Fundamentals Academy Basketball

Tuesdays, 3:15-4:15 PM

Sept. 20, 27; Oct. 4, 18, 25; Nov. 1, 8, 15 (Make-up: Nov. 29)

This class is for students who are looking to take their game to the next level. 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.

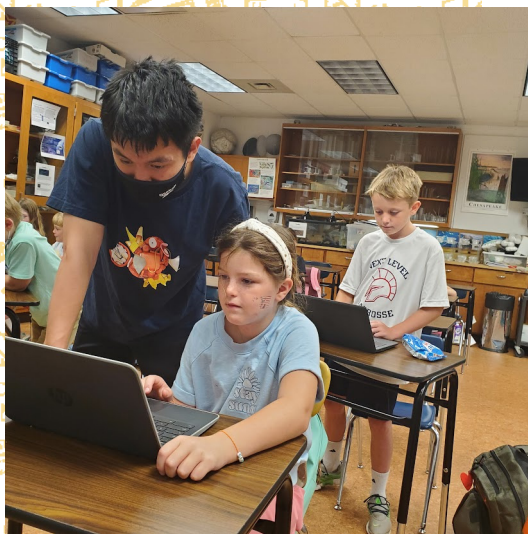


Checkmate Chess

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

Sept. 20, 27; Oct. 4, 18, 25; Nov. 1, 8, 15 (Make-up: Nov. 29)

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 this class, 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.



Codemoji

Wednesdays, 3:00-4:00 PM

Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

Codemoji's Code It program's mission is simple: Teach students to enjoy all things related to coding and the web while building problem-solving and creative-thinking skills. Our teachers deliver clear and entertaining instruction to ensure students have fun while learning complex coding skills using emojis that represent HTML text, which lowers the barriers to new coders and increases their excitement and understanding of computer science. Students build animations, websites, and video games; explore multiple coding languages; program robots; and create STEM-based projects both on- and offline. We encourage students to share their projects when they get home.



Tae Kwon Do

Wednesdays, 4:00-4:45 PM

(Please note the late start time. Students will join Extended Day at no cost.)
Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

This Tae Kwon Do class provides an overview of fundamental principles and techniques of one of the world's most popular martial art styles. Students of all levels and physical abilities are welcome, 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.



Stitch It Fashion

Thursdays, 3:15-4:15 PM

Sept. 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (Make-up: Dec. 1)

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 for 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.

TGA Flag Football

Fridays, 3:15-4:15 PM

Sept. 30; Oct. 7, 14, 28; Nov. 4, 18 (Make-up: Dec. 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 proper footwork, receiving drills, and throwing a football accurately. In addition to the sports skills, coaches will utilize teachable moments during class to impart essential life lessons such as teamwork, kindness, and sportsmanship.



GRADE 4

Girls on the Run

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

Sept. 12, 14, 19, 21, 26, 28; Oct. 3, 5, 12, 17, 19, 24, 26; Nov. 2, 7, 9, 14, 16, 21

Girls on the Run (GOTR) is a life-changing, running-based program for girls in Grades 3 to 5 that encourages them to explore positive social, emotional, mental, and physical development. Participants must attend both Monday and Wednesday sessions to train for the culminating 5k running event on Sunday, November 20, at Anacostia Park. As part of the national program's required curriculum, GOTR will begin on Monday, September 12. Each class is approximately 1 hour and 15 minutes.



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Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

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Fundamentals Academy Basketball

Tuesdays 3:15-4:15 PM

Sept. 20, 27; Oct. 4, 18, 25; Nov. 1, 8, 15 (Make-up: Nov. 29)

This class is for students who are looking to take their game to the next level. 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.





Checkmate Chess

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The logo for Codemoji, featuring the word "Codemoji" in a white, sans-serif font on a blue background. The letter "o" is replaced by a white panda face emoji.



Tae Kwon Do

Wednesdays, 4:00-4:45 PM

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GRADE 4, CONT.

TGA Flag Football

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GRADE 5

Girls on the Run

Mondays AND Wednesdays 3:15-4:30 PM

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The Great Debate

Wednesdays, 3:15-4:15 PM

Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

Debate teaches individuals the importance of having a listening plan, the mental preparation for listening. During a debate you listen for specific things, such as points you want to answer, weakness in logic, and supporting material and key points. This class offers students the opportunity to understand both sides of a formal debate, including supporting a resolution and opposing a resolution. Debates may be judged in order to declare a winning side. Topics in the class will be funny, serious, and sometimes made up! Come prepared to express yourself through your strongest asset, your voice.

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DEBATE CLUB



TGA Volleyball

Thursdays, 3:15–4:15 PM

Sept. 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (Make-up: Dec. 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.

Fundamentals Academy Basketball

Fridays 3:15-4:15 PM

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Private Music Lessons

PRIVATE MUSIC LESSONS FOR ALL GRADES ARE AVAILABLE MONDAYS–FRIDAYS.

Monday Dates: Sept. 19, 26; Oct. 3, 17, 24; Nov. 7, 14 (Make up: Nov. 21)

Tuesday Dates: Sept. 20, 27; Oct. 4, 18, 25; Nov. 1, 8, 15 (Make-up: Nov. 29)

Wednesday Dates: Sept. 21, 28; Oct. 5, 12, 19, 26; Nov. 2, 9 (Make-up: Nov. 16)

Thursday Dates: Sept. 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (Make-up: Dec. 1)

Friday Dates: Sept. 30; Oct. 7, 14, 28; Nov. 4, 18 (Make-up: Dec. 2)

PIANO/KEYBOARD LESSONS

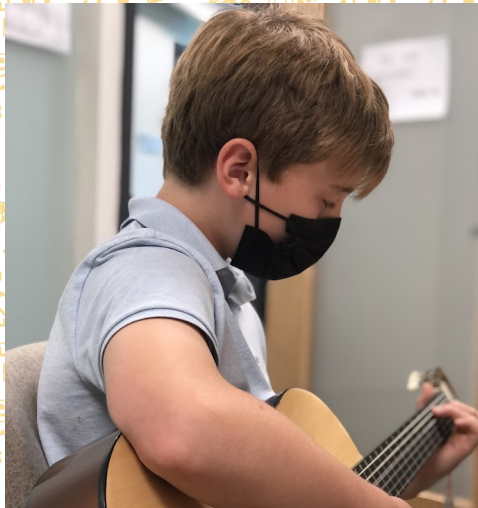
Introduce your child to the wonderful world of music with piano lessons. In this piano/keyboard course, students will meet after school with one of our talented music instructors to learn the fundamentals of playing the piano, including proper hand position, getting to know the keys, understanding rhythm, and much more. Students will learn by seeing and doing. Access to a piano or keyboard at home would be helpful, but is not required.





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. After a warm-up, the lesson continues with various exercises, call-and-response activities, and work 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 and learn scales, chords, arpeggios, and rhythm. Students will learn everything they need to play their first guitar song. Please note that this beautiful and complex instrument is best taught to Grade 2 students and above.