
Mondays

Spanish with Ms. Caihuara: Ages 3-6 (3:00 - 4:00 PM)

\$300 for 7 Classes - Dates: 1/9, 1/23, 1/30, 2/6, 2/13, 2/27, 3/6 (no class on 1/16, 2/20)

These classes with Aidan's Ms. Caihuara will give your child a significant boost in their comprehension and familiarity of the Spanish language. Children will work on vocabulary through hands-on lessons that will feature labeling, singing, and even baking!

Yoga: Ages 4-6 (3:00 - 4:00 PM)

\$220 for 7 Classes - Dates: 1/9, 1/23, 1/30, 2/6, 2/13, 2/27, 3/6 (no class on 1/16, 2/20)

In Kids Yoga classes we combine creative and physical movement, yoga, songs and games with self-discovery and self-expression. Through movement, children will work on coordination, balance, flexibility and strength. The program also helps children discover their creativity, uniqueness, strengths, mental and physical health, practice meditations and connect their mind and body.

Tuesdays

Needlecraft, Embroidery & Sewing with Ms. Rey: Ages 4-6 (3:00 - 4:00 PM)

\$250 for 8 Classes - Dates: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28



Embroidery and sewing are both a practical skill and a type of art. In this class taught by Aidan's own Ms. Rey, children will explore the materials and techniques used in embroidery and the sewing process, including needles and threads. They will also learn some basic embroidery and sewing stitches. The goal of this class is for the children to create their own unique projects in a simple and easy to understand way. For the purpose of this lesson, we will focus on sewing by hand. All experience levels are welcome to join!

Karate: Ages 4-6 (3:00 - 4:00 PM)

\$285 for 8 Classes - Dates: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28

This popular class is a disciplined introduction to the sport by Kaizen Karate. Your child will learn the beautiful art of karate while gaining safety and defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline. Returning students will continue to work toward new belts while first-time students will be able to start the belt program.

Wednesdays

Hooray for Clay! with Ms. Skor: Ages 4-6 (3:00 - 4:00 PM)

\$250 for 8 Classes - Dates: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1

For this art session we will explore that material we all love so much - clay! You will learn how to make the basic clay forms, sculpt and paint projects and explore how to create using different types of natural and polymer clay as well as homemade doughs. This class is taught by Aidan's own Ms. Skor!

Arabic: Ages 3-6 (3:00 - 4:00 PM)

\$360 for 8 Classes - Dates: 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 (no class on 1/11)

This class's curriculum will include focusing on knowing the alphabet, singing traditional children's songs, practicing daily and common expressions, and more! We will do plenty of hands-on activities, such as coloring and writing of the alphabet and corresponding words and pictures. This class will be tailor-made to the level and the abilities of all students.

Breakdancing: Ages 4-6 (3:00 - 4:00 PM)

\$250 for 8 Classes - Dates: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1

[The Lab's Breakdance Program](#) is designed to introduce young dancers to the basics of breakin'. Students will learn the foundations of breakin' while developing balance, strength, and coordination through dance technique. Through rhythm-based activities, students will work on developing musicality.

TOP ROCK | Top rock is the foot movement performed while standing. Top Rock to include: Front Step · Back Step · Side Step · Shuffles.

FOOTWORK | Footwork is movements performed down on the floor using one's hands for support as they move their legs in steps and patterns. Basic footwork to include: Baby Shuffle · Criss Cross · Hooks · Switches.

FREEZES | A freeze is a position held without movement. Basic freezes to include: B.Boy / B.Girl Stance · Mugsy Freeze · Candle Freeze.

Each week, class will begin with a cardiovascular warm-up activity and stretch, and a strength-building exercise. An instructional period will follow, ending in a cypher. Breakin' allows dancers to learn basic fundamentals, build confidence, and creatively express themselves in a fun musical structure. To view a fun video of last semester's Breakdancing work, [click here!](#)

Thursdays

Crochet with Ms. Jackie and Nurse Lexi: Ages 4-6 (3:00 - 4:00 PM)

\$250 for 8 Classes - Dates: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2

Are you curious about knitting or crocheting? Come join Ms. Jackie and Nurse Lexi to learn how to do both! We plan to allow each child to go at their own speed, but hope to cover how to hold the needles/hook, making a chain, how to perform different stitches, and how to use a pattern to create different items. Our goal is to have each child walk away with the knowledge and confidence to make special items to wear or display.

Music with Ms. Amy: Ages 3-6 (3:00 - 4:00 PM)

\$280 for 8 Classes - Dates: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9 (no class on 1/26)

Come join Miss Amy for a fun filled class of music, movement and play!

We will focus on four key areas that help in the all-round development of children; Music, Movement, Rhythm and Dance. Music in young children's lives not only develops concentration, memory and listening skills but singing songs will help children in learning speech patterns and develop vocabulary. Music education is the brain's equivalent of a full body workout, stimulating the growth of neurons and enhancing the brain's potential in ways we are just starting to understand! Children in our program will have fun singing, dancing, finding the beat, learning about song form, and much more. We will use rhythm scarves, shakers, drums, sticks and the parachute to explore musical themes and fundamentals. The last part of each class is when children PLAY various instruments. We provide all the instruments. Ranging from small ukuleles, and jingle bells to tambourines and drums. Come join the fun!

Fridays

Mad Science: Ages 4-6 (3:00 - 4:00 PM)

\$240 for 8 Classes - Dates: 1/13, 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10 (no class on 2/17)

This semester of Mad Science will explore the amazing world of chemistry! In this program, children make gooey slime, experiment with different reactions and learn to use the tools that chemists use. Polymers and catalysts are among two of the fascinating concepts that the young scientists explore in this thrilling trip through the chemistry lab! At the end of every class, children will take home an educational toy that extends the learning experience. For more information on this semester's curriculum, [please visit here!](#)