

FALL

AFTER-SCHOOL

ACTIVITIES

20
23

.....
**ONLINE
REGISTRATION
OPENS**

August 24- September 7



AFTER-SCHOOL ACTIVITIES

**POLICIES
AND
PROCEDURES
FALL 2023**

REGISTRATION

Online registration begins Thursday, August 24, and closes Thursday, September 6, with most classes beginning the week of Monday, September 11. Late registration is available beginning September 7 and closing September 18. Late registration will incur a late fee of \$50 per class and is only available by email request to auxiliaryprogram@stpatsdc.org. The Fall Session lasts approximately eight weeks, with most classes ending the week of November 6. You can access the registration website through the Parent Zone.

CANCELLATION POLICY

Please note that you *MUST* cancel your registration no later than 24 hours after the first class has been completed. 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 only able to cancel your registration online during the online registration period.

MAKE-UP DATE

In the event an instructor cancels a class or if weather causes a cancellation, a make-up date will be provided, if possible.

DISMISSAL

The time frame for each After-School Activity is clearly noted in the brochure and will be provided in your registration confirmation email. *This information will also be posted in HoundsTruth weekly.* To help us manage dismissal carpool, we ask that all students be picked up promptly at the end of their classes. 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 \$65 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.



KINDERGARTEN

FALL
2023

Monday



Sept. 11, 18, 25; Oct. 2, 16, 23, 30;
Nov. 6 (Make-up Date: Nov. 13)

Power Tots Gymnastics 3:00- 4:00 PM

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 taught 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!

Wednesday



Sept. 13, 20, 27; Oct. 4, 11, 18, 25;
Nov. 1, 8 (Make-up Date: Nov. 15)

Tae Kwon Do 3:00- 4:00 PM

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 aims to improve the body, mind, and spirit, while increasing strength, balance, and coordination all while promoting self-confidence and self-esteem.

Friday



Sept. 15, 22, 29; Oct. 13, 27; Nov. 3, (Make-up Date: Nov. 17)

**** Kindergarten 6 classes- no class Nov. 10**

Players Soccer Training 3:00- 4:00 PM

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.



Tuesday



Sept. 12, 19, 26; Oct 3, 10, 17, 24;
Nov. 7 (Make-up Date: Nov. 14)

Fundamentals Fun Ball 3:15- 4:15 PM

This class introduces the fun of sports in a nurturing environment to develop an appreciation for physical activity and personal growth. Students learn skills that are necessary in all sports, such as how to kick, catch, throw, run, dodge, jump, dance, and much more. Through games, activities, dance, and aerobics, students will develop a love for physical activity and learn the correct skills to play sports!



Thursday



Sept. 14, 21, 28; Oct 5, 12, 26; Nov. 2, 9 (Make-up Date: Nov. 16)

Pirouette Ballet 3:00- 4:00 PM

Pirouette Ballet 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.



GRADE 1

FALL
2023

Monday

Sept. 11, 18, 25; Oct. 2, 16, 23, 30;
Nov. 6 (Make-up Date: Nov. 13)

Chess Champions- 3:00- 3:50 PM

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.



Tuesday

Sept. 12, 19, 26; Oct. 3, 10, 17, 24;
Nov. 7 (Make-up Date: Nov. 14)

Yoga & Balance 3:00- 4:00 PM

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.



Friday

Sept. 15, 22, 29; Oct. 13, 27; Nov. 3, 10 (Make-up Date: Nov. 17)

Fundamentals Basketball 3:15- 4:15 PM

This class introduces the fun of sports in a nurturing environment to develop an appreciation for physical activity and personal growth. Students learn skills that are necessary in all sports, such as how to kick, catch, throw, run, dodge, jump, dance, and much more. Through games, activities, dance, and aerobics, students will develop a love for physical activity and learn the correct skills to play sports!

OR

Wednesday

Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8 (Make-up Date: Nov. 15)

Tae Kwon Do- 3:00- 4:00 PM

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 take part to their own ability. The class aims to improve the body, mind, and spirit, while increasing strength, balance, and coordination all while promoting self-confidence and esteem.

Thursday

Sept. 14, 21, 28; Oct. 5, 12, 26; Nov. 2, 9 (Make-up Date: Nov. 16)

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OR

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GRADE 2

Monday

Sept. 11, 18, 25; Oct. 2, 16, 23, 30;
Nov. 6 (Make-up Date: Nov. 13)

Chess Champions 3:00- 3:50 PM

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.



Tuesday

Sept. 12, 19, 26; Oct 3, 10, 17, 24;
Nov. 7 (Make-up Date: Nov. 14)

Yoga & Balance 3:00- 4:00 PM

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.

**FALL
2023**

OR

Traveling Through Food with Ms. K. 3:00- 4:00 PM

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.



Wednesday

Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8 (Make-up Date: Nov. 15)

Tae Kwon Do- 4:00- 4:45 PM

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 aims to improve the body, mind, and spirit, while increasing strength, balance, and coordination all while promoting self-confidence and self-esteem.

OR

TGA Flag Football 3:00- 4:00 PM

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.

Thursday

Sept. 14, 21, 28; Oct 5, 12, 26; Nov. 2, 9 (Make-up Date: Nov. 16)

Players Soccer Training 3:00- 4:00 PM

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Friday

Sept. 15, 22, 29; Oct. 13, 27; Nov. 3, 10 (Make-up Date: Nov. 17)

Fundamentals Basketball 3:15- 4:15 PM

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.

OR

Power Tots Gymnastics 3:00- 4:00 PM

Get ready to tumble, roll, and stand on your hands! 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 taught 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!

GRADE 3



Mondays AND Thursdays

Sept. 11, 14, 18, 21, 25, 28; Oct. 2, 5, 12, 16, 23, 26, 30;

Nov. 2, 6, 9, 13, 16 (5K Race on Nov. 19)

Girls on the Run 3:00- 4:30 PM

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 Thursday sessions to train for the culminating 5k running event on Sunday, November 19, at Anacostia Park. As part of the national program's required curriculum, GOTR will begin on Monday, September 11. Each class is approximately 1 hour and 15 minutes.



Monday



Sept. 11, 18, 25; Oct. 2, 16, 23, 30;

Nov. 6 (Make-up Date: Nov. 13)

Striders for Boys 3:15- 4:15 PM

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.

Tuesday



Sept. 12, 19, 26; Oct 3, 10, 17, 24; Nov. 7 (Make-

up Date: Nov. 14)

Tennis at GWU 3:15- 4:15 PM

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.



Wednesday



Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8 (Make-up Date: Nov. 15)

TGA Flag Football 3:00- 4:00 PM

Flag Football is an excellent way for children to learn one of America's favorite sports in a safe, enjoyable, and encouraging environment. This non-contact 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.

OR

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**FALL
2023**

GRADE 3

Continued.

Thursday

Sept. 14, 21, 28; Oct 5, 12, 26; Nov. 2, 9 (Make-up Date: Nov. 16)

Girls on the Run 3:00- 4:30 PM

Girls on the Run (GOTR) continued...
(Please see Monday Description)

OR

Checkmate Chess 3:00- 3:50 PM

Checkmate! Each class combines chess instruction, drills, and explaining different strategies. Students progress through their lessons at a pace appropriate to their individual ability.

Chess students also learn the spirit of sportsmanship and how to appreciate the talents of others.

OR

Fencing Club 3:15- 4:15 PM

Olympic Fencing classes are conducted in the discipline of epee. We use standard fencing gear currently approved by and meeting all safety requirements of US Fencing Organization. Although we use actual fencing foils to conduct our classes - foils are lighter, more flexible, and are easier for younger kids to handle - we teach the foundational skills in epee. Classes focus on introduction and reinforcements of the fundamentals of fencing including footwork, handwork, strategy, and rules of fencing. Students will learn and reinforce various fencing movements and actions and will learn new actions and combinations. These one-hour classes include group exercises as well as drills in pairs and bouting. Skills are reinforced with age-appropriate games and activities that build conditioning, speed, and endurance while emphasizing critical thinking and quick decision-making.

Friday

Sept. 15, 22, 29; Oct. 13, 27; Nov. 3, 10 (Make-up Date: Nov. 17)

Mini Med School 3:15- 4:15 PM

Basic anatomy, medical instruments, and prepping for surgery. Through role-play and activities, students will learn the key responsibilities of a doctor and explore the heart, lungs, and digestive system. Students will use real medical instruments (stethoscope, reflex hammer, and blood pressure cuff) and practice scrubbing, suturing, and tying knots like a real surgeon.

FALL
2023



GRADES 4-5



Mondays AND Thursdays

Sept. 11, 14, 18, 21, 25, 28; Oct. 2, 5, 12, 16, 23, 26, 30;
Nov. 2, 6, 9, 13, 16 (5K Race on Nov. 19)

Girls on the Run 3:00- 4:30 PM

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 Thursday 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.

Tuesday



Sept. 12, 19, 26; Oct. 3, 10, 17, 24; Nov. 7 (Make-up Date: Nov. 14)

Stitch It Fashion 3:15- 4:15 PM

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.

Wednesday



Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8 (Make-up Date: Nov. 15)

Drama Club 3:00- 4:00 PM

Drama club will be a weekly space for students to play, explore, and connect through intentional and foundational acting work. Games and activities will be centered around the following areas: movement, perception & expression, dramatic elements, collaboration, creativity, and most importantly, fun! Benefits and outcomes of this kind of work include creative problem solving, risk taking, empathy, confidence, and self awareness.

Robotics: Earthbots 3:15- 4:15 PM

This class uses LEGO® robotics to create animal robots and make them move. Why do giraffes have long necks? Why are so many fish-shaped differently? Why do cheetahs need 4 legs? Students will learn about animals and how their bodies help them perform specific tasks. They'll also learn that concepts like torque, traction, and angular velocity make designing these "anibots" trickier than it may appear.

Monday



Sept. 11, 18, 25; Oct. 2, 16, 23, 30;
Nov. 6 (Make-up Date: Nov. 13)

Striders for Boys 3:15- 4:15 PM

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



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OR

Tae Kwon Do 4:00- 4:45 PM

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**FALL
2023**

GRADE 4-5

Thursday



Sept. 14, 21, 28; Oct 5, 12, 26; Nov. 2, 9 (Make-up Date: Nov. 16)

Girls on the Run (GOTR) continued...
(Please see Monday Description)



Continued.

OR

Checkmate Chess 3:00- 3:50 PM

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Friday



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(Make-up Date: Nov. 17)

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Fencing Club 3:15- 4:15 PM

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MIDDLE SCHOOL



Wednesday



Sept. 13, 20, 27; Oct. 4, 11, 18, 25; Nov. 1, 8
(Make-up Date: Nov. 15)

Tae Kwon Do 4:00- 4:45 PM

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 aims to improve the body, mind, and spirit, while increasing strength, balance, and coordination all while promoting self-confidence and self-esteem.



**FALL
2023**

PRIVATE MUSIC LESSONS

FALL
2023

Monday

Sept. 11, 18, 25; Oct. 2, 16, 23, 30;
Nov. 6 (Make-up Date: Nov. 13)

Tuesday

Sept. 12, 19, 26; Oct. 3, 10, 17, 24;
Nov. 7 (Make-up Date: Nov. 14)

Wednesday

Sept. 13, 20, 27; Oct. 4, 11, 18, 25;
Nov. 1, 8 (Make-up Date: Nov. 15)

Thursday

Sept. 14, 21, 28; Oct. 5, 12, 26; Nov. 2,
9 (Make-up Date: Nov. 16)

Friday

Sept. 15, 22, 29; Oct. 13, 27; Nov. 3, 10
(Make-up Date: Nov. 17)

**** Kindergarten 6 classes- no class Nov. 10**



Guitar

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.

Drums/ Percussions

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.

Piano

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.

