



## BWL After School Program Fall 2023

Welcome back to BWL! This Fall 2023 Course Catalog includes important information about our wide range of After School Program services and enrichment class offerings. Please see below for details about our exciting Fall semester!

Early Arrival and Extended Day will be offered beginning the first day of school, Thursday, September 7th. Early Arrival runs from 7:30am-8:00am daily. There is not a charge for the Early Arrival program. Extended Day is offered from dismissal until 5:30pm daily, except on days with an early dismissal. Families will be billed for Extended Day at a rate of \$20 per hour bi-monthly.

Fall Enrichment Classes will begin on Monday, September 18th and end on Friday, December 15th. Classes meet once a week for a total of 10-12 sessions depending on the day of the week it is offered. Pricing is based on the number of sessions as well as the required vendor fees. All enrichment classes run from 3:15pm-4:15pm Mondays - Thursdays and from 2:15pm-3:15pm on Fridays.

Registration for Fall Enrichment Classes closes on Friday, September 15th. Please find the registration and payment information on the last page of this catalog. **We are pleased to offer our Early Bird Discount this trimester. Register before Wednesday, September 13th and receive a 10% discount on all enrichment classes.**

If you have any questions or concerns, please feel free to email After School Program Director Elaine Iuso at [elaine.iuso@gbwl.org](mailto:elaine.iuso@gbwl.org). We look forward to a great trimester of BWL After School Programs.

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# MONDAY

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## **Tiger Strong- Karate**

Tiger Strong believes karate is far more than an activity. It is a program that teaches children skills that will help them better deal with challenges they will face in life. This program helps to develop a child's core athleticism, physical skills and focus through systematic approach to martial arts using skill-based activities and games in a fun, safe and nurturing environment.

Start Date: Monday, September 18th

Class Time: 3:15pm - 4:15pm

Grades: Kindergarten - 2nd

Instructors: Tiger Strong Staff

Total Sessions: 10

Fee: \$500



# TUESDAY

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## **Ballet**

This class will be an introduction to ballet based movement. It will include work on the floor for flexibility which helps with coordination and music appreciation. During the classes students will work on dances they choreograph themselves. It gives them a sense of achieving something great!

Start Date: Tuesday, September 26th

Class Time: 3:15pm - 4:15pm

Grades: Kindergarten - 3rd

Instructors: Sara Knight

Total Sessions: 12

Fee: \$360



## **Tiger Strong- Karate**

Tiger Strong believes karate is far more than an activity. It is a program that teaches children skills that will help them better deal with any challenges they will face in life. We help develop a child's core athleticism, physical skills, and focus through a systematic approach to martial arts using skill-based activities and games in a fun, safe and nurturing environment.

Start Date: Tuesday, September 19th

Class Time: 3:15pm - 4:15pm

Grades: 3rd - 5th

Instructors: Tiger Strong Staff

Total Sessions: 12

Fee: \$600



## **Minecraft Code: Harry Potter Adventure**

Welcome to the World of Witchcraft and Wizardry! In this class, students will learn to code while exploring an interactive Harry Potter world in Minecraft! Every class is a new adventure and opportunity to put coding fundamentals into action. Traveling to Hagrid's hut, the Quidditch pitch, Privet Drive, Diagon Alley, and beyond, students will take on quests and cast some magic spells! Join us on this incredible and magical journey! Projects include: brewing potions and enchanting items with special abilities. Prior coding or Minecraft experience is not required.

Start Date: Tuesday, September 19th

Class Time: 3:15pm - 4:15pm

Grades: 3rd - 5th

Instructors: Code Advantage

Total Sessions: 12

Fee: \$385

For more information, please visit <http://www.codeadvantage.org/>

## WEDNESDAY

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## **Mindfully Me**

Mindfully Me is a joy filled, activity rich program designed to get children moving, spark curiosity about themselves and others, and boost emotional intelligence.

*Motion + Mindfulness*

Through interactive play, energizing yoga poses and dynamic movement children learn about mindfulness and the benefits found in connecting, focusing and thoughtful decision-making.

*Teacher Developed*

Instructor Dorien Jaeger believes happiness is a habit and developed this enriching educational program over the course of 25 years of classroom experience for 2nd-6th grade students. The lively curriculum merges stories, games, music and physical fitness into an uplifting classroom experience that is supportive, calming and fun!

*Mindfully Me for Healthy Minds, Bodies and Spirits*

Start Date: Wednesday, September 20th

Class Time: 3:15pm - 4:15pm

Grades: 2nd - 5th

Instructors: Dorien Jaeger

Total Sessions: 12

Fee: \$480



**Mindfully Me**  
**BY DORIEN**

## **BWL Rock Band**

Rock Band is back again this semester at BWL! In this program, students will utilize instruments including a drum kit, guitars, keyboards, bass, and vocal mics. The band will learn classic songs from the rock and pop catalog, learn how to play music with others, and have the opportunity to try out their own songwriting skills. They will practice warm-ups, learn the basics of how to improvise, and work on writing an original song or two with a performance at the end of the term.

Start Date: Wednesday, September 20th  
Class Time: 3:15pm - 4:15pm  
Grades: 3rd - 5th  
Instructors: Eliza Waldman  
Total Session: 12  
Fee: \$540



## **Lego Robotics**

In this junior robotics course, we use a hands-on approach to STEM discovery. Students learn valuable coding concepts while tapping into their imaginations to create and program robots. Step by step, they build a variety of cool Lego robots based around a motor and controller. Students then use a block based programming language to make their creation come to life! It's educational, cool, and FUN!

Start Date: Wednesday, September 20th  
Class Time: 3:15pm - 4:15pm  
Grades: Kindergarten - 2nd  
Instructors: Code Advantage  
Total Sessions: 12  
Fee: \$385  
For more information, please visit <http://www.codeadvantage.org/>



# THURSDAY

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## **Corbin's Crusaders - Flag Football**

Coached by experienced pros who will help foster the love of this beautiful game through skills including passing, catching, defense, and team play. This class will take place in Central Park. Children will be picked up from the BWL lobby by Corbin's Crusaders instructors and will be escorted to the park. Children should be picked up at 5:00pm at 79th Street and 5th Avenue (southwest corner). This class will run in all weather unless it's unsafe. If you have any questions or concerns, please email Peter Corbin at [peter@corbinscrusaders.com](mailto:peter@corbinscrusaders.com). For more information please visit <http://corbinscrusaders.com>.

Start Date: Thursday, September 21st  
Class Time: 3:15pm - 5:00pm  
Grades: Kindergarten - 5th (Children will be split by age & ability)  
Instructors: Corbin's Crusaders Staff  
Total Sessions: 11  
Fee: \$825 [Click here to enroll and pay](#); please select Flag Football on Thursday

## **Minecraft Code: Superheroes**

The Minecraft world is in danger! In this class, students will learn coding fundamentals and use them to create powerful superheroes with special abilities. Each class creates a new opportunity for coders to save the Minecraft world against a new danger! From traveling to a ruined city and exploring a frozen bunker to saving the White House and more! Students will have an amazing time putting their coding skills to the test! Projects include: Anvil Rain using commands and loops, Programmable Robot Bodyguard with selector variables, Gladiator using position variables and fill commands. PRIOR CODING OR MINECRAFT EXPERIENCE NOT REQUIRED.

Start Date: Thursday, September 21st

Class Time: 3:15pm - 4:45pm

Grades: Kindergarten - 2nd

Instructors: Code Advantage

Total Sessions: 11

Fee: \$385

For more information, please visit <http://www.codeadvantage.org/>

## **Hip Hop**

Hip Hop class with Greenhouse teaches the basics of hip hop dance encouraging dancers to unlock new qualities of movement within their own personal style. Dancers are challenged with intricate choreography and musicality. In addition to dance training, students will also develop skills in composition. The class incorporates activities that are designed to develop leadership skills, cultural awareness, collaboration, goal setting, creativity, social, emotional and physical health.

Start Date: Thursday, September 21st

Class Time: 3:15pm - 4:15pm

Grades: 3rd - 5th

Instructors: Greenhouse Arts Center

Total Sessions: 11

Fee: \$360



# FRIDAY

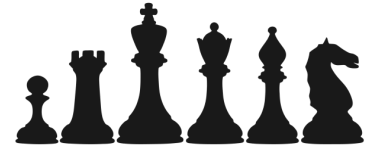
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## **Chess**

The beginner's class will focus on teaching the rules of the game. This includes how the pieces move, capture, check, checkmate, and stalemate. Students will learn to name all the squares on the chessboard and the value of the different pieces. Every class will begin with a lesson on the demo-board or smartboard. They will then do a sheet of puzzles to reinforce the lesson and students will participate in supervised play with their classmates. Simple tactics, solve puzzles, will also be included and students will play some basic instructive games together!

Intermediate players will learn middle game themes to make the pin and put the pressure on the pinned piece. Students will develop the attack on the opponent's king and work on their thinking process, learning to always ask why the opponent made the last move and how to try to stop the threat. Together they will continue to play simple endgames with just kings, rooks and pawns. The students will solve puzzles, do worksheets, and participate in supervised play with their classmates.

Start Date: Friday, September 22nd  
Class Time: 2:15pm - 3:15pm  
Grades: Kindergarten - 2nd, 3rd - 5th  
Instructor: My Chess Family  
Total Sessions: 12  
Fee: \$540



## **Everyone is Going Gaga for Gaga!**

Gaga is a fast-paced high-energy sport played in an octagonal pit. The more participants, the better! Played with a soft foam ball, this game combines the skills of dodging, striking, running, and jumping while trying to hit opponents with a ball below the knees. Fun and easy, all children get a serious workout. Gaga instructors will get the students moving with a warm up, followed by a quick strategy lesson-the game is simple but there are some cool tricks to learn. Let the games begin! The rounds move quickly; they are usually complete in less than five minutes. Once the game ends, everyone is back in for the next round. Before anyone thinks twice, they are working up a sweat, jumping in and out of the pit. Ga...Ga...Go!

Start Date: Friday, September 22nd  
Class Time: 2:15pm - 3:15pm  
Grades: Kindergarten - 3rd  
Instructor: The Gaga Center  
Total Sessions: 12  
Fee: \$540



## **Computer Animation**

Students will use professional Adobe software as they dream up characters and stories and learn to make several animated shorts. Participants will create a mixture of both digitally animated characters, as well as hand-drawn and painted settings to create fantastic animation projects! They will gain skills in using professional techniques, styluses and drawing tablets, and explore digital art. Everyone will get the opportunity to add their own sound effects and voice overs to the projects to complete the digital shorts.

Start Date: Friday, September 22nd

Class Time: 2:15pm - 3:15pm

Grades: 3rd - 5th

Instructor: Cinema Kidz Staff

Total Sessions: 12

Fee: \$420

## **Creative Film**

Lights, Camera, Action! Become a Director, Actor, Cinematographer, and Editor at CinemaKidz. Utilizing professional equipment and technology, students will work together and learn how to use cameras, audio equipment, and editing software, while creating completely original video projects. They will work creatively as they try their hand at various special effects techniques: building props, combining claymation and live action video, experimenting with the potential of green screens, practicing various camera tricks, utilizing stock videos, video filters and much more! Participants will learn how to make movies from start to finish as they plan, write, film, act in, and edit an original project together.

Start Date: Friday, September 22nd

Class Time: 2:15pm - 3:15pm

Grades: Kindergarten - 2nd

Instructor: Cinema Kidz Staff

Total Sessions: 12

Fee: \$420



# General Information

The primary goal of the After School Program is to support Birch Wathen Lenox's educational and developmental philosophy for Lower School students through a continuation of the school experience. The After School Program offers a variety of services and classes that enable children to flourish as individuals while meeting parental concerns for quality before and after school care, supervision, enrichment, and recreation.

## Early Arrival

This program is offered for students who must arrive at school prior to 8:00 AM and runs from 7:30-8:00 AM each day. Students will be supervised by a teacher in the Auditorium until it is time for them to go to their class arrival location. This program may be used on an as needed basis, and there is no charge for this program. Students in Grades 3-5 are permitted to go to their classrooms beginning at 8:00am. Students in Grades K-2 will report to their arrival stations at 8:00am.

## Extended Day

Extended Day provides after school support for BWL families and is offered for students who are unable to be picked up from school at the regular dismissal time. Extended Day runs daily from dismissal until 5:30 PM. Students are encouraged to work on their homework assignments and, if needed, are given assistance by a supervising teacher. Upon completion of their homework, students are given opportunities to socialize and participate in supervised activities. This includes playing organized games, reading, drawing, or working on a computer. Extended Day is available on an as needed basis. If you would like to enroll your child in Extended Day, please notify your child's homeroom teacher via email that morning. If your child will be attending Extended Day following an enrichment class, please email their teacher and cc [elaine.iuso@gbwl.org](mailto:elaine.iuso@gbwl.org) that morning. Please note families will be billed for this service at a rate of \$20 per hour bi-monthly. Extended Day will not be offered on days when school has an early dismissal.

## Enrichment Classes

Each trimester, a variety of enrichment classes are offered. Students enrolled in an enrichment class will assemble in the BWL Commons at dismissal. A snack will be provided prior to the start of each class. Class instructors will meet the students in the Commons and escort them to the classrooms. Upon completion of the session, class instructors will dismiss all students in the lobby. All enrichment classes at BWL will run from 3:15-4:15pm Mondays through Thursdays and 2:15-3:15 PM on Fridays. (For those students enrolled in classes that take place outside of BWL, please see the pick up arrangements in the course description.)



# General Information

## Fall Enrichment Class Information

- Enrichment classes begin on Monday, September 18th and end on Friday, December 15th.
- Registration for enrichment classes closes on Friday, September 15th.
- Enrichment classes are strictly limited to a specific number of students.
- We reserve the right to cancel any enrichment class if the minimum enrollment is not met. If a class is canceled, families will have the opportunity to switch into another available course or they will receive a full refund or credit.
- If enrollment for a particular enrichment class has already been filled, you will receive a full refund or credit.
- If you need a receipt, please make a note on the registration form.

MONDAY classes and Extended Day will NOT be held on the following days: September 25th (Yom Kippur), October 9th (Fall Weekend), November 27th (Thanksgiving Recess)

WEDNESDAY classes and Extended Day will NOT be held on the following days: November 22nd (Early Dismissal-Thanksgiving Recess)

THURSDAY classes and Extended Day will NOT be held on the following days: November 23rd (Thanksgiving Day)

FRIDAY classes and Extended Day will NOT be held on the following day: November 10th (Lower School Conferences), November 24th (Thanksgiving Recess)

## Dismissal Procedures

Dismissal from enrichment classes will be in the lobby. If your child is enrolled in Extended Day, please sign him/her out at the BWL Security Desk and kindly wait in the lobby until your child is escorted downstairs. For security purposes, parents will not be permitted upstairs for pick-up.

Please submit the names of all individuals who will be picking your child up from school to his/her homeroom teacher. This is a school requirement.

If your child is picked up from school after 5:30pm, you will be charged at a rate of \$1.00 per minute after 5:30pm. Failure to pay Extended Day bills and repeated pick up after 5:30pm will result in a suspension from the Extended Day Program, as well as all After School enrichment classes. Thank you in advance for your cooperation.

# Registration and Payment Information

Registration for enrichment classes closes on Friday, September 15th. To enroll your child in an enrichment class, please click on the link below to complete the registration form and to submit credit card payment.

→ STEP 1: Credit Card Payment

[CLICK HERE TO MAKE A PAYMENT](#)

Register on or before Wednesday, September 13th and receive a 10% discount!  
Enter Code “BWL10” when you submit payment on the BWL website.