



Harbor Country Day School  
*Embracing the extraordinary in every child.™*

## After School Clubs & Activities Fall 2023



**“Harbor cherishes childhood, cultivates wonder  
and inspires confident learners and leaders”**

17 Three Sisters Road | Saint James, New York 11780  
(631) 584-5555 | [www.HCDSNY.org](http://www.HCDSNY.org)



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## After School Clubs & Activities Fall 2023

**Please complete and return by September 28th, 2023**

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Activity or Activities: \_\_\_\_\_

\_\_\_\_\_

Payment Amount: \_\_\_\_\_

Parent Email: \_\_\_\_\_

### **Emergency Contact Information:**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**\*\*Please note, late sign-ups may result in the club not being able to run.\*\***



## Harbor Country Day School

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### After School Clubs & Activities Fall 2023

- Our Fall 2023 session begins the week of October 2, 2023
- Student absences cannot be made up or refunded. In the event of a school closure due to inclement weather, or a program teacher's absence, one make-up class will be held at the end of the session. We will notify you of this schedule change.
- At 3:30 p.m., Kindergarten - 8th Grade students will be offered a snack provided by the program. At 3:30 p.m., students will be picked up by the club's presenter and escorted to their club classroom.
- Parent pick-up for Kindergarten - 8th Grade students is at 4:30 p.m. Club presenters will dismiss students to their parents who will wait in the main lobby.
- Preschool clubs will begin at 3:00 p.m. and end at 3:40 p.m. Parent pick-up dismissal time is at 3:40 p.m.. Parents will queue up in the parent pick up line at 3:30 p.m.
- ***If students go into After School Child Care following the club, Aftercare rates will apply starting at 4:30 p.m.***
- Preschoolers who use After School Child Care on the same day they attend a club are subject to the appropriate After School Child Care fee.
- If a club is canceled, parents will be notified by the club's presenter (if he/she is a Harbor faculty member) or by Ms. Pacheco. The date for rescheduling will be given at that time.
- No club refunds are permitted, but students may apply a credit to switch to another club running during the same trimester.

The cost for each PK club is \$100.00. The cost of each K-8th Grade) is \$225.00. Some clubs may have a different fee or materials fee applied. Please make checks payable to *Harbor Country Day School* and indicate which club you are attending in the memo.

If you have any questions, please contact Erica Pacheco at: [epacheco@hcdsny.org](mailto:epacheco@hcdsny.org).



## Harbor Country Day School

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### Monday

#### Brazilian Jiu Jitsu Club



**Instructor:** Mr. Alex Becker

**Dates:** 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, \*Make up day 11/20

**Grade:** PK: 3:00-3:40; K-5th: 3:40-4:30

*Brazilian Jiu-Jitsu is a form of martial arts, and an excellent discipline for promoting physical fitness, improving mental focus, and developing discipline among young students. Participating in Harbor's BJJ Club, students will learn self-defense techniques, cultivate the mental toughness required to face challenges head-on and overcome adversity. This club offers an engaging, fun, educational activity while fostering the development of essential life skills in a safe environment. Mr. Alex holds a blue belt in Brazilian Jiu Jitsu under the Monster Academy. His aim is to provide a safe and nurturing environment where young students can learn essential self-defense skills, promote physical fitness, and instill valuable life lessons!*

*\*Dress Code: Gym clothes are appropriate- students will have a time to change prior to club\**

**\*\* Minimum of 4 students to run\*\***

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## Harbor Country Day School

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### Monday

#### Mondays Mindfulness Meditation Club



**Instructor:** Ms. Erica Pacheco

**Dates:** 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, \*Make up day 11/20

**Grade:** K-4th

*Please Join Ms. Pacheco at the Mindfulness Meditation Club. Your child/ren will have the opportunity to connect with themselves through age-appropriate guided meditations that promote self awareness. They will be invited to create friendships and a stronger sense of self through team-building activities, and numerous goal-oriented activities. Let's start the week on a mindful, positive note with Monday Meditation!*

**\*\* Minimum of 4 students to run\*\***

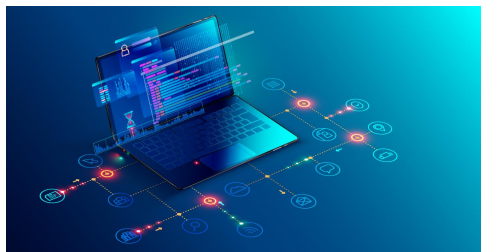


## Harbor Country Day School

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### Monday

#### Let's Code It!



**Instructor:** Team member from *Let's Build It*

**Dates:** 10/2, 10/30, 11/6, 11/13, 11/20, 11/27, \*Make up day 12/4

**Grades:** 2nd-5th

*Your child will have a blast in this exciting STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a simple, relatable, block-based programming system called Scratch, developed by the MIT Media Lab. The fun-filled curriculum stresses critical thinking, creativity, confidence, teamwork, and problem solving skills to prepare students for the 21st century and beyond. Class topics include video game design, loops, control structure, conditional expressions, control statements, object oriented design concepts, data structures & variables, and mathematical expressions.*

**\*Minimum 8 students to run\***



## Harbor Country Day School

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### Tuesday

#### Arts & Crafts Club



**Instructor:** Miss. Lexie Bier

**Dates:** 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, \*11/28 Make up day

**Grade:** PK: 3:00-3:40; K-5th: 3:40-4:30

**Materials Fee:** PK- \$10.00, K-5th-\$15.00

*Want to create new and exciting crafts? Come join the Arts & Crafts Club! Every week we will explore new materials such as clay, yarn, paints, pape, and much more. Our goal is to work on expressing ourselves through building new and creative projects all while experimenting with various materials.*

**\*Minimum 4 students to run\***



## Harbor Country Day School

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### Tuesday

#### Crazy 8's Math Club



**Instructor:** Ms. Kristin Jones

**Dates:** 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, \*Make up day 11/28

**Grade:** 1st & 2nd

*Crazy 8's Math Club is an interactive and hands-on math club. We will be doing high-energy math activities that will appeal to kids of all math abilities. At the end of our sessions, students will be able to bring home the materials they used and continue to explore the math concepts from the club.*

**\*Minimum 4 students to run\***





## Harbor Country Day School

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**Tuesday**

**Soccer Shots Club**



The Children's Soccer Experience

**Instructor:** Team member from Soccer Shots

**Dates:** 10/3, 10/10, 10/17, 11/7, 11/14, 11/28, \*Make up day 12/5

**Grade:** PK: 3:00-3:40; K-5th: 3:40-4:30

*Soccer Shots utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. Coaches work on team building, fun fitness activities, and character development! No cleats or shin guards are needed.*

**\*\* Minimum of 6 students to run \*\***



## Harbor Country Day School

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### Wednesday Ballroom Dancing Club



**Instructor:** Ms. Dana Amir

**Dates:** 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, \*Make up day 11/29

**Grade:** 4th-8th

*Do you want to learn the art of ballroom dancing? Harbor is offering a ballroom dancing after school club that will teach you all about smooth and latin dances, the beats and music that go with each, and so much more! If you want to learn how to dance with a partner, this is your chance! Get ready to HUSTLE!*

**Dress Code:** It is encouraged for students to wear leggings, seat pants or, comfortable clothing, socks & sneakers or dance shoes.

**\*Minimum 4 students to run\***

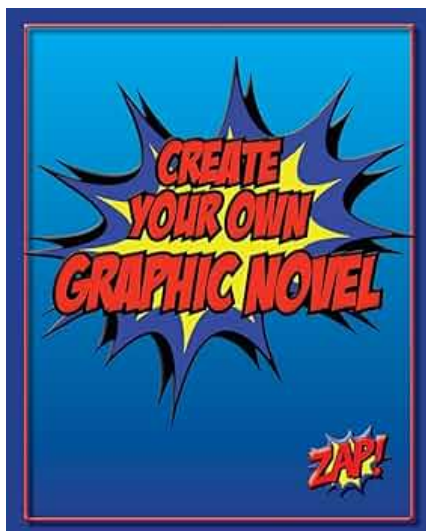


## Harbor Country Day School

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### Wednesday

#### Comic/Graphic Novel Club



**Instructor:** Ms. Kandra Kane

**Dates:** 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, \*Make up day 11/29

**Grade:** 4th-8th

*Bring your stories and illustrations to life! In this club we will discuss and map out different ideas, bringing our stories to life using either templates for those who like to draw free hand, or an online comic creator where students will be using premade graphics/backgrounds while building their own characters!*

**\*Minimum 4 students to run\***



## Harbor Country Day School

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### Wednesday Dance Club



**Instructor:** Ms. Briana DiPaola

**Dates:** 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, \* 11/15 Make up day

**Grade:** PK3-3rd

*Dance allows students to express themselves through movement. Dancers will start each dance class with a gentle stretch and warm-up. Dancers will learn various dance moves from their teachers and peers. Students will learn a choreographed dance and practice multiple times. All levels of dancers are welcome, whether they are beginners, intermediate or advanced. I am looking forward to working with these incredible dancers!*

**Dress Code:** It is encouraged for students to wear leggings, sweat pants, comfortable clothing, socks & sneakers or dance shoes.

**\*Minimum 4 students to run\***



## Harbor Country Day School

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### Wednesday

#### Girl Scouts Daisy/Brownie Troop



### GIRL SCOUTS

**Instructor:** Ms. Rachel Thessin, Ms. Val Briston

**Dates:** 9/20, 10/4, 10/18, 11/1, 11/15, 11/29, 12/13 (first semester)

**Grade:** K-1

*The Girls Scouts program continues at Harbor. The mission of this girl-led program is to build girls of courage, confidence, and character, who make the world a better place. The troop encourages age-appropriate decision making and learning by doing. The Girl Scouts focus on life skills, STEM, the outdoors, and entrepreneurship.*

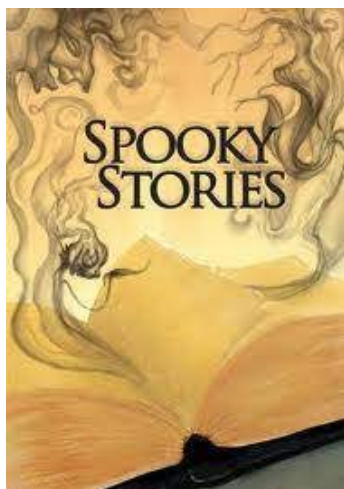
*\*Please note: If you are interested in signing up for Girl Scouts kindly contact Rachel Thessin at [rthessin@alum.mit.edu](mailto:rthessin@alum.mit.edu) prior to Harbor Clubs Registration. There is no Harbor fee for this club.*



## Harbor Country Day School

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### Thursday Spooky Stories & Writing Club



**Instructor:** Ms. Jaclyn Riegal

**Dates:** 10/5, 10/12, 10/19, 10/26, 11/9, 11/16, \*Make up day 11/30

**Grade:** 3rd-5th

*Does your child/ren love to read mystery books and spooky stories? Are they interested in learning how to write suspenseful stories with creepy characters that give their reader the heebie jeebies? Then come join our spooky story club! We will spend our time both reading and writing spooky stories, learning the art of suspenseful writing, and writing mysteries with unexpected twists and turns.*

**\*Minimum 4 students to run\***



## Harbor Country Day School

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### Thursday Yoga Club



**Instructor:** TC Diamond

**Dates:** 10/5, 10/12, 10/19, 10/26, 11/9, 11/16, \*Make up day 11/30

**Grade:** PK: 3:00-3:40; K-5th: 3:40-4:30

**Yoga Stars:** *Participants will learn yoga poses, breathing, and relaxation exercises. These practices will help cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and help students understand how to identify and manage emotions and feelings. We will begin to work on “I feel” and “I am” statements.*

**Yoga Tots:** *An educational yoga program geared especially for young children. Yoga education at this age helps children to be learning-ready, physically fit, aware of self and others, and to develop coordination and confidence.*

**\*Minimum 5 students to run\***



## Harbor Country Day School

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### Thursday STEAM



**Instructor:** Team member from *Let's Build It*

**Dates:** 10/5, 10/12, 10/19, 10/26, 11/9, 11/16, \*Make up day 11/30

**Grades:** K-3rd

*We are happy to announce the return of Let's Build It, our partnership with this STEAM-based vendor. This exciting program from Afterschool Enrichment Solutions brings together elements of science, art and math in a hands-on, action-packed environment! Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary!*

**\*Minimum 8 students to run\***