



**ROCHAMBEAU**

THE FRENCH INTERNATIONAL SCHOOL

# Auxiliary Programs

Spring 2025 Program Guide

January 6 - June 13





# Spring Overview

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Session 3 ..... Jan 6 - Feb 13  
6 weeks of non-stop excitement

February Break Camp ..... Feb 17 - 21  
Registration will open the week of February 3rd

Session 4 ..... Feb 24 - Apr 11  
The ultimate 7 week experience

Spring break Camp ..... Apr 14 - Apr 25  
Registration will open the week of March 31st

Session 5 ..... Apr 28 - Jun 6  
6 weeks of pure Awesomeness!

Schools Out Blow-Out ..... Jun 9 - 13

Get ready to kick off summer in style at the School's Out Blow-out! This action-packed week is the perfect way to say goodbye to the school year and hello to sunshine, laughter, and adventure with exciting activities and fun for all ages! This is the ultimate way to jumpstart summer break. Join us for a week of unforgettable memories!

We are excited to present a dynamic lineup of programs designed to enrich, inspire, and engage students this spring! From hands-on STEM activities and creative arts to exciting sports and active play, there's something for every interest and passion.

Spread out over 3 sessions, our Spring 2025 offerings provide students with opportunities to explore new hobbies, build valuable skills, and connect with peers in a fun and supportive environment. With a diverse range of classes, workshops, and activities tailored to different age groups, this season promises growth, creativity, and endless possibilities.

Take a look at our program guide and join us for an unforgettable spring filled with learning, exploration, and fun!



# TPS, PS, MS | Preschool

Preschool students will continue to engage in our AM and PM Garderie (Before Care and Aftercare) programs. Students will enjoy a multitude of activities to extend the learning day. From arts and crafts and play through movement, students will be engaged from drop off to pickup. This semester students in aftercare will also be enriched through additional activities such as Yoga, Art and Music classes which will each take place once a week to add excitement and fun to the program.

Registration for Garderie can be done on a drop in, session or semester basis.

<b>Session 3:</b>	January 6 - February 13	.....	6 weeks
<b>Session 4:</b>	February 24 - April 11	.....	7 weeks
<b>Session 5:</b>	April 28 - June 13	.....	8 weeks
<b>Semester:</b>	January 6 - June 13	.....	21 weeks

	<b>Before Care</b> 7:00AM - 8:30AM	<b>Aftercare</b> 3:30PM - 5:15PM	<b>Ext Aftercare</b> 5:30PM - 6:30PM
<b>Session</b>	<b>Session</b>	<b>Session</b>	<b>Session</b>
Session 3 \$110 per day of the week	Semester \$360 per day of the week	Session \$130 per day of the week	Semester \$420 per day of the week
Session 4 \$140 per day of the week	Semester \$300 per day of the week	Session \$160 per day of the week	Semester \$420 per day of the week
Session 5 \$110 per day of the week	Semester \$300 per day of the week	Session \$130 per day of the week	Semester \$420 per day of the week

**\*\*Pricing based on 1 day for the duration of the session**

The Drop In rate for all programs is \$50 per day for each activity per child. Please honor our drop in policy by making your request for before care no later than 3pm of the previous school day. For aftercare and extended aftercare, Please make your request no later than 1pm on the day care is needed. Requests received outside of these windows are not guaranteed to be honored and all requests are subject to availability.



# Garderie

## GS - CM2 | K - 5th Grade

Our revamped Garderie program is designed with Kindergarten through Fifth Grade students in mind, offering a variety of engaging activities to suit every interest. From creative Arts & Crafts to exciting STEM projects and dynamic physical activities, there's never a dull moment!

With something for everyone, Garderie is the perfect way to recharge, explore, and enjoy time after school.



	<b>Before Care</b> 7:00AM - 8:30AM	<b>Aftercare</b> 3:00PM - 5:30PM	<b>Extended Aftercare</b> 5:30PM - 6:30PM
<b>Session 3</b>	\$110 per day	\$122 per day	\$90 per day
<b>Session 4</b>	\$135 per day	\$143 per day	\$100 per day
<b>Session 5</b>	\$110 per day	\$122 per day	\$90 per day
	<b>Semester</b> \$350 per day	<b>Semester</b> \$385 per day	<b>Semester</b> \$280 per day

**\*\*Pricing based on 1 day for the duration of the session**

# Homework Help

## CP- CM2 | 1st - 5th Grade

Sometimes classroom time isn't enough to fully grasp the concepts taught during the day. That's where Homework Help comes in! This program is the perfect way to provide your child with the small group assistance they need to thrive in their studies. Led by Rochambeau teachers, Homework Help offers personalized support to help students succeed across all academic subjects. Every student receives the focused attention they deserve.

There is no drop in option for Homework Help.

<b>Session 3</b>	\$193 per day	<b>Session 4</b>	\$225 per day	<b>Session 5</b>	\$193 per day
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# GS - CP | K - 1st Grade



Our programs for Kindergarten and First grade students are thoughtfully designed to nurture creativity, curiosity, and foundational skills in a fun and supportive environment. Our young learners will explore a variety of engaging activities tailored to their developmental needs and interests, including:

**Arts & Crafts:** Encouraging self-expression and creativity through hands-on projects. **STEM Exploration:** Introducing basic science, technology, engineering, and math concepts through fun, interactive experiments and challenges.

**Movement & Play:** Promoting physical activity and teamwork through games, dance, and outdoor adventures. **Storytelling & Literacy:** Sparking a love for reading and imagination with storytelling, role-playing, and book-related activities.

**Social Skills Development:** Building friendships, cooperation, and communication skills through group activities and collaborative projects. Each program is designed to inspire joy, curiosity, and confidence while providing a safe and nurturing space for exploration and discovery.

## Session 3

Jan 6 - Feb 13

## Session 4

Feb 24 - Apr 11

## Session 5

Apr 28 - Jun 6

	Activity	Price	Activity	Price	Activity	Price
M	Zumba (F)	\$174	Zumba (F)	\$236	Zumba (F)	\$174
	Cooking (F)	\$235	Cooking (F)	\$370	Cooking (F)	\$235
	Arts and Crafts (F)	\$204	Arts and Crafts (F)	\$266	Arts and Crafts (F)	\$204
	Olympic Sports	\$173	Multi Sports	\$227	Olympic Sports	\$173
Tu					Potpourri	\$259
	Board Games (F)	\$205	Board Games (F)	\$236	Board Games (F)	\$205
	Musical Theater (F/S)	\$300	Ballet (F/S)	\$350	Zumba	\$205
	Piano	\$192	Guitar	\$224	Piano	\$192
W	Zumba	\$205	Yoga	\$236	Hip Hop	\$300
	Stop Motion (F)	\$174	Stop Motion (F)	\$236	Stop Motion (F)	\$205
	Arts and Crafts (F)	\$235	Arts and Crafts (F)	\$266	Arts and Crafts (F)	\$235
	Hip Hop	\$300	Chorale (F)	\$236	Chorale	\$205
Th	Chorale (F)	\$174	K-Pop	\$350	NASA	\$300
	Swiftie Scratch	\$270	Graphic Design	\$231	Ballet (F/S)	\$300
	Ballet (F/S)	\$300	Scratch Jr.	\$315	Graphic Design	\$253
	Guitar	\$192	Piano	\$224	Soccer	\$207
F	Multi Sports	\$207	Olympic Sports	\$227	Swiftie Scratch	\$288
	Chess	\$300	Chess	\$350	Chess	\$300
	Graphic Design	\$264	Piano	\$224	Capoeira	\$247
	Violin	\$160	Musical Theater (F/S)	\$350	Guitar	\$192
	Arts and Crafts	\$173	Arts and Crafts	\$227	Potpourri	\$302
					Musical Theater (F/S)	\$300

(F) Instructor also speaks French

(S) Instructor also speaks Spanish



# CE1 - CE2 | 2nd - 3rd Grade

Our programs for Second and Third graders are designed to foster curiosity, creativity, and a sense of independence. Students in this age group will enjoy a diverse range of activities that encourage exploration, critical thinking, and teamwork, including: **Creative Arts:** Developing artistic skills through drawing, painting, crafting, and exploring various mediums. **STEM Adventures:** Delving into hands-on science, technology, engineering, and math projects that spark curiosity and problem-solving. **Active Play & Sports:** Building teamwork, coordination, and physical fitness through fun games, sports, and outdoor activities. **Imaginative Writing & Storytelling:** Encouraging creative expression and literacy through storytelling, journaling, and collaborative writing projects. **Team Challenges:** Strengthening social skills and collaboration with group-based problem-solving activities and projects. These programs provide the perfect balance of structured learning and playful exploration, helping students discover their passions, build confidence, and create lasting friendships.



## Session 3 Jan 6 - Feb 13

## Session 4 Feb 24 - Apr 11

## Session 5 Apr 28 - Jun 6

	Activity	Price	Activity	Price	Activity	Price
M	Arts and Crafts (S)	\$204	Arts and Crafts (S)	\$266	Art and Crafts (S)	\$204
	Fencing - CE2 (F)	\$204	Fencing - CE2 (F)	\$266	Fencing - CE2 (F)	\$204
	Chorale (F)	\$174	Chorale (F)	\$236	Chorale (F)	\$174
	LEGO Robotics	\$225	K-Pop	\$350	Musical Theater	\$250
	Chess	\$250	Chess	\$350	Chess	\$250
Musical Theater	\$250					
Tu	Cooking (F)	\$267	Cooking (F)	\$300	Cooking (F)	\$267
	Hand Sewing	\$287	Pokemon	\$246	Machine Sewing	\$235
	Pokemon	\$317	Multi Sports	\$280	Weird Nature	\$253
	K-Pop	\$300			Multi Sports	\$207
W	Board Games (F)	\$205	Board Games (F)	\$266	Board Games (F)	\$235
	3D Game Design	\$270	Digital Art TECH	\$288	AI Foundations	\$288
	Robotics	\$317	Guitar	\$224	Piano	\$192
	Piano	\$192	Chess	\$350	Chess	\$350
	Chess	\$300	Basketball (F)	\$328	Basketball (F)	\$305
Th	International Cuisine (F)	\$262	International Cuisine (F)	\$293	International Cuisine (F)	\$262
	Calligraphy (F)	\$225	Calligraphy (F)	\$256	Calligraphy (F)	\$235
	Fencing - CE1 (F)	\$235	Fencing - CE1 (F)	\$266	Board Games (F)	\$235
	Board Games (F)	\$205	Board Games (F)	\$236	Fencing - CE1 (F)	\$235
	Theater & Improv	\$317	Theater & Improv	\$246	Guitar	\$192
Experiment-a-mania				Experiment-a-mania	\$302	
F	International Cuisine (F)	\$235	International Cuisine (F)	\$300	International Cuisine (F)	\$267
	Stop Motion (F)	\$174	Stop Motion (F)	\$236	Stop Motion (F)	\$205
	Yoga	\$174	Yoga	\$236	Robotics	\$253
	Capoeira (S)	\$194	School Newspaper	\$317	Field Hockey	\$207
					Chess	\$300
				Zumba	\$205	

(F) Instructor also speaks French

(S) Instructor also speaks Spanish

# CM1 - CM2 | 4th - 5th Grade

Our programs for Fourth and Fifth graders are tailored to help students build independence, expand their skills, and explore their interests in engaging and meaningful ways. With a focus on creativity, teamwork, and problem-solving, students can enjoy a variety of activities, including: **Advanced Art & Design:** Experimenting with diverse techniques and materials to create unique projects and develop artistic expression. **STEM Innovation:** Tackling hands-on challenges in coding, robotics, engineering, and scientific exploration to spark critical thinking. **Sports & Fitness:** Encouraging physical activity and teamwork through organized sports, fitness challenges, and outdoor adventures. **Leadership & Collaboration:** Developing leadership and teamwork skills through group projects, team-building activities, and problem-solving tasks. **Creative Writing & Expression:** Nurturing storytelling and communication skills through writing workshops, debates, and collaborative performances. These programs provide the perfect environment for students to explore their passions, take on new challenges, and build friendships, all while having fun and gaining valuable skills.



## Session 3

Jan 6 - Feb 13

	Activity	Price
M	Board Games (F)	\$174
	Martial Arts	\$204
	Calligraphy (F)	\$184
	Pokemon	\$264
	Piano	\$160
Tu	Stop Motion (F)	\$205
	Digital Art TECH	\$270
	Fencing - CM2 (F)	\$235
	Olympic Sports	\$207
	Chess	\$300
W	Cooking (F)	\$267
	Fencing -CM1 (F)	\$235
	Zumba	\$205
	Volleyball	\$207
Th	Martial Arts	\$235
	AI Foundations	\$270
	K-Pop	\$300
	School Newspaper	\$317
	Violin	\$192
F	3D Game Design	\$225
	Chorale	\$174
	Chess	\$250
	Hip Hop	\$250

## Session 4

Feb 24 - Apr 11

	Activity	Price
M	Board Games (F)	\$236
	Martial Arts	\$266
	Hand Sewing	\$281
	Calligraphy (F)	\$246
	First LEGO League	\$336
	Pokemon	\$296
	Guitar	\$224
Tu	Stop Motion (F)	\$236
	Girls on the Run (F)	\$303
	Fencing - CM2 (F)	\$266
	3D Game Design	\$336
	Chess	\$350
W	Cooking (F)	\$300
	Fencing -CM1 (F)	\$266
	Zumba (F)	\$236
	Hip Hop (F/S)	\$350
	Volleyball	\$242
Th	Martial Arts	\$256
	Girls on the Run (F)	\$303
	Digital Art TECH	\$336
	School Newspaper	\$296
	Robotics	\$296
	Basketball (F)	\$328
F	Capoeira (S)	\$288
	Chorale	\$236
	AI Foundations	\$336
	Yoga	\$236
	Chess	\$350

## Session 5

Apr 28 - Jun 6

	Activity	Price
M	Board Games (F)	\$174
	Martial Arts	\$204
	Machine Sewing	\$289
	Calligraphy (F)	\$184
	Pokemon	\$211
	Piano	\$160
Tu	Fencing - CM2 (F)	\$235
	Stop Motion (F)	\$205
	AI Gaming	\$240
	Experiment-a-mania	\$302
W	Cooking (F)	\$267
	Fencing -CM1 (F)	\$235
	Zumba (F)	\$205
	Weird Nature	\$253
	Field Hockey	\$207
Th	Marital Arts	\$235
	Basketball (F)	\$305
	3D Gaming	\$288
	Weird Nature	\$253
F	Capoeira	\$247
	Chorale	\$205
	Hip Hop	\$300
	Digital Art TECH	\$336

(F) Instructor also speaks French

(S) Instructor also speaks Spanish

# STEM



Our STEM (Science, Technology, Engineering, and Mathematics) classes are designed to inspire curiosity and foster critical thinking in students as they explore the exciting world of growth and discovery. Through hands-on projects, experiments, and problem-solving challenges, students will dive into the core concepts of science, engineering, technology, and math, while developing key skills such as creativity, teamwork, and analytical thinking.

In our STEM program, students will not only build a strong foundation in these essential subjects but also gain real-world experience by applying their knowledge to solve complex problems. Whether designing experiments, building robots, or coding apps, students will engage in activities that encourage them to think like inventors and future leaders in science and technology.

With a focus on exploration and discovery, our STEM classes empower

## Potpourri

This theme is an amazing mix of our Pre-K & Kindergarten workshops! Learn about the magic of dry. This theme is an amazing mix of our Pre-K & Kindergarten workshops! Learn about the magic of dry ice, the science of slime, fabulous, fossils, amazing animals, and more! This is the best of all our classes for younger students, taught with fun and excitement!

## Experiment-a-mania

Experiment-a-mania is a cornucopia of experiments! Children will uncover the vital role that science plays in detective work, examine the science behind popular toys and get a buzz out of the amazing world of insects! Your Jr. Mad Scientists will explore earth science, weather phenomena, and experiment with some kitchen chemistry. Children will build their own Mad Science machine, and create their own short animated cartoon!

## Space Explorers

Blast off with a program designed and created specially by NASA engineers! Set your future space explorers on a trajectory from our Earth's atmosphere to the outer reaches of our solar system! This hands-on program will bring children closer to the stars, planets, comets, and more. Learn about living in space, getting away from gravity, looking for space phenomena, and participate in a rocket launch!

## Robotics

Unleash your creativity in our Robotics class! Discover the exciting world of robotics, engineering, and coding as you work with your own robot. With provided materials (SmartKiddo robots), you'll learn engineering and programming skills while crafting programs of varying complexity that help robots move and interact with the world. No previous experience is needed; just bring your passion for innovation, problem-solving skills, and an engineering mindset. Join us for an exhilarating journey into the realm of robotics and embrace the endless possibilities of technology and creativity!

## Scratch Jr

Kids have a blast solving problems, designing projects and creatively expressing themselves. They will make short stories, apply elements of animation, and create their own sprites and objects – all using technology and coding fundamentals!



## LEGO Robotics

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, we build for a variety of cool LEGO robots based around a motor and controller. Then, kids use a block-based programming language to make their creation come to life! It's educational, cool, and FUN!

## Pokemon: Build & Battle

Welcome to Pokémon: Build & Battle, where the world of Pokémon meets math, literacy, and strategic thinking! This program invites young trainers to explore the art of building powerful Pokémon trading card decks, while developing essential skills in problem-solving, mathematics, literacy, and strategic decision-making. Students will have the chance to battle each other within a fun, competitive, and supportive learning environment. Each week will focus on building different aspects of the game—deck construction, understanding card abilities, math for calculating damage, reading comprehension for card details, and strategy for winning battles. By the end of the program, students will participate in a culminating tournament where they can showcase their skills!

## Digital ArtTECH

This STEAM-focused course introduces students to the exciting and multifaceted world of digital art. Through a series of creative projects, students will learn the fundamentals of graphic design, image editing, digital storytelling, and more. Sample projects include a birthday card, a poster for an imaginary movie, and a simple animation.

## 3D Video Game Design

One of the best ways to get kids excited is to allow them to create something of their own. In class, students bring their imaginations to life in full, 3D color and create games they can play including Frogger Freeway, Underwater Diving, and Sports Games. Utilizing block coding, this class helps young learners focus on the coding concepts (not typing) to learn about loops, variables, and constructors while having a blast!

## Swiftie Scratch

Join us on an amazing journey with your child's favorite superstar! In many cases, this is Taylor Swift!! Kids will learn the fundamentals of coding and programming while rocking out. These Swifties will have a blast creating with code! They will program a music video, an interview with their favorite music icon, helping their superstar get ready for the next concert! Note: this course can be modified for kids to choose their own superstar.

## Chess

In chess students will learn the art of character building, perseverance, math and geometry, and patience. They will practice these skills which will help with memory and improve their day to day concentration. And all while having fun!

## School Newspaper & News Channel Club

Have you ever wanted to be a reporter? To keep people informed on the important happenings in your community? Well this is your chance! In this class, we'll explore the ins and outs of both broadcast and print journalism. First, we'll create a school newspaper, where we take on roles as editors and article writers to bring a high quality publication to our fellow students. Then, we'll create a video log of short, journalistic videos explaining what's going on at our school. Along the way, we'll learn things like storyboarding, simple video editing, and interviewing!

## Stop Motion

Stop motion or frame by frame... children can give free reign to their imagination and create their own stories. And they'll turn those stories into movies! Their toys will become the heroes of their stories. By learning how to use an application, they'll be able to create their own film... complete with dialogue and music! The future Spielberg may be among your children... Once they've learned the technique, children can easily practice this activity at home and create, create, create...

## Board Games

Participating in a game workshop can be a lot of fun! It's a great way to relieve stress, relax and explore new or classic games in a collaborative environment. The range of group and individual games is wide: from board and investigation games, to speed and logical thinking games, everyone will learn while having fun. This is a great way to train memory, attention, problem solving and decision making skills, as well as physical coordination. So why not give it a try?

## AI Foundations: Multimedia

Students harness the power of AI technology to support and enhance their creativity while building a unique multimedia story, combining original ideas with the power of AI! Along the way, they'll learn about creative writing, AI ethics, and a range of AI tools. They will fully develop main characters including personality, imagery, and more. They will use AI to create visuals to represent story locations and utilize ChatGPT to enhance their existing story ideas. Students will also be challenged to think critically about AI generated content, its many uses, and its limitations. Note: this class is structured like a creative writing class, but every step of the process uses AI tools to prompt creativity and fully realize students' ideas.

# ART & DANCE



Our Art and Dance classes offer students the opportunity to explore their creativity and express themselves in exciting and dynamic ways. In Art, students will experiment with various mediums, techniques, and styles, from drawing and painting to digital art, all while developing their artistic skills and individual style.

In Dance, students will engage in movement, rhythm, and choreography, learning different dance forms and building their coordination, flexibility, and confidence. Both classes encourage self-expression, teamwork, and a deep appreciation for the arts, allowing students to discover their talents while having fun.

Whether through creating art or moving to the beat, students in these classes will develop essential life skills, including discipline, creativity, and a sense of accomplishment.

## Creative Movement

Creative Movement is a joyful way for children to explore movement through music and dance. Your child will work on developing physical skills, channel energy, stimulate imagination, and creativity. Using creative movement, students can simultaneously develop motor skills, rhythmic awareness, coordination, and balance in a safe environment.

## Petit Ballet

Petit Ballet is a delightful introductory dance program tailored specifically for children between the ages of 3 and 4. This program aims to foster a love for dance while nurturing fundamental skills and coordination in a fun and engaging environment. Typically, the classes are designed to be highly interactive, incorporating playful movements and music that capture the imagination of young dancers.

## Hip Hop

Welcome to our vibrant and energetic Hip Hop Foundations class, specifically tailored for young dancers! This class is designed to introduce the dynamic world of hip hop while promoting creativity, rhythm, and self-expression.

## Musical Theater

Our Musical Theater class is an adventure for young performers! In this dynamic class designed for children, we foster a love for the arts through an engaging and playful introduction to the world of musical theater. Through the joy of music, movement, and storytelling, our young stars will embark on an exciting journey to discover the wonders of performance art.

## Ballet Foundations

As the foundation of all dance forms, Ballet helps develop base dance techniques for any style. Ballet classes help students with posture, flexibility, fitness, balance, self-discipline, and self-confidence, and can potentially enhance your child's motor, listening, and social skills. Dancers will learn basic steps and terminology in ballet and will begin to explore their own expressive movement styles while honing in on important technique.

## K-Pop

For students who love Korean Pop, we have a choreography and cover class with the most trending songs in K Pop of the moment.



## Arts and Crafts (French)

Art activities are a terrific way for kids of all ages to express themselves creatively. Students will work on projects collaboratively in order to learn the value of creating together, all the while exploring their creativity through individual projects and activities. The goal is to inspire independence and creativity through crafts.

## Cooking

This club focuses on providing a safe and fun environment for budding chefs to explore and discover their own creative culinary skills. The young chefs will learn how to use kitchen tools appropriately and safely, how to make fun delicious recipes using simple ingredients that are easy to replicate at home and will learn about nutrition and feeding their bodies in a healthy manner.

## Chorale

Students who participate in this choir will be able to: Practice good posture, voice, and breathing techniques to improve singing skills. Sing in front of an audience in harmony with others. Gain confidence and trust in themselves. Learn about the French language through singing, dancing, and movement. Make new friends.

## Arts and Crafts (Spanish)

Explore your creativity while learning Spanish! In this Arts and Crafts class, students will create unique projects using a variety of techniques and materials, such as drawing, painting, collage and modeling. While working on their artwork, students will practice Spanish vocabulary and expressions, immersing themselves in the language in a fun and practical way.

This class is perfect for developing artistic skills, fostering creativity and improving fluency in Spanish, all in a relaxed and motivating environment. Discover art and language in an experience you are sure to love!

## Hand Sewing

In Hand Sewing this semester you'll learn the very basics of how to sew by hand while continuing to expand your skills each week. Throughout the course, you'll finish multiple projects and gain confidence in hand sewing, understanding sewing terminology, and will learn how to read a sewing pattern. Class will be taught in English.

## Machine Sewing

This class follows hand sewing in teaching students how to use sewing machines. Students will learn how sewing machines function, maintenance of a sewing machine and will make a Quillow and/or apron as they apply machine sewing techniques. Hand sewing is a prerequisite. Class will be taught in English.

## Learn Now Music Classes (Piano, Guitar)

Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Rental instruments and music provided. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

## Calligraphy

Discover the timeless elegance of calligraphy in this engaging class! Students will learn the fundamentals of this artistic writing style, including proper techniques for holding a pen, forming letters, and creating beautiful designs.

With a focus on traditional and modern calligraphy styles, participants will practice creating alphabets, decorative flourishes, and unique projects such as personalized cards or artwork. This class helps develop patience, attention to detail, and a sense of creative accomplishment.

Whether you're a beginner or looking to refine your skills, this class offers a relaxing and rewarding experience where your creativity flows with every stroke of the pen.

## Theater and Improv (Yes And)

Do you love acting and want to learn how to improvise like a pro? Our Theater and Improv (Yes And) class is the perfect place to start! In this course, students will explore the fundamentals of improvisational theater and learn how to think on their feet. You'll develop your acting skills through fun exercises and games, as well as learn the art of "Yes And" – a technique that encourages collaboration and creativity. Whether you're a seasoned actor or a beginner, this class will help you develop your confidence and creativity on stage. We'll also get to do some stage design. No previous experience is necessary – just bring your willingness to play and have fun!

## International Cuisine

International cuisine is specially designed for budding young gourmets! This workshop is an opportunity for your children to discover the secrets of cooking while having fun. Beyond the simple preparation of delicious dishes, this workshop is a real adventure in which your children learn the basics of cooking, while developing essential skills such as creativity, teamwork and attention to detail. They'll also discover the importance of a healthy diet and the possible alliance between a balanced diet and tasty recipes. Your children's discoveries will be an opportunity to share a moment of complicity when making recipes as a family!

# ACTIVE CLASSES



Our active classes provide students with the opportunity to stay physically engaged while developing important life skills such as teamwork, coordination, and perseverance. These classes include a wide range of activities designed to keep students moving, from team sports and individual fitness challenges to fun games and outdoor adventures. Students will have the chance to build strength, flexibility, and agility while learning the value of a healthy lifestyle. Through participation in various activities, they will also develop social skills, leadership, and sportsmanship. Whether it's through friendly competition or cooperative play, our active classes promote physical wellness and encourage students to enjoy being active both in and outside of the classroom.

In these classes, students will not only stay fit, but also gain confidence, learn how to work as part of a team, and have fun while engaging in physical

## Basketball

The game is played in a spirit of loyalty and camaraderie. Education focuses on respect for others, teamwork and taking responsibility. Children will learn the rules of the game and play techniques : dribbling, passing and shooting while developing collective play.

## Volleyball

Our Volleyball program is designed to introduce young athletes to the fundamentals of volleyball while helping them build essential skills in a fun and supportive environment. Whether they are new to the sport or looking to improve their abilities, players will learn key techniques such as serving, passing, setting, and spiking, along with important concepts like teamwork, communication, and sportsmanship.

## Yoga

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children. Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.

## Zumba

Zumba Kids is a popular class that combines elements of dance and aerobics. With their favorite music accompaniment, kids learn to move, listen to the rhythm, exercise their bodies, and improve their health. Zumba benefits their physical growth, also protects from many problems associated with a sedentary lifestyle.

## Multi-Sports

This dynamic program offers a diverse range of sports activities and games designed to keep kids active and engaged. Our experienced coaches focus on teaching fundamental skills, strategies, and sportsmanship in a positive, recreational environment - with an emphasis on fun! Soccer, volleyball, basketball, and more!



## Capoeira

Capoeira is a Afro-Brazilian dance mixed with martial arts, acrobatics and music. Through this class students will focus on learning basic corporal techniques of Capoeira including, acrobatics, defense and attack movements. Students will also learn the rhythms and songs necessary for Capoeira, including, drums, tambourine and other native Brazilian instruments.

## Girls on the Run

Girls on the Run is an afterschool youth development program for 3rd to 8th-grade girls. We aim to inspire girls to be joyful, healthy, and confident using a fun, experience-based curriculum that creatively integrates movement. Through thought-provoking discussions and fun activities, Girls on the Run uplifts and empowers girls in our community and prepares them to become the leaders of tomorrow.

Unlock life skills through curricula that inspire confidence. Weave physical activity — that is accessible to all girls — into thought-provoking lessons. Offer girls a tangible sense of achievement by helping them set goals for the end-of-season 5K. Get girls involved in hands-on community impact projects.

This program will run for 8 weeks, beginning the week of March 9th. The season culminates with a celebratory 5k on Sunday May 18th.

## Martial Arts

Unleash your potential with our Martial Arts class! Students will learn the fundamentals of this ancient practice, including self-defense techniques, proper stances, kicks, punches, and movement patterns.

Through structured training and dynamic exercises, participants will improve their physical fitness, balance, and coordination. Martial Arts also emphasizes core values such as discipline, respect, and perseverance, helping students build confidence and focus both on and off the mat.

Whether you're a beginner or looking to sharpen your skills, this class offers an exciting and supportive environment for growth, strength, and self-empowerment.



# 6e - Tle | 6th - 12th Grade

Our after-school classes for middle and high school students are designed to inspire curiosity, creativity, and personal growth. With a variety of programs to choose from, students can explore their interests, develop new skills, and connect with peers in a supportive and engaging environment.

From advanced STEM workshops and creative arts to leadership development and sports, these classes provide opportunities for hands-on learning, teamwork, and self-expression. Whether preparing for future careers, diving into a favorite hobby, or simply having fun, students will find programs tailored to their age and aspirations.

Join us for an enriching after-school experience where learning extends beyond the classroom and every student can thrive!



**January 6 - March 7  
(8 weeks)**

	<b><u>Activity</u></b>	<b><u>Price</u></b>
<b>M</b>	Clay Discovery Speech and Debate	\$384 \$420
<b>Tu</b>	Piano K - Pop Dance	\$256 \$400
<b>W</b>	Clay Discovery	\$384
<b>Th</b>	Speech and Debate	\$420
<b>F</b>	Guitar	\$256



# Forest Road Campus



## Learn Now Music Classes (Piano, Guitar)

Our budding musicians will participate in musical instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Rental instruments and music provided. Students will take instruments and music home in between classes to enjoy. A rental agreement must be signed and instruments must be returned in the same condition at the last scheduled class date. Parents will be responsible for the return cost and/or replacement of any unreturned/damaged instruments.

## Speech and Debate

In this exciting class, we'll dive into the world of persuasive communication and argumentation. Students will discover the power of debate, master the art of constructing compelling arguments, and learn how to use persuasive language to win over audiences. Each session will challenge students to use logical reasoning, understand evidence, and counter opposing arguments. The class culminates in a formal debate tournament where students can put their skills to the test. Join us for a fun and engaging learning experience where you can become a confident and persuasive young debater!

## Clay and Mindfulness Discovery

Welcome to the Clay and Mindfulness Discovery Class, where creativity meets self-awareness in a fun and engaging environment! This class harnesses the healing properties of working with clay to help students connect with their feelings while enjoying a rich sensory experience. In each session, participants will:

- Embrace Mindfulness: Each week begins with a mindful theme that sets the tone for reflection and creativity, encouraging students to be present in the moment.
- Engage in Guided Clay Sessions: Participants will enjoy guided sessions that inspire them to create freely, exploring their imagination and expressing their emotions through clay.
- Experience Grounding Effects: Working with clay promotes a peaceful state of mind, helping students feel more grounded and centered.
- Explore Various Projects: Dive into a variety of projects, including: free play with clay, nature-inspired creations, beaded necklaces and bracelets, pinch pots, and whatever else sparks their beautiful imaginations! Join us in this delightful journey of discovery, where students can develop their artistic skills while enhancing their emotional awareness and mindfulness.

## K-Pop

For students who love Korean Pop, we have a choreography and cover class with the most trending songs in K Pop of the moment.



# Etude Dirigee

6e - T1e | 6th - 12th Grade

Our Homework Help program provides middle and high school students with the support they need to excel academically. Guided by experienced educators, this program offers a focused and structured environment where students can complete assignments, prepare for tests, and receive personalized assistance in challenging subjects.

Whether tackling math problems, organizing essays, or clarifying science concepts, students will benefit from individualized attention and practical study tips tailored to their needs. The program also encourages the development of strong study habits, time management skills, and self-confidence in their academic abilities.

Homework Help is the perfect resource for students seeking to stay on top of their studies and achieve success throughout the school year.

Session 3  
January 6 - February 13  
\$193 per day

Session 4  
February 24 - April 11  
\$225 per day

Session 5  
April 28 - June 13  
\$193 per day

## NEW!! Drop In Etude Dirigee

Beginning Monday, December 2, Drop-In Étude Dirigée will be available for \$50 per day for students in 6th–12th grade. Families can purchase a drop-in pass through CampBrain for the specific day care is needed. Once registered, your child will be added to the class, where they can receive assistance with their homework while waiting for their evening ride home.

To secure a spot :

- Log into CampBrain and purchase the drop-in pass for the desired day.
- Email the Vie Scolaire to notify us of your purchase.

Please note: Any student remaining on campus without an approved reason after the school day ends will automatically be charged the \$50 drop-in fee for staying on campus

# Terms & Conditions

## Registration and Transfer Information

This registration period is intended for you to enroll in programs for the remainder of the school year. Registration dates and times will be communicated through the Headlines newsletter or direct messages from the Department.

**The registration window will remain open until 5:00 PM on Sunday December 8th. Registration will not reopen for the remainder of the semester. Requests after Sunday December 8th will be subject to a \$100 fee, per child regardless of the reason.**

Transfer requests must be submitted using the designated Google form and will be accepted until 5:00 PM on Wednesday, December 18. Changes requested after this deadline are not guaranteed to be accommodated. No changes will be made during the holiday break (December 21 - January 5) Any changes requested after December 18th will accrue a \$100 fee regardless of the reason.

Please plan your schedules carefully to minimize the need for multiple changes.

## Refund Policy

Once the registration and transfer period closes, any change requests will incur a \$100 change fee. Please note that starting Monday, January 13, no refunds will be issued for any reason, including (but not limited to):

- absences
- unexpected school closures
- instructor no-shows
- other unforeseen circumstances.

## Extended Day Services Policy

All Extended Day services are non-transferable and cannot be shared between students, days, or sessions.

## Program Cancellation Policy

Programs may be canceled if the minimum number of participants required is not met. In the event of cancellation due to low enrollment, you will have the option to transfer into another available activity (if space permits) or receive a full refund for the program. All those effected will receive an email to inform you of the cancellation by Friday December 13th.

## Refund Policy

All refunds will be processed within one month of the cancellation, less any fees, where applicable. All refunds will go back to your Campbrain account to be used towards future registrations such as Break Camps, Summer Camp and future Enrichment Programs.

## Contact and Support

We're here to assist in any way we can. For any questions or concerns, please email [clubs@rochambeau.org](mailto:clubs@rochambeau.org). To help us track requests effectively, please complete the appropriate Google form on our website before reaching out via email.

We monitor submissions throughout the work week and aim to provide feedback or take action within one week if submission. If you do not receive a response within that timeframe, please contact [clubs@rochambeau.org](mailto:clubs@rochambeau.org).