

# Which ASP Class Is Right for My Child?

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## A Parent's Guide to Choosing the Right After-School Fit

After a full school day, the right after-school class can make all the difference in supporting your child's growth, expression, and sense of belonging. Each of our enrichment offerings is designed not just to entertain, but to nurture developmental skills that help children thrive socially, emotionally, physically, and creatively.

This guide was written to help families see the hidden benefits of each class type and to find the best fit for your child's needs and temperament.

### How to Choose a Class

When you are choosing an after-school class, it is helpful to think about your child's energy level and regulation after the school day ends.

#### Does your child crave movement or need calm?

Some kids regulate best through big body play (running, jumping, dancing), while others need quiet, creative focus.

#### How do they handle group dynamics?

Team sports and large-group games build cooperation, but might be challenging if your child struggles with frustration or competition after a long day.

#### Do they thrive on structure or imagination?

Logical thinkers may love STEM or strategy classes, while dreamers flourish in storytelling and art.

There is no "correct" answer — just the right match between activity, temperament, and timing.

### When to Choose Something Different

After-school hours can be a tricky time. Even the most enthusiastic child may be overstimulated after a day of socializing and learning.

If your child:

- Struggles with transitions or fatigue
- Has frequent conflicts in competitive settings
- Needs downtime to recharge

It may be best to start with a calming, creative, or non-competitive movement-based class before introducing group sports or cognitively demanding options.

After-school enrichment should fill your child's cup, not empty it. Talk to your child about choosing something that will help them reconnect, move, and create in ways that feel joyful and doable at the end of a long day.

## Movement-Based & Rhythmic Play

*Examples: Move & Play, Capoeira, Cheerleading, Tunes 4 Tots*

These classes help children reconnect with their bodies through rhythm, repetition, and movement that feels joyful rather than pressured. They build coordination, confidence, and sensory integration while offering a healthy outlet for energy.

### Hidden Benefits:

- Supports self-regulation and body awareness
- Strengthens core stability and balance
- Provides proprioceptive and vestibular input to help children feel grounded
- Boosts confidence through mastery of movement and rhythm
- Offers midline-crossing exercises crucial to helping children build coordination, strengthen brain connections between both hemispheres, and support essential skills like focus, handwriting, and overall motor development.

🌀 **Best for children who need to move after school but may tire easily, seek sensory input, or benefit from gentle, playful activity that blends fun and structure.**

## Competitive & Technical Play

*Examples: Tae Kwon Do, Basketball, Soccer, Team Sports*

These classes build athletic skill, discipline, and teamwork in a more structured environment. They are excellent for developing persistence, goal-setting, and emotional resilience.

### Hidden Benefits:

- Strengthens muscle control, coordination, and stamina
- Builds executive function through rules, sequences, and routines
- Teaches teamwork, sportsmanship, and self-discipline
- Encourages positive risk-taking and confidence under pressure

🌀 **Best for children who have energy to spare after school and thrive on structured challenges or friendly competition. For those still learning to manage frustration or fatigue, start with movement-based play before progressing to team sports.**

## Structured Social Play

*Examples: Hot Wheels Club, LEGO Club, Beyblades Club*

These classes are playful, structured, and collaborative. They are perfect for early elementary children who are still developing social and emotional regulation.

### Hidden Benefits:

- Builds turn-taking, sharing, and peer awareness
- Encourages flexibility and self-control during play
- Strengthens fine motor skills and visual-spatial reasoning
- Promotes joyful engagement in low-stress settings

🌀 **Best for children who benefit from playful structure and guided social experiences.**

## Performing Arts & Rhythm

*Examples: Tap Dance, K-Pop Dance, Dance Dynamite, Musical*

Music and movement are deeply regulating for the nervous system. Performing arts classes help children build rhythm, confidence, and coordination, while learning to express big emotions safely through movement and sound.

### Hidden Benefits:

- Improves auditory processing and timing
- Strengthens memory, attention, and motor planning
- Builds confidence through performance and mastery
- Supports emotional expression and self-regulation

🌀 **Best for children who are creative, kinesthetic learners, or those who benefit from movement that feels structured but expressive.**

## Creative & Expressive Arts

*Examples: Painting Club, Jewelry Making, Collage Creations, Sew Much Fun, Clay*

These classes are ideal for children who love to create, imagine, and express themselves. They are naturally calming, encourage focus, and help kids build important fine motor and visual-spatial skills.

### Hidden Benefits:

- Builds hand strength and bilateral coordination (using both hands together)
- Encourages creative problem-solving
- Provides gentle sensory feedback that supports self-regulation
- Gives children a safe outlet for emotional expression

🌀 **Best for children who unwind through making and imagining, or who benefit from a slower-paced, nurturing environment.**

## Imaginative & Narrative Play

*Examples: Wildlife Explorers, Curious Minds STEAM Lab, Dungeons & Dragons Club*

These classes immerse kids in storytelling, exploration, and creativity. They are wonderful for nurturing empathy and social understanding while supporting language, planning, and flexible thinking.

### Hidden Benefits:

- Builds executive function and perspective taking
- Enhances verbal expression and collaborative problem-solving
- Strengthens working memory and imagination
- Encourages identity formation and self-confidence

🌀 **Best for children who love pretend play, stories, or creating worlds — and who may feel most at ease in smaller or more imaginative groups.**

## STEM & Logic Builders

*Examples: Coding, The 24 Game Challenge, Strategy Lab, Advanced LEGO, Building Club, Chess*

For kids who love to tinker, build, or figure out how things work, these classes spark curiosity and critical thinking.

### Hidden Benefits:

- Strengthens sequencing, cause-and-effect reasoning, and attention span
- Builds persistence and frustration tolerance
- Encourages visual-spatial reasoning and logical thinking
- Provides rich opportunities for collaboration and communication

🔗 **Best for children who enjoy puzzles, patterns, or engineering play. Especially great for those who need structure and love to feel competent.**

## Leadership, Voice & Responsibility

*Examples: Nebraska Avenue Times, NPS Yearbook Club*

These classes invite older students to step into roles of authorship, teamwork, and accountability — experiences that foster independence and confidence. Participants act as reporters, editors, or designers, building real-world executive function and communication skills while contributing meaningfully to their school community.

### Hidden Benefits:

- Strengthens organization, planning, and time management
- Develops leadership and collaborative problem-solving
- Enhances written and visual communication
- Fosters pride, belonging, and responsibility through authentic contribution

🔗 **Best for students ready to take initiative, express their ideas, and contribute to something bigger than themselves. These classes offer a wonderful bridge between play-based learning and purposeful teamwork.**