

# Shepardson's Winter 2011

## Enrichment Program

ALL CLASSES RUN FROM 3:45-4:45

### Session Registration Information and Class List

#### Registration

Tuesday January 11<sup>th</sup> & Wednesday January 12<sup>th</sup>, 8:00am – 9:00am

3:30pm - 4:00pm

Media Center

Classes begin January 24<sup>th</sup> and run through March 10

Classes will not be held Monday February 21<sup>st</sup> (due to Presidents day)

#### *Please note the following:*

- ❖ Registration is handled on a **walk-in basis only** on the dates and times listed above, and sign-up for classes is on a **first – come, first serve basis**.  
  
(Parents must accompany their children to registration at the specified times. Please do not send money to or request registration through your child's teacher or school office personnel)
- ❖ Class sizes vary – please check the class description for each individual class. *If minimum class size is not met, class will be cancelled.*
- ❖ Payment must be made upon registration. Due to difficulties collecting money in the past, this policy will be strictly followed. Please check your children's schedules carefully! NO refunds will be given after February 7<sup>th</sup>.
- ❖ Costs for classes may vary. Classes provided by consultants outside of the Shepardson Volunteer community or that require additional materials may have higher fees.

Please contact Dawnel Meyer with any questions, [enrich.shep@gmail.com](mailto:enrich.shep@gmail.com) 970-282-0821 /970-690-8532

**ALL CLASSES ARE HELD FROM 3:45-4:45**

## **BACK BY POPULAR DEMAND**

### **LEWIS TENNIS**

Lewis Tennis is coming back. They set up nets in the Gym, bring all the supplies and teach the basics of Tennis. Their Quick-Start program includes all the fundamentals. Forehand, Backhand, Volley, Serve and Scoring just to name a few! They will also have fun drills that keep the players on their toes! Don't miss the fun!

Class Size: Minimum 10, Maximum 32

Grades: K-5

Days: Fridays: January 28<sup>th</sup>, February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, March 4<sup>th</sup>

**(No class on March 11<sup>th</sup> due to elementary no school day)**

Cost: \$50.00

## **INTRO TO KARATE AND SELF DEFENCE**

With: Mr. Beaner

Learn the basics to defend yourself in a fun, active environment. In this 6 week session students will learn the basics of karate, how to defend themselves against bullies, abduction and other situations. The class will cover some basic techniques, forms and stances. Discipline will be taught along with drills to build a child's self-esteem and confidence. Silas Beaner has a second grade student at Shepardson and has taught a class for the enrichment program for three years and enjoys the experience very much.

Grades: K-5

Girls and Boys

Class Size: Minimum 5 Maximum: 15

Day: Monday: January 24<sup>th</sup>, 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, March 7<sup>th</sup>

**(No class February 21<sup>st</sup> due to Presidents day)**

Cost: \$35.00

# CHESS CLUB

With: Mr. Zach

Zach has been the Chess club leader at T.R. Paul academy and Leshar Middle school, Werner Elementary and many other PSD schools and he loves leading young minds in one of the world's most popular games with its roots in the Middle Ages and still played by millions today. Chess will teach your student strategy techniques, tactics and concentration. We even have our own official name: The Shepardson Chess Mates. A club t-shirt may be purchased for an additional \$7.00.

Class Size: Minimum 5, Maximum 15

Grades: 3-5

Days: Thursdays: January 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>

Cost: \$25.00

# Basketball

With Mr. Maguire

Learn the basic skills to play a pick up game on the playground or to join a league. Learn to dribble, pass, shoot, scrimmage, and maybe even a fun trick or two.

Class Size: Minimum 6, Maximum 15

Grades: K-2

Days: Tuesdays: January 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>

Cost: \$20.00

Grades: 3-5

Days: Mondays: January 24<sup>th</sup>, 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, March 7<sup>th</sup>

Cost: \$20.00

**(No class February 21<sup>st</sup> due to Presidents day)**

# Indoor Soccer

With: Alena and Alexa

This class is designed for those students who have always wanted to try soccer or just need to polish their skills. Learn drills, beginner foot work, rules and just have fun.

(Students will need to provide their own shin guards and wear tennis shoes to every class).

Class Size: Minimum 5, Maximum 20

Grades: K-2

Days: Thursdays: January 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>

Cost: \$20.00

# Musical Theatre

With: Mr. Ryne

Do your children love to sing, dance, act and just have a good time? Ryne is a multi talented dance, acting, and musical theater teacher at Colorado Academy of the Arts here in Fort Collins. This class will teach basic acting, line memorization, voice expression and beginning dance moves. There will be a performance on the last day of class so you can see all of hard work your children have put in this session. Ask the children from the fall about the play they did called “This Old Gingerbread House”

Class Size: Minimum 5, Maximum 15

Grades: K-5

Days: Fridays: January 28<sup>th</sup>, February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, March 4<sup>th</sup>

**(No class on the 11<sup>th</sup> due to elementary no school day)**

Cost: \$30.00

# Knitting I & II

With: Miss Lindsey

She had such fun she's coming back!

Join Lindsey and learn a skill that you can continue to perfect for years to come. You will acquire the basic skills to create beautiful accessories for yourself or wonderful gifts to give to loved ones. Knitting is a skill where the possibilities are endless. We are hoping that this will be a class that we can offer on a continuing basis in all sessions this year to sharpen your skills. Lindsey is an early childhood major at CSU, a member of 4-H and has been knitting for over 10 years. Whether you were in the class last session or have never picked up knitting needles before join us for an afternoon of fun.

Class Size: Minimum 5, Maximum 10

Grades: 3-5 (Mothers, Grandmothers older sibling welcome)

Days: Wednesdays: January 26<sup>th</sup>, February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>. March 2<sup>nd</sup>, 9<sup>th</sup>

Cost: \$25.00

# FRENCH I

Class Size: Minimum 5, Maximum 20

Grades: K-5

Days: Mondays: January 24<sup>th</sup>, 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, March 7<sup>th</sup>

**(No class February 21<sup>st</sup> due to Presidents day)**

Cost: \$20.00

## French II

Our own: Mrs. Wilson

Mrs. Wilson, a native of Canada, was raised in the only officially bilingual province of Canada. Although Mrs. Wilson is not a native speaker she has been speaking French for as long as she can remember. Whether you took French last session or last year, come and join her to continue your learning and love of the French language and culture.

Class Size: Minimum 5, Maximum 20

Grades: K-5

Days: Thursdays: January 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>

Cost: \$20.00

# CREATIVE WRITING I

With Chole Leisure

Chloé Leisure has been teaching writing for ten years in college classrooms, after-school programs, and school workshops. She holds an M.A. in Creative Writing (Fiction) from Northern Arizona University and an MFA (Poetry) from CSU. Her poetry has been published in literary journals and magazines. She enjoys writing about what creeps and crawls in the forest as well as what creeps and crawls around in her imagination.

## Here are some of the things you'll learn in Creative Writing

Think of the last really good book you read. Chances are, you started reading and all of a sudden it was dinner-time and you were so lost inside the story that you didn't even hear your family calling your name. What made that story so enthralling? What makes you want to keep reading under the covers at night with that flashlight you keep hidden under your pillow? Stories bring us all over the world—and into worlds we didn't even know existed. We meet people who inspire us, people who challenge us, and experience all sorts of adventures alongside our favorite characters.

In this Creative Writing enrichment class, we'll learn about some of the things that writers use to make their stories and novels captivating and worth reading. Students will participate in a variety of writing exercises, read examples from favorite authors, use peer review to improve their writing, and learn the importance of revision. Students will work toward putting together their very own short story. Here are just some of the things we'll learn about:

- How to use specific details to bring your characters to life and how the five senses can help create fantastic settings.
- How to write engaging dialogue and create characters' voices.
- How to put together a plot...and make things happen!
- The importance of writing what you know: how to write about your own life. (Also, that creative writing allows us to write about places and things we've never seen before.)

Class Size: Minimum 5, Maximum 15

Grades: 3-5

Days: Thursdays: January 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>

Cost: \$35.00

# Creative writing II

With: Chloe Leisure

Chloe had such a great time with this group last session that she would like to continue with the creative process and see just how far you can reach in your creativity.

Class Size: 10

Grades: 3-5

Days: Tuesdays: January 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>

Cost: \$35.00

# Zumba

Mrs. Sawyer

This class is perfect for those of you that are in the habit of coming early Tuesday mornings for choir, now exercise your body instead of your voice. Parents, teachers and students welcome.

Come and experience the new exercise craze taking over gyms everywhere. Make your parents jealous with your new fun workout.

Zumba is a dance fitness program Colombia during the 1990s. The program combines Latin and international music with dance in an effort to make exercise fun. Zumba classes created with specific beats and tempo changes, transitions the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body. The Zumba program borrows Latin flavor from the following dance styles: Cumbia, Salsa, Meringue, Mambo, Flamenco, Chachacha, Reggae ton, Samba, Belly dancing, Bhangra, Hip Hop, and Tango.

Class Size: Minimum 5

Grades: K-5

Days: Tuesdays: January 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>

Cost: \$20.00

*Class time: 8:00am – 8:50am*

# Green Sash Karate:

Silas Beaner

Shepherdson and Silas Beaner have decided to offer a karate class that continues where the first karate class stopped. All participants of this class will need to have completed one of the enrichment karate classes before. Silas is offering both a girls only class and a boy's only class. This class will cover more of the karate curriculum in depth. The class will put a higher focus on performance and discipline. The class will be harder and move at a faster pace because at the end of the 6 week session, all participants will be tested and awarded a green sash and a certificate. Ranking will be recognized in Japan and part of the fee for the class will cover the student's yearly membership.

The Green Sash Karate Class is a class that you won't want to miss out on.

Class Size: Minimum 5 maximum 15

Grades: 1-5

Days: Girls: Tuesdays: January 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>

Days: Boys: Fridays: January 28<sup>th</sup>, February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, March 4<sup>th</sup>

Cost: \$ 50.00

**(No class on the March 11<sup>th</sup> due to elementary no school day)**

# Baton Twirling

With Ms. Yvonne

*Nationally renowned baton twirling instructor*

*And owner of the Golden Girls Baton Academy*

Yvonne works very hard with every child to improve their confidence, teamwork, sportsmanship, discipline, and leadership skills, in addition to coordination, self-esteem, grace, poise, showmanship, and rhythm Baton Twirling is a sport enjoyed by thousands of twirlers around the world. Think of the possibilities for the future to perform at a variety of venues, including parades, festivals, sporting events, and competitions.

Class Size: Minimum 5 Maximum 20

Grades: K-5

Days: Wednesdays: January 26<sup>th</sup>, February 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>. March 2<sup>nd</sup>, 9<sup>th</sup>

Cost: \$50.00 (cost includes your very own professionally measured baton to keep)

# Intermediate Jewelry Making

With Ms. Denese

In this class you will make bracelets and several other pieces of jewelry. The students will be introduced to jewelry making and beading techniques using tools and other instruments used by professional jewelry makers. Imagine the gifts and mementos you can make for Holidays to come. The projects will depend on the skill level of the participants. Ms. Denese is very excited to share her love of jewelry making with a new generation of young ladies. Just think you may be the next designer for Brighton, Pandora or have a jewelry line of your very own.

Grades: 4-5

Class Size: Minimum 5, Maximum: 15

Day: Mondays: January 24<sup>th</sup>, 31<sup>st</sup>, February 7<sup>th</sup>, 14<sup>th</sup>, 28<sup>th</sup>, March 7<sup>th</sup>

**(No class February 21<sup>st</sup> due to Presidents day)**

Cost: \$25.00

# SEWING

With Ms. Terri

Terri is very excited to teach this fading art to your children. Terri has been sewing for as long as she can remember and has been designing for a little over twelve years. Terri has a Fashion Design degree and has taught art at an Elementary School as well as Pattern Drafting and Fashion Illustration at the college level. We look forward to the fun projects we will be making.

EX: a sandwich cozy so that we can help the school and our environment to lessen the use of plastic sandwich bags.

Class Size: Minimum 5, Maximum 10

Grades: 2-5

Days: Thursdays: January 27<sup>th</sup>, February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>

Cost: \$25.00

## Babysitting Course offered by:

The Red Cross

The American Red Cross is coming to teach their popular Babysitting Course! After completing their 6-week program, your student will graduate with a certificate issued by the Red Cross. This Babysitter's Training course can help your pre-teen : care for children and infants, be a good leader and role model, make good decisions and solve problems, keep the children they babysit safe, handle emergencies such as injuries, illnesses and household accidents, and even write resumes and interview for jobs. **The student must be 11 by the completion of the course in order to receive the certificate if not yet 11 certificate will be mailed to home address.**

Class Size: Minimum 8, Maximum 25

Days: Tuesday January 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>

Grade: 5

Fee: \$69.00

❖ Please note that this class is longer than normal classes due to content (3:45-5:00)

# Hip Hop (new teacher)

With Ms. Lindsey

Lindsey has had an extensive and exciting career as a dancer. She has been dancing for twenty three years and teaching for the past twelve. Lindsey is a former Caption of the professional dance team for the Colorado Crush football team, and has been honored with a feature in National Sports Magazine. Lindsey's positive attitude and spirit make for a fun dance experience.

Class Size: Minimum 5, Maximum 20

Grades: K-5

Days: Fridays: January 28<sup>th</sup>, February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, March 4<sup>th</sup>

(No class on March 11<sup>th</sup> due to elementary no school day)

Cost: \$25.00

# Beginning Ballet

With Ms. Lindsey

Class Size: Minimum 5, Maximum 15

Days: Tuesdays: January 25<sup>th</sup>, February 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, March 1<sup>st</sup>, 8<sup>th</sup>

Grade: K-3

Fee: \$20.00

# Junior First Lego League

With Mr. Jacobsen

Junior *FIRST* LEGO League (Jr.FLL) is a hands-on program designed to capture young children's inherent curiosity and creativity and direct it toward discovering the possibilities of improving the world around them. Jr.FLL utilizes theme-based Challenges to engage kids in research, problem solving, and introductory engineering concepts. The cornerstones of the program are its [Core Values](#), which emphasize contributions of others, friendly sportsmanship, learning, and community involvement.

Each annual Challenge has two parts, the Poster and the Model. Working at their own pace in teams of up to 6

Investigate the theme, according to the specific Challenge instructions

- Document how they researched and what they learned on a creative poster
- Build a model out of LEGO elements, incorporating a moving piece

The culmination of all that hard work for many teams is the participation in an event. Events for Jr.FLL are hosted, organized, and managed by the community and take place in the fall. The event can be similar to a science-fair type atmosphere, with the kids discussing their project with volunteers and other teams. The event experience is all about recognizing the Jr.FLL teams and celebrating their achievements.

Class Size: Minimum 5, Maximum 20

Grades: K-2

Days: Fridays: Starting January 28<sup>th</sup> through the May 6<sup>th</sup>

Classes will not be held on non-school days

Cost: \$25.00

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	
Intro to Karate K-5 Boys & Girls	<b>Zumba</b> 8:00am-8:50am Students, parents, teachers, everyone K-5	<b>Knitting I&amp;II</b> 3-5	<b>Creative writing I</b> 3-5	<b>Musical theatre</b> K-5	
<b>Basketball</b> 3-5	<b>Babysitting</b> 5		<b>Indoor Soccer</b> K-2	<b>Lewis Tennis</b> K-5	
<b>French I</b> K-5	<b>Green Sash Karate (Girls)</b> 1-5	<b>Baton Twirling</b> K-5	<b>Chess Club</b> 3-5	<b>Green Sash Karate (Boys)</b> 1-5	
<b>Spanish</b> K-5	<b>Creative Writing II</b> 3-5	<b>German</b> K-5	<b>French II</b> K-5	<b>Junior Lego League</b> K-2	
<b>Intermediate Jewelry Making</b> 4 & 5	<b>Basketball</b> K-2	<b>Chinese (mandarin)</b> K-5	<b>Sewing</b> 2-5	<b>Hip Hop</b> K-5	
	<b>Beginning Ballet</b> K-3				