



## HOLY NAME WINTER 2017/18 ENRICHMENT CLASSES

Please register for courses on this list through Holy Name's Extracurricular Registration Form. Families will be billed through FACTS.

### **MON | PUBLIC SPEAKING \$150 | 3-4pm | Gr 6-8 | Loc: TBD**

### **MON | PUBLIC SPEAKING \$150 | 4-5pm | Gr 2-5 | Loc: TBD**

6 classes: 1/8, 1/29, 2/5, 2/12, 3/5, 3/12. No class 1/15, 1/22, 2/19, 2/26 | Min 10

This class focuses on teaching delivery and presentation skills to the students. Students learn how to manage public speaking anxiety, present themselves with confidence, and connect with their audience through effective body language. They learn different approaches of preparing for a speech. Our programs enhance students' reasoning, research, active listening and critical thinking.

### **MON | SOCCER STARS \$155 | 3-4pm (12.45-1.45pm on \*Min Days) | Gr K-2 | Outside**

7 classes: 1/8, \*1/22, 1/29, 2/5, 2/12, \*2/26, 3/5. No class 1/15, 2/19 | Min 8

This high-energy soccer class is set in a fun, non-competitive environment. Kids are introduced to the fundamentals of soccer through creative programming and imaginative games. Our dynamic coach utilizes a unique curriculum which is crafted to improve soccer skills, build self-confidence, and develop socialization skills.

### **TUE | FOOD SCIENCE \$250 | 3-4pm | Gr K-3 | TBD**

### **TUE | FOOD SCIENCE \$250 | 4-5pm | Gr 4-8 | TBD**

10 classes: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13 | Min 12

Want to know how sugar and water turn into syrup, or caramel? Food Science uses everyday food practices to explain fundamental science concepts. Through experiments with heat, liquid, yeast, and much more, students experience hands-on activities to easily understand nutrition, technology and science. The fun and educational activities are designed to increase comprehension and retention with each class, and foster a love for science and cooking!

### **TUE | LACROSSE \$220 | 3-4pm | Gr 4-8 | Outside**

### **TUE | LACROSSE \$220 | 4-5pm | Gr 1-3 | Outside**

10 classes: 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13 | Min 10

This program teaches players the fundamental skills of lacrosse in a PE class-style learning environment. A variety of games will be used to enhance a player's understanding of how to use the fundamentals of passing, catching, shooting, picking up groundballs, and dodging. Equipment will be provided for class use.

### **WED | HIP HOP \$195 | 3-4pm | Gr K-3 | TBD**

9 classes: 1/10, 1/17, 1/24, 1/31, 2/7, 2/21, 2/28, 3/7, 3/14. No class 2/14 | Min 10

Learn the fundamentals of hip-hop dance and break dancing, while improving your rhythm and freestyle abilities. Hip-hop dance refers to street dance styles like breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. Wear comfortable clothes and shoes and come ready to turn up the beat! *Returning students will continue to fine-tune their moves and be introduced to new moves.*

### **THU | FENCING \$225 | Gr 2-5 | 2.30-3.30pm | TBD**

### **THU | FENCING \$225 | Gr 6-8 | 3.30-4.30pm | TBD**

9 classes: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8 | Min 10

Fencing develops the body and mind along the classical lines of "sound body sound mind." This beginning program uses games and lessons to establish the mental and physical reflexes necessary to the sport of fencing. Participants will practice: Agility Games, Motor Skill Development, Fencing Footwork, & Competitive Bouting. Fee includes equipment provided for class use. *Returning Students will be advanced according to their skill level.*

### **FRI | MAKERCRAFT \$225 | 3-4pm | Gr K-5 | TBD**

9 classes: 1/12, 1/19, 1/26, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16. No class 2/2 | Min 8, Max 10

Come join us in MakerCraft! In this fun class, projects include Wet Felting, Sewing, Paper Mache, Loom Weaving, Paper Making, Watercolor, DIY Slime, and Pop-Up Valentines Day Cards. MakerCraft is a relaxed and comfortable space for the kids to focus, create with their hands and have fun.