

# AFTERNOON ENRICHMENT PROGRAMS SPRING 2019

Open to all ages (unless otherwise noted)

Email [msaia@dcds.net](mailto:msaia@dcds.net) to register.

## CHESS WIZARDS

Program Instructor: Ernie the Chess Master

Description of Program: Tired of that glazed-over look from too much screen time? Ready to make some new friends and amaze your parents with your brain power? Join Chess wizards for challenging chess lessons, exciting tournaments, fun team activities, and more! If you're a seasoned checkmate artist, we'll show you new ways to let your creativity loose on and off the chess board. More than just a game of winning and losing, we challenge our students to think ahead, visualize their goals, treat others with respect, and learn from their mistakes. Studies have shown that chess enhances cognitive development, improves scholastic performance and boosts confidence...plus it's a game kids can enjoy their whole lives!

**Please note, a minimum of 10 children are required for this class to run.**

Dates: 7-week session on Thursdays beginning 4/11 and ending 5/23

Time: 3:20-4:20 pm

Location of class: Adams Lab

Pick-up location: Main Entrance at 4:20 pm (After 4:20 pm, please pick up at the Huntington House)

Price: \$175

## ¿QUE TAL? SPANISH

Program Instructor: Laura Martinez

Description of Program: "¿Que tal?" Spanish, learning Spanish with what is around us! Students will learn how to communicate in everyday

situations. Students can learn and extend their skills in Spanish through games, dialogues, and other activities.

Vocabulary will be reinforced as children have a chance to practice their Spanish-speaking skills and also learn more about Spanish culture.

Dates: 7-week session on Fridays beginning 4/5/19 and ending 5/24/19  
No Class on 4/19

Time: 3-4 pm

Location of class: Multipurpose Room

Pick-up Location: Main Entrance of the School at 4 (after 4 pick up at the Huntington House)

Price: \$245

## YOGA AND MINDFULNESS AT EDP

Program Instructor: Marie Nagode

Description of Program: Yoga and Mindfulness for Lower School Students - participate in a 50-minute class once a week after school on Mondays (3:30 - 4:20). Every child will learn yoga poses, breathing exercises, and relaxation techniques through a combination of creative expression, games, music, and positive affirmations. Yoga supports the development of the whole child, including:

- \* Improved body awareness using poses that teach strength, flexibility, balance
- \* Better concentration, focus and attention using breathing exercises
- \* Increased confidence and self-esteem by successfully trying new things
- \* Relaxation and self-control using age-appropriate mindfulness techniques
- \* Feeling of well-being while learning in a fun, nurturing, joyful environment

**Please note, a minimum of 8 children are required for this class to run.**

Dates: 7-week session on Mondays 4/1 and ending 5/20 No class on 4/15

Time: 3:30-4:20 pm

Location of class: Valentine Center

Pick-up location: Huntington House

Price: \$245

## DANCE FUSION 1 (GRADES K-2)

Program Instructor: Caiti Pina

Description of Program:

Dance Fusion will explore "self in space" with the effort to connect, express and perform a variety of emotion through movement. All students will be exposed to formal dance etiquette and

expectations. Students will explore movement (i.e. hip hop, jazz, African, etc) to appropriate music hits they know as well as classic, timeless ones they may not. Students will be asked to repeat movement shown to them, retain choreography and concepts, and potentially be asked to create a sequence of movement collectively. **Please note, a minimum of 8 children are required for this class to run.**

Dates: 7-week session on Wednesdays 4/10 ending 5/22

Time: 3-3:50 pm

Location of class: Lowell Center. (class on 4/10 in the Valentine Center)

Pick-up location: Huntington House

Price: \$245

## DANCE FUSION 2 (GRADES 3-5)

Program Instructor: Caiti Pina

Description of Program:

Dance Fusion will explore "self in space" with the effort to connect, express and perform a variety of emotion through movement. All students will be exposed to formal dance etiquette and expectations. Students will explore movement (i.e. hip hop, jazz, African, etc) to appropriate music hits they know as well as classic, timeless ones they may not. Students will be asked to repeat movement shown to them, retain choreography and concepts, and potentially be asked to create a sequence of movement collectively. **Please note, a minimum of 8 children are required for this class to run.**

Dates: 7-week session on Wednesdays 4/10 ending 5/22

Time: 4:00-4:50 pm

Location of class: Lowell Center (class on 4/10 in the Valentine Center)

Pick-up location: Huntington House

Price: \$245

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