

Junior High Spring 2019

After School Program



Student's Name: _____

Grade: _____

Parent/Guardian Name: _____

Contact Phone Number for Parent/Guardian: _____

Transportation after Program: _____

Contact Number for Transportation: _____

Total amount

Monday: \$ _____

Tuesday: \$ _____

Wednesday: \$ _____

Thursday: \$ _____

Total amount enclosed: \$ _____

Please make checks payable to **"The Cove School"** and include all the registration forms. Thank you!

Contact Ms Regina Aniolowski or Mr. Alex Laube if your student will not be able to participate due to financial concerns.

Spring 2019

After School Program



Belonging • Encouragement • Respect



Summary of Classes

Junior High

Monday

Homework Club	3:00 to 3:30	January 28 – May 20
Homework Club	3:30 to 4:00	January 28 – May 20
Building/Playing Instruments	3:00 to 3:30	January 28 – May 20
Choir	3:30 to 4:30	January 28 – May 20
Badminton Club	3:30 to 4:30	April 1 – May 20
Continuing – Registration Closed		
Ravinia Music Lessons	3:00 to 4:30	October 15 – May 20

Tuesday

Homework Club	3:00 to 3:30	January 22 – May 21
Homework Club	3:30 to 4:00	January 22 – May 21
Handicrafts	3:30 to 4:30	January 22 – May 21
Paper Crafting	3:30 to 4:30	January 22 – May 21
Piven Theater	3:30 to 4:30	January 22 – March 12
Volleyball	3:30 to 4:30	April 2 – April 23
Baseball Clinic	3:30 to 4:30	April 2 – May 21
Softball	3:30 to 4:30	April 30 – May 21
Continuing – Registration Closed		
Ravinia Music Lessons	3:00 to 4:30	October 16 – May 21

Wednesday

Homework Club	3:00 to 3:30	January 23 – May 22
Homework Club	3:30 to 4:00	January 23 – May 22
Game Club	3:30 to 4:30	January 23 – May 22
Girl Scouts	3:30 to 4:30	January 23 – May 22
STEAM	3:30 to 4:30	January 23 – May 22
Laughter Yoga	3:30 to 4:30	April 3 – May 22
JH Soccer	3:30 to 4:30	April 3 – May 22
Continuing – Registration Closed		
JH Basketball	3:30 to 4:30	October 31 – March 13

Thursday (Note: There will be no Thursday programs on April 4)

Cooking – Session 1	2:00 to 3:00	January 24 – March 14
Cooking – Session 2	2:00 to 3:00	April 4 – May 23
Track and Field	2:00 to 3:00	April 4 – May 23
Hip Hop for Boys	2:00 to 3:00	April 4 – May 23
Bowling Club	3:30 to 5:00	January 24 – May 23
Continuing – Registration Closed		
Cheerleading	2:00 to 3:00	October 31 – March 14



Spring 2019 After School Program for Monday

Student's Name: _____ Grade: _____

I would like to sign my student up for the following programs (Please check):

Each activity must have a minimum of 4 participants to be offered.



Homework Club (All Grades)

Students receive a snack from the Cove School Store and then are given support to complete their homework assignments.

January 28 - May 20	3:00 – 3:30	<input type="checkbox"/>	\$90
January 28 - May 20	3:30 – 4:00	<input type="checkbox"/>	\$90

Building and Playing Instruments (Elementary & Junior High)

We will explore the different families of instruments by making them out of whatever we can find. Our time will be spent both building, and composing for the instruments we create. The semester will culminate in an audio recording of composers

January 28 - May 20	3:00 – 3:30	<input type="checkbox"/>	\$90
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Choir (All Grades)

Enhance your child's music education. Students will learn about being part of a larger ensemble, setting goals, achieving those goals, and developing a sense of self-esteem, all while pursuing musical excellence.

Elementary and JH students must sign up for Homework Club from 3-3:30 if taking this class.

January 28 - May 20	3:30 – 4:30	<input type="checkbox"/>	\$180
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Elementary Soccer

See attached flyer for details on the changes to our Soccer Program

April 1 – May 20	3:30 – 4:30	<input type="checkbox"/>	\$90
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Badminton Club (Junior High and High School)

Badminton is an excellent lifelong activity that everyone can enjoy. Have your student come out and learn the basics and rules of badminton. At weekly practice, we will review how to serve and return, how to hit, drop, and smash shots, scoring and much more. Badminton can be enjoyed as a great individual and team sport. We will play games against other students in the class both individually and with a partner. Come out and have a SMASH!

April 1 – May 20	<input type="checkbox"/>	\$90
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Monday Total: # of Classes _____ \$ _____ Amount

TUESDAY

Spring 2019 After School Program for Tuesday

Student's Name: _____ Grade: _____

I would like to sign my student up for the following programs (Please check):

Each activity must have a minimum of 4 participants to be offered.

Homework Club (All Grades)



Students receive a snack from the Cove School Store and then are given support to complete their homework assignments.

January 22 - May 21	3:00 – 3:30	<input type="checkbox"/>	\$90
January 22 – May 21	3:30 – 4:00	<input type="checkbox"/>	\$90

Handicrafts (All Grades)

Students of all ages are welcome to learn how to create and execute their own art and craft projects. The after-school activity focuses on executive functioning, self-determination, and independent skills. There is an emphasis on teaching a variety of hobbies and activities. Students are taught how to select, plan and carry out their work. An example of a research project is a student planned puppet activity: making puppets, puppet show, and the presentation.

January 22 – May 21	3:30 – 4:30	<input type="checkbox"/>	\$180
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Paper Crafting (All Grades)



What's better than receiving a heartfelt store-bought card? A handmade card that is personalized and filled with love! In this club, students will learn how to express their creativity through the use of paper crafting. They can make homemade greeting cards or scrapbook pages. Time will be devoted to journaling, allowing them to document important memories. Don't feel like making greeting cards or starting a scrapbook? How about fun paper decorations to decorate your bedroom? Whatever it may be, if you're looking for a way to express your creativity, this is the club for you!

January 22 – May 21	3:30 – 4:30	<input type="checkbox"/>	\$180
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An acclaimed North Shore institution for 40 years, Piven Theatre Workshop has been training children and adults in the theatre arts.

Celebrating 40 Years of Excellence

Piven is pleased to collaborate with the Cove School in an exciting **after school program!**



Join us this fall for improvisation, games, and theatre fun!

Improvisation and Theatre Games for Grades 7- 12 at The Cove School

JH students must sign up for Homework Club from 3-3:30 if taking this class. This activity must have a minimum of 9 participants to be offered.

January 22 – March 12 3:30 – 4:30 \$200



Baseball Clinic (Elementary and JH)

This eight week baseball clinic features fun drills for learning the baseball fundamentals of throwing, fielding & hitting. The weekly clinics will be designed to include creative activities which will teach sportsmanship and teamwork while having fun learning all aspects of the game. Towards the end of the clinic we will play a simulated baseball game so the kids can show off the skills they've been working on.

Elementary and JH students must sign up for Homework Club from 3-3:30 if taking this class.

April 2 – May 21 3:00-4:30 \$90

Volleyball (Junior High and High School)

A four week volleyball clinic featuring basic fundamental drills and practice games.



April 2 – April 23 3:30 to 4:30 \$45

Softball (Junior High and High School)

A four week softball clinic designed to highlight the basic rules of softball and play a fun game using their new skills.



April 30 – May 21 3:30 to 4:30 \$45

Tuesday Total: # of Classes _____ \$ _____ Amount



Spring 2019 After School Program for Wednesday

Student's Name: _____ Grade: _____

I would like to sign my student up for the following programs (Please check):



Each activity must have a minimum of 4 participants to be offered.

Homework Club (All Grades)

Students receive a snack from the Cove School Store and then are given support to complete their homework assignments.

January 23 – May 22	3:00 – 3:30	<input type="checkbox"/>	\$90
January 23 – May 22	3:30 – 4:00	<input type="checkbox"/>	\$90

Girl Scout - Join our troop (45413) (All Grades)



As a Girl Scout, there are lots of ways to have fun, make friends, and do things that have a positive impact on your life, your school, and your world. At Cove we have one troop where all of the grade levels cooperate together. We do crafts, learn new skills, do service projects and learn self-confidence and leadership skills. Separate registration with the Girl Scout council is required. (Cost \$15, Note: Continuing girls do not need to reregister with the counsel.)

Elementary and JH students must sign up for Homework Club from 3-3:30 if taking this class.

January 23 – May 22	3:30 – 4:30	<input type="checkbox"/>	\$180
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Game Club (All Grades)

Do you love board games or are you a newbie (novice)? Do you want to learn how to play table games? Game Club includes familiar, non-electronic, "classic" and new games to play. Socialize with friends and learn the rules of fun game playing.

Elementary and JH students must sign up for Homework Club from 3-3:30 if taking this class.

January 23 - May 22	3:30 – 4:30	<input type="checkbox"/>	\$180
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NEWSIES



Is AFTER SCHOOL

WEDNESDAYS

January 23 – May 8

REHEARSE

With Mr. Seale and Dr. Lloyd

MUSIC, LINES FROM THE BROADWAY HIT MUSICAL

Let's begin the process of learning the musical *Newsies*! Students will rehearse the High School Musical, which will be performed May 15, and 16 in John and Nancy Hughes Theater at the Gorton Community Center, Lake Forest. Collectively, we will develop an understanding of the story and work on ideas for blocking/staging specific scenes. Collaborative, Musical, Theatrical – FUN!

January 23 – May 8

3:30 – 4:30



\$160



STEAM (JH and HS)

Club STEAM brings science, technology, engineering, arts, and science to middle school and high school students. This is the place to build on your curiosity to explore coding, robotics, and animation. If you want to make a stop motion video, create a new game using scratch, or build and program robots, this is the place for you! Come and build with us this Spring!

JH students must sign up for Homework Club from 3-3:30 if taking this class.

January 23 – May 22

3:30 – 4:30



\$180



Laughter Yoga (Junior High and High School)

De-Stress from your school day's assignments and tests with laughter yoga. Great for mental and physical well being, this enjoyable, interactive class includes laughter and relaxation exercises, gentle breathing techniques, dancing and singing. No special clothing or equipment required. Come prepared to have a fun time with your friends. Leave feeling relaxed, energized and happy!

JH students must sign up for Homework Club from 3-3:30 if taking this class.

This activity must have a minimum of 7 participants to be offered.

April 3 – May 22

3:30 – 4:30



\$200



Junior High Soccer

Exciting and new to Cove this year, the Junior High Soccer team will participate in the Special Olympics. Students will participate in a weekly practice and a couple games against other schools in the area throughout the season. The teams will also participate in an area tournament with the goal to qualify for the state tournament in Bloomington-Normal. Along with competitions, players will be learning and improving on the fundamentals of soccer, soccer skills, teamwork and sportsmanship.

April 3 – May 22

3:30 – 4:30



\$90

_____ \$ _____
Wednesday Total: # of Classes Amount



Spring 2019 After School Program for Thursday

*** No After School Clubs on April 4, 2018**

Cove Cougar Bowling (All Grades)

Join The Cove Cougar Bowling! See next page for more information about this program.

Elementary and JH students must sign up for Homework Club from 3-3:30 if taking this class.

Please fill out and return the following two pages, sign up dates and waiver, with your registration.

Total number of dates: _____ X \$30/each = Total \$ _____

Join The Cove Cougar Bowling Team!

Who can participate: Cove Students of ALL AGES

When: Thursdays

Where: Pinstripes Northbrook
1150 Willow Rd
Northbrook, IL 60062



Transportation: 303 Taxi

Time: Leave Cove School at 2:10 pm and return to Cove School at 4:00 pm for pick up

Cost per Session: \$30

Registration is flexible! You may choose the Thursdays you want to attend from the list below. If you have never tried bowling, sign up for a few weeks and give it a try!

All students will be given a snack at the bowling alley.

Please circle interested dates:

						Total dates
January			24	31		
February	7	14	21	28		
March	7	14				
April		11	18	25		
May	2	9	16	23		
				Totals:		

Total number of dates: _____ X \$30 = Total \$ _____



Sticky Fingers Cooking Class

Let your child release their inner chef! Students will prepare and eat healthy, international recipes all while learning to cook in a fun, engaging and real-world way! Chefs from Sticky Fingers Cooking will reinforce kitchen skills associated with our weekly recipes and emphasize each area of cooking- terminology, ingredients and fun nutrition facts (even a few bad jokes!) We will practice measurements, use a wide array of cooking utensils all while preparing the freshest ingredients. Full recipes will be created in each class. All recipes will be adjusted for allergies and intolerances. See attached flyer for more details.

1 st Session: January 24 - March 14	2:00 – 3:00	<input type="checkbox"/>	\$150
2 nd Session: April 4 - May 23	2:00 – 3:00	<input type="checkbox"/>	\$150



High School Musical Practice – on Thursdays beginning after Spring Break!

April 11 – May 23	2:00 - 3:00	<input type="checkbox"/>	\$90
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Hip Hop for Boys (Elementary/Junior High)

Our boy’s only class offers a creative, athletic experience while developing coordination, dance and motor skills, and rhythm through movement and music.



April 11 – May 23	2:00 - 3:00	<input type="checkbox"/>	\$90
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Track & Field (Junior High and High School)

The benefits of cardio are heart health, increased metabolism and so much more! During this 8-week club, students will work on building up their stamina at a pace that is most comfortable for them.

April 11 – May 23	2:00 - 3:00	<input type="checkbox"/>	\$90
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High School Soccer

Exciting and new to Cove this year, the High School Soccer team will participate in the Special Olympics. Students will participate in a weekly practice and a couple games against other schools in the area throughout the season. The teams will also participate in an area tournament with the goal to qualify for the state tournament in Bloomington-Normal. Along with competitions, players will be learning and improving on the fundamentals of soccer, soccer skills, teamwork and sportsmanship.



April 11 – May 23	2:00 - 3:00	<input type="checkbox"/>	\$90
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Thursday Total: # of Classes \$ Amount



Sticky Fingers Cooking Presents After-School Cooking Classes

THYME to TURNIP the BEET on what KIDS EAT

Let your child release their inner chef! Students will prepare and eat healthy, international recipes all while learning to cook in a fun, engaging and real-world way! Our Chefs will reinforce kitchen skills associated with our weekly recipes and emphasize each area of cooking- terminology, ingredients and fun nutrition facts (*even a few bad jokes!*) We will practice measurements, use a wide array of cooking utensils all while preparing the freshest ingredients. Full recipes will be created in each class with our AWESOME master chef Sticky Fingers Cooking instructors.

Your kids can have a blast every week discovering how easy and fun it is to cook (and gobble-up!) tasty, healthy, American classics and globally-inspired Sticky Fingers Cooking recipes! Sticky Fingers Cooking offers young chefs the chance to explore exciting tastes (*all seasonal and as local as possible!*), master culinary skills (*that they can put to use in family kitchens!*) and nourish their bodies and minds. We provide all of the tools, ingredients and instruction needed to cook up a fun, delicious and healthy after-school snack each week. Our on-line recipe collection is included as well for loads of future family cooking fun!

Recipes for Spring Semester 2018

Please note that recipes are subject to change – Based on our creative whim!
(Sticky Fingers Cooking is 100% nut free. We CAN and WILL accommodate ANY and ALL food allergies)
www.stickyfingerscooking.com/recipes

Happy New Year Banana Dulce de Leche Pancakes + Crazy Caramel Drizzle + Banana Smoothies
Valentine’s Day Double Chocolate Raspberry Cupcakes + Chocolate Ganache + Raspberry Milkshakes
Happy Hummingbird Cake Pops + Perfect Pineapple glaze + Iced Pineapple Twist
British Strawberry Flummery + Sweet Cream + Sparkling Strawberry Delight
Mini May Day Finnish (*Mustikkapiirakka*) Blueberry Fritters + Lemon Drizzle + Finnish Blueberry Sodas
Quick Japanese Sweet Stovetop Mochi + Spring Fruit Fillings + Green Tea Lattes
MLK’s Fried Cauliflower Bites + Savory Greens + Southern Sweet Tea
Crispy Eggplant Parmesan Ravioli + Creamy Alfredo Sauce + Basil Lemon Spritz
Chinese New Year Egg Drop Soup + Crispy Savory Wontons + Frozen Green Tea Slushies
Baked Falafel on a Stick + Cucumber Tahini Sauce + Minty Cucumber Cooler
Cozy Cauliflower Apple Soup + Cheesy Monkey Bread + Iced Apple Fizz
‘Pasta e Ceci’ Garbanzo Pasta + Crispy Crunchy Antipasti Salad + Gelato Shakes
Irish Shepherd’s Pie + St. Patrick’s Green Salad + Limeade Punch
Crispy Corn Dogs on a Stick + Honey Mustard Dip + Frozen Lemonade
Vietnamese Banh Xeo Rice Cakes + Sour (*but mostly*) Sweet Dipping Sauce + Ginger Fizzies
Peruvian Mango Ceviche Cups + Kid Made (*Totopos*) Tortilla Chips + Mango Agua Fresca
Italian (*Arancini di Riso*) Rice Balls + Italian Chopped Salad + Italian Chamomile Creme Soda
Real Rwandan Honey Bread + Two handed Honey Butter + Honey Lemon Milkshakes
Fancy French Gougeres (*Fried Cheese Puffs*) + Vegetable Crudités + French Vanilla Soda
Mighty Mexican Tortilla Soup + Lime Crema + Blood Orange Rock-A-Ritas
Turkish Cauliflower Kofte Bites + Minted Yogurt Dip + Sweet Fresh Mint Tea



THE COVE SCHOOL

SPRING SOCCER



RETURNING...

Elementary Soccer Club



NEW TO COVE

Junior High Soccer Team



High School Soccer Team

The Elementary Soccer Club will continue to practice the fundamentals of soccer, soccer skills, teamwork and sportsmanship. Exciting News! The JH and HS soccer teams, while still working on those skills, will participate, for the very first time, in the Special Olympics. Students will attend a weekly practice and play a couple of games against other schools in the area. They will participate in an area tournament with the goal to qualify for the tate tournament in Bloomington-Normal

JOIN COVE'S 1ST OFFICIAL SOCCER TEAM!

Sign up using the after school programs packet!



**Special
Olympics**
Illinois

