

**Beyond the Bell 2021/2022**  
**Session 2 January 10, 2021 - March 14, 2022**

Please see the dates below Monday and Friday classes will meet 7 times  
Tuesday, Wednesday and Thursday will meet 8 times

Mondays 1/10, 1/31, 2/7, 2/14, 2/28, 3/7, 3/14 --- 7 classes, no class 1/17 and 1/24 and 2/21

Tuesdays 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1, 3/8, 8 classes no class 2/22

Wednesday 1/12, 1/19, 1/26, 2/9, 2/16, 2/23, 3/2, 3/9 8 classes, no class 2/2

Thursday 1/13, 1/20, 1/27, 2/3, 2/10, 2/24, 3/3, 3/10 8 classes no class 2/17

Friday 1/14, 1/21, 1/28, 2/4, 2/11, 3/4, 3/11, 7 classes no class 2/18

**Monday**

PE Games with Dan Gartner Pk4-1  
Actors Workshop Grades 6-8  
Theatre Dance Program Grades 3-5

**Tuesday:**

Eagle Eye news paper Mrs. DeRubis  
Code Ninjas GAME BUILDERS CLUB: CODE YOUR OWN ARCADE FROM SCRATCH  
Grades 3-5  
Code Ninja GAME BUILDERS CLUB: CODE YOUR OWN ARCADE FROM SCRATCH  
Grades 6-8

**Wednesday:**

Team Sports with Dan Gartner Grades 2-5  
Storybook Theater Grades K-2  
Fit Kids Boot Camp - Grades 2 - 5  
Hip Hop Jazz class- Grades 6-8

**Thursday:**

Art club Mrs. Lorenti Grades 1-8  
Math & Games Miss Berberich & Miss Cordeiro Grades K-2

**Friday**

Rising Stars	Grades 3-5
Chess	Grades K-8
Cardio Drumming	Grades PK4 - 2

## SESSION 2

### **MONDAY 7 Classes**

**PE Games** with Mr. Gartner Grades PK4 - 1 , \$140

Students will play a variety of games and activities including tag, soccer, gaga ball, basketball, hockey, and capture the flag.

Min 6 / Max 25

**The Actors Workshop-** Grades 6-8 \$200

Calling on all creative CAS middle school students! Let's have fun putting together scenes from well known plays and musicals. Enjoy getting into character while learning stage technique, line delivery and much more. Students will be introduced to script analysis and work with scene partners. Each class will include exciting acting games, lots of improvisation as well as scenes to perform with classmates. Staging, light props and costumes will be explored and encouraged to bring from home for a final in class performance!

Min 4 / Max 20

**Theatre Dance Program** Grades 3-5 \$200

This class entails a wide variety of stretch, technique and movement culminating in weekly routines to many popular musicals such as Wicked, Aladdin, Mathilda and more!

Min 4/ Max 15

### **TUESDAY 8 Classes**

**Code Ninjas** Grades 3-5 AND Grades 6-8 \$200

GAME BUILDERS CLUB: CODE YOUR OWN ARCADE FROM SCRATCH

#### **2 different classes**

Ninjas become game builders at Code Your Own Arcade from Scratch daily camp! They will learn computer science concepts by creating various Scratch games – such as Block Stacker, Catch Cats, Dodgeball and Red Light, Green Light– and develop their own original game.

Min 5 / Max 14

**Eagle Eye Newspaper** with Mrs. DeRubis Grades 6-8 \$150

Report on school events, collaborate with fellow middle school students to publish Eagle Eye Newspaper

Min 8 / Max 15

### **WEDNESDAYS 8 Classes**

#### **Fit Kids Boot Camp** - Grades 2 - 5 \$180

This program by Bodywise By Betty, was carefully designed to ENHANCE the overall development and physical fitness of children held outside when weather permits or inside when it does not. The goal is to improve overall agility, quickness, stamina, strength and core all in a playful, fun and enjoyable way. Be better in sports, build stronger muscle and bones, increase spatial awareness and more with a fast-paced FUN circuit-training regimen with rests in between "stations", with kids obstacle courses and doing team exercises. Each class will end with a Yoga stretch. Nutrition and healthy lifestyle education weaved into every class. Please bring water bottles, wear sneakers.

Min 6/ Max 10

#### **Hip Hop Jazz** Grades 6-8 \$225

A high energized work out for students to develop strength and coordination. Pop music ( that is appropriate ) will be played in class. Students will learn progressions and routines..

Min 4/Max 15

#### **Team Sports** with Mr.Gartner Grades. 2-5 \$160

Students will play a variety of games and activities including tag, soccer, gaga ball, basketball, floor hockey, and capture the flag and other fun games.

Min 6 / Max 18

#### **Storybook Theater-** Grades K-2 \$200

Come join in the fun and be prepared to bring your favorite storybook to life! Create small scenes while learning to build character. Work on role play, stage technique and improvisation. Theater games and a craft will end each session. Students will learn to use their craft as a prop if they choose to be a favorite storybook animal or character. Classes are designed to help build confidence and imagination. Everyone is a star in this class!

Min 4 / Max 20

### **THURSDAY 8 Classes**

#### **Art Club** with Mrs. Lorenti Grades 1-8 \$160

Let your creative self-shine! Students will be using different mediums to create their original artwork.

Max 20

**Math & Games** with Miss Berberich & Miss Cordeiro Grades K-2 \$115

Students will participate in a variety of fun games and activities to boost their confidence in their math abilities and have fun doing it! Min 10 / Max 20

**FRIDAY- 7 Classes**

**Rising Stars** Grades 3-5. \$200

Calling all actors! Have you ever wanted to create your own scenes? If so, come join in the fun while building scenes and monologues. Experience some of the most popular acting exercises to enhance technique. Students will learn stage positioning and line delivery while gaining confidence. Acting games and a craft will end each session. Crafts will be used as fun props during scenes and students will have the chance to perform for classmates! Light scripts will be introduced.

Min 4 / Max 20

**Cardio Drumming infused Dance.** Grades Pre K 4 to Gr 2 \$200

This class combines high energy, motivating age appropriate DANCE AEROBICS with CARDIO DRUMMING using NOODLES FOR STICKS and the floor for Drums.

We will also use small hand held drums and small rhythm sticks during each class. Kids will have a blast as they shake, move DRUM and rock out to their favorite tunes and music from around the world. In addition to being a great source of physical activity, Dancing and Cardio Drumming also provides essential 'Brain Fitness' components such as: fine motor skills, coordination, reflexes, cross lateral movement, bilateral movement, spatial awareness, eye-hand coordination, unilateral movement and cognitive association. Research shows that physical activity paired with mental exercise is the best possible cognitive solution. Exercise combined with brain fitness activities, strengthens the Corpus Callosum, which is the 'glue' that connects the two hemispheres of our brain. Dancing and drumming increases heart rate and blood flow while simultaneously engaging both the linear (rational left brain) and the creative (intuitive right brain) hemisphere of the brain. Improved IQ scores, decreased cortisol (the stress hormone) and enhanced brain activity are just a few of the benefits kids can enjoy from drumming. Please bring water bottles, wear sneakers.

Min 6 Max 10

**Chess** Grades K-8 \$175

Chess club is open for beginners and advanced players. Learn how to play chess or practice the skills you already know.

Min 6 / Max 20