

# Heathwood Plus Extracurricular Activities

## *Fall, 2011*

We are pleased to be able to offer the following activities after school this semester. Registration forms may be returned to the Heathwood Plus Office or to your child's teacher. We offer on-going enrollment during the semester as space allows, but classes are filled on a first-come, first-served basis. *Classes will not meet on school holidays, noon dismissals or Conference Days.*

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### Extracurricular Classes

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#### **Young Chef's Academy**

Time: Wednesday, 3:15-4:00 p.m. for Kindergarten-4th grade  
Fee: \$195/semester, includes all materials and supplies  
Dates: September 7 – December 14, 2011

From the moment they enter the classroom, students will be prepared to be the chefs. Young Chefs Academy encourages healthy eating and each recipe is tailored to expose children to new and healthy foods. We encourage their natural curiosity by asking them questions throughout the process. We have teamed with a certified chef, certified nutritionist, and certified teacher to ensure each recipe has maximum hands-on opportunities for learning and healthy eating.

Each class lasts 45 minutes and the students will make 1-2 recipes each week. A new skill will be covered each week and students will have the chance to earn "cooking badges".

#### **Karate**

Time: Monday, 3:10-3:45 p.m. for K – 6<sup>th</sup> grade  
Tuesday, 12:00-12:30 for Nursery & Preschool  
Fee: \$175/Fall semester  
Dates: Mondays, September 12 - December 12, 2011  
Tuesdays, September 6 – December 13, 2011

Michael Bank of Capitol Karate will teach beginning students as well as those with more advanced belts. One of the great benefits for students of karate is being challenged to develop listening and self-discipline skills, while having fun learning the art of karate with their friends. Students may wear their school clothes, but no skirts or dresses, please.

#### **Fencing**

Time: Wednesday, 3:15-4:15 p.m. for 3<sup>rd</sup> grade and older  
Fee: \$180/per 8-week session, includes all equipment  
Dates: September 14 – November 3, 2011

Fencing is one of the oldest Olympic sports and a fun activity which helps develop endurance, coordination, speed, and character. While very physical, it also improves concentration, decision making and problem solving ability. Fencing is a safe sport and the weapons are designed so that there are no sharp edges. All equipment will be provided. Experienced fencing instructor, Gerald Watford will lead this class.

## **Robotics**

Time: Wednesday, 3:15-4:15 p.m.

Ages: Grades 3-4

Fee: \$125 per 8-week session, includes all materials

Dates: September 28 – November 16, 2011

In LEGO Robotics, led by Tammy and Tom Simpson, your child will learn to build amazing LEGO robots featuring working motors and sensors, and then program them using simple computer software. He or she will have opportunities to create models such as birds that sing and dance, a crocodile that bites when it senses motion, a soccer player who kicks a ball, and a goalie who tries to block it. These camps will boost your child's skills in science, technology, engineering, and mathematics.

## **Tennis**

Classes: *Preschool* – 12:00-12:45 p.m.

Thursdays, September 8-November 10, 2011

*K - 2<sup>nd</sup> grade* - 3:05-4:00 p.m.

Tuesdays, September 6-November 8, 2011

Thursdays, September 8-November 10, 2011

*Grades 3-4* - 3:05-4:00 p.m.

Mondays, September 12-November 21, 2011

*Grades 5-8* - 3:05-4:00 p.m.

Mondays, September 12-November 21, 2011

Fee: \$150 per 10-week session (one day) or \$300 per 10-week session (two days)

Younger students will have fun while learning the game of tennis and the basics of each stroke while playing games and fun challenges. Older students will be introduced to the beginning stages of playing matches while working on executing the fundamentals. Youth classes will not exceed a 6:1 teacher to student ratio.

## **Afternoon Art Studio**

Time: Tuesday, 3:05-4:15 p.m.

Ages: Grades 1-4

Fee: \$175 per 8-week session, includes snack and all materials

Dates: October 4 – November 22, 2011

Ashley Clarke will explore the elements of design using a variety of materials. The focus of this fun class will be on enjoying the process of design and creation while producing take-home art treasures as a result.

**Space is limited in all classes and will be filled on a first-come, first-served basis. We reserve the right to cancel a class if it does not meet minimum enrollment.**

**For more information or questions, please contact Mrs. Valerie Moore in the Heathwood Plus Office at 231-7710 or via e-mail at [moorev@heathwood.org](mailto:moorev@heathwood.org).**

## **Music Program**

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### **Guitar Lessons**

Time: Monday, Wednesday and/or Thursday—Lesson times are arranged through the Heathwood Plus Office.

Ages: Grades 1-12

Fee: \$25 per private, 30-minute lesson, billed by the semester

Mr. Chris Essig will teach private 30-minute guitar lessons which provide individual instruction in classical guitar technique, note reading, chords, and musicianship.

### **Voice Lessons**

Time: Tuesday or Wednesday—Lesson times to be arranged through Heathwood Plus.

Ages: Grades 2-6

Fee: \$25 per private, 30-minute lessons, billed by the semester

Lower School Music Teacher, Barbara Bryan will provide individual instruction in singing technique, note reading and musicianship, in addition to performance opportunities.

### **Violin Lessons - private**

Time: Tuesday – Lesson times to be arranged through Heathwood Plus.

Ages: Grades K-12

Fee: \$25 per private, 30-minute lesson, billed by semester

Rachel Sanders will teach private 30-minute violin lessons weekly. Beginner students will be taught using a Suzuki format and parents are required to attend the lesson with their child if the child is younger than 9 years old. Lesson times will be scheduled through the Heathwood Plus Office.

### **Suzuki Violin Lessons - group**

Time: Monday – 12:00-12:45 p.m.

Monday- 3:15-4:00 p.m.

Ages: All ECLC students

Fee: \$18 per 45-minute group lesson (maximum group size is 6 students), billed by semester.

Rachel Sanders will teach Suzuki method violin classes. Parents must accompany their child to classes. Violins may be rented or purchased, but all other materials are included. Ms. Sanders holds a Master of Music degree from USC and is an experienced Suzuki teacher. She performs with the S.C. Philharmonic, Symphony Orchestra of Augusta and the Spartanburg Philharmonic. We are pleased to have her join the Heathwood Plus Music Staff.

### **Piano Lessons**

Time: Monday, Tuesday, Wednesday, Thursday—Lesson times will be arranged through the Heathwood Plus Office.

Ages: Grades 1-12

Fee: \$25 per private, 30-minute lesson, billed by the semester

Private 30-minute piano lessons are taught weekly by Mrs. Mary MacDermut, Mrs. Amy Duhan et al. Please contact the Heathwood Plus Office for available lesson times.

# Heathwood Plus After-school Activities for Fall, 2011

Please enroll my child in the following class(es):

\_\_\_\_\_ *Student Name* \_\_\_\_\_ *Grade/Teacher*

## Semester-long courses:

\_\_\_\_\_ Karate

\_\_\_\_\_ Young Chefs Academy

\_\_\_\_\_ Fencing

\_\_\_\_\_ Afternoon Art Studio

\_\_\_\_\_ Robotics

\_\_\_\_\_ Tennis (Please check the session(s) you would like.):

\_\_\_\_\_ *Monday* \_\_\_\_\_ *Tuesday* \_\_\_\_\_ *Thursday*

## Music Program:

\_\_\_\_\_ Guitar \_\_\_\_\_ Piano \_\_\_\_\_ Violin \_\_\_\_\_ Suzuki Violin \_\_\_\_\_ Voice

*Please indicate first choice for preferred lesson day & time* \_\_\_\_\_

*Please indicate second choice for preferred lesson day & time* \_\_\_\_\_

Please help us dismiss your child safely from class by indicating your pick-up plans below. Call the Heathwood Plus office at 231-7710 or send an e-mail to [moorev@heathwood.org](mailto:moorev@heathwood.org) if these plans change. After each session, my child:

\_\_\_\_\_ will be picked up from the class (locations TBA):

\_\_\_\_\_ will go to his/her Afternoon Express class.

\_\_\_\_\_ Other: \_\_\_\_\_  
*Please indicate*

Please make checks payable to Heathwood Hall Episcopal School. Payment is due upon registration unless other arrangements are made with the Heathwood Plus Office. Please add the \$25 Heathwood Plus annual registration fee if your child is not already registered in the program. *This form may be returned directly to the Heathwood Plus Office located in the ECLC, to your child's teacher, or to any of the Division Offices.*

\_\_\_\_\_  
Parent Signature

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Phone # or e-mail address for confirmation