

## **FALL 2017 ACTIVITIES COURSE DESCRIPTIONS**

**Adult Tennis:** Marcy's Tennis Academy is back at Gould Manor teaching adult tennis! Instructional tennis and cardio tennis will be held; please see the course list. Makeups may be added for inclement weather; racquet is required and may be purchased from Marcy's Tennis Academy.

**Basketball:** Students can end their school day with Mr. Marko in a program that is designed to get children moving! Develop basketball skills, such as passing, dribbling, shooting, and defense. (Grades K-5)

**Canvas Painting with Caryn:** Each week we will create an 11" by 14" canvas with a different theme, such as the ocean, cupcakes, hearts, and the beach. The paintings can decorate your room or be given as gifts! *Class does not meet 10/9.* (Grades K-5)

**Chess:** Chess is a fascinating game, and the skills learned from chess are the same skills necessary for academic excellence and lifelong success. Students will be grouped according to grade and ability. Class time will be split between "lesson time" and "play time." (Grades 1-5)

**Cooking with Kids – No Bake Desserts:** Calling all Chefs! Come whip up some tasty treats to be brought home and shared with your family. Some of the delicious things we will be making are chocolate mousse cups, raspberry meltaways, carrot cake, and candy sushi. We will also play some food games so you will learn lots of fun food facts! *Peanut free. Class does not meet 10/4.* (Grades K-5)

**Cookie Decorating:** Come decorate cookies! We'll use royal icing in a variety of colors, colorful sprinkles, and our piping squeeze bottles! Best of all, you'll take home a platter of your decorated cookies! Our delicious sugar cookies are nut free. (Grades K-5)

**DIY with Essential Oils:** We will learn about essential oils and make simple products to take home for yourself or give as a gift. Products will be kid-friendly and will include a Coconut Lime Body Sugar Scrub, a Sweet Dreams Bed Time Spray and a Sweet Orange Lip Scrub/Lemon Lip Balm duo. Ingredients include essential oils of bergamot, citrus, grapefruit, lavender, lemon, lime, orange, peppermint, and spearmint; beeswax; coconut oil; and coconut. (Grades 1-5)

**Fairy & Bird House Making with Miss Ghazian:** Come design your own magical house for a pretend fairy or to add to your family's garden. We will paint, decorate and design our own wooden houses! (Grades K-5)

**Football Madness:** We will be combining our Flag Football and Frisbee Football programs into one DYNAMIC program. Kids will be lining up to score touchdowns and get a taste of the most popular games in the country! Players will get a chance to be running backs, wide receivers, defensive ends, and corner backs. Learn to pass, catch, run routes and punt like the pros! We'll practice these skills while playing Button Hook, Down & Out, Pitch & Run and First & Ten. Scrimmages and Red Zone Challenges will test your skills, promote teamwork and encourage sportsmanship. (Grades 2-5)

**Gym Games:** Students can end their school day with Mr. Marko in a program that is designed to get children moving! Students will participate in a variety of gym favorites such as parachute, scooters, and tag games. (Grades K-5)

**Halloween Party:** Come get spooky and excited for Halloween! We will have a Halloween themed snack, craft and game! (Grades K-5)

**Hands on Pottery:** We will be making a dot mug, plate, bowl, Halloween project and choice bank. A trained staff member will teach about painting with glazes on bisque. The pieces will be returned to Hands on Pottery for firing and a week later your child will have a wonderful food-safe piece to take home! (Grades 2-5)

**Intro to Pilates:** Improve your posture and balance in this beginners Pilates class to help tone and strengthen your core muscles. Benefits of Pilates include longer, leaner muscles, improved coordination, increased flexibility and strength. It also helps with better posture, increased circulation and an overall feeling of physical and mental well-being. *Class does not meet 10/2.* (Grades 3-5)

**Jump for Joy Jump Rope:** You'll learn the basic skills of jumping using long and short ropes. We'll begin with solo jumping and from week to week sprinkle in some trick jumping as skills improve. We'll play games and learn jumping rhymes like "Cinderella", "Bubble Gum", and "Miss Mary Mack". An activity good enough for boxers and ballerinas! (Grades K-5)

**Kids' Tennis:** Marcy's Tennis Academy is back at Gould Manor teaching kids forehand, backhand, volley, serve, and overhead through stroke introduction, drills, and fun-filled games. Makeups may be added for inclement weather; racquet is required and may be purchased from Marcy's Tennis Academy. (Grades K-5)

**Make a Transistor Radio:** Students will learn how a Radio works by building a small battery powered Transistor Radio. Radio Basics and Radio Waves will be discussed. All parts are supplied. (Grades 4 & 5)

**Mother Goose Nursery Rhyme Book with Mrs. Albright:** Cut, paste, color, and illustrate a book of nursery rhyme favorites with Mrs. Albright. (Grades K-2)

**Murals (Apple Orchard, Flying Witches, and FALLing in Love):** Enjoy a two-day workshop in the Art Room with Miss. G. In an effort to promote collaboration and improve the appearance of our school, a diverse group of student artists will meet to plan and execute a large Mural. Miss. G. will select the theme, organize the art materials, and delegate jobs. Our beautiful Mural will be hung somewhere inside Osborn Hill School. Photos are emailed the following week. (Grades K-5)

**Pitch & Putt Golf:** Finally a format that keeps the FUN of golf, but gets rid of the frustration. Pitch and Putt Golf has all the kids chirping like birdies! Our program, powered by SNAG Golf Equipment, is a safe and encouraging game that introduces new players to the joy of golf. Each segment of our program has players implementing the skills they have been taught including GRIP, STANCE, AIM, SWING, and PUTTING. Players rotate through stations and contests that keep them fist pumping all day long. Everyday players will "walk the course" to test their skills on the "SNAG Golf Trail" and the "Goofy Golf Putt-Putt Course" to see how they stack up. (Grades 1-5)

**Tie Dye Fun:** Come make your own tie dye! Bring a hat, a tote bag, a pillow case! And let's get crafty. We will be using tie dye to create fun designs and make something plain and boring into something beautiful! Each child will receive a white t-shirt and can also bring another item to tie dye from home! (Grades K-5)