MONDAY

★Art Fiesta (Painting)
Instructor: Young Rembrandts
Awaken your students’ imagination and creativity in our Art Fiesta Program!! Your child will gain both confidence and an understanding of the visual arts while building painting, drawing skills. Sessions are challenging and exciting for all age group.

Through guided, hands-on art projects, students develop an eye for color, composition and design. While learning the fundamentals, they also learn lifelong habits regarding technique, material use and art appreciation. Throughout the year, we explore a variety of artistic realms, such as still life, animals, people, landscapes, and abstract concepts. Students will build an amazing portfolio of completed artwork, which they are proud to sign, display, and share. We will introduce various mediums like mix media, water color, acrylic, pastels, charcoal etc.

★Hip Hop PSK
Instructor: Mandy Bell
Our philosophy is simple. Dance to share, dance to rejoice, dance to heal, dance to thrive, dance to focus, dance to create... dance to have fun! This class emphasizes the creative art of dance while providing an exciting new learning environment. Class also includes use of props and activities designed to introduce dance and movement to beginning dancers.

★Kids’ Carpentry
Instructor: John Tust
Carpentry is designed to teach boys and girls practical woodworking skills with an emphasis on the safe use of hand tools. Through building a variety of fun projects, children learn a wide range of valuable carpentry skills such as measuring, sawing, drilling, rasping, fastening, sanding, shaping, assembly, and painting. Hand in hand with the practical skills goes a wide variety of other valuable concepts such as abstract reasoning, applied mathematics, problem solving, craftsmanship, fine motor skills, respect for tools, and patience.

★Soccer Shots (PSK)
Instructor: Bay Area Soccer Shots
The primary objective of each session is to creatively introduce your child to the sport of soccer. Character development, physical skills, and fun are guaranteed in this fun and exciting program. The children will be taught basic soccer skills, exclusive Soccer Shots games, word of the day, and fun fitness activities to help with coordination and balance. Children can play in regular school clothes and shoes. Class will be taught if there is a light rain.

Comfortable clothing and socks are needed.
★One on One Basketball
Instructor: Mike Livingston

Introducing AFTER SCHOOL HOOPS, a weekday afternoon basketball program for aspiring young players. The one hour instructional sessions combine fundamental skills instruction with organized team competition with the goal of providing an enjoyable and educational after school athletic event.

Developing players benefit by improving their individual skills such as passing, dribbling, shooting, rebounding and defending while, at the same time, learning how to work within the framework of a team. Boys and girls of all skill levels are encouraged to join.

AFTER SCHOOL HOOPS is conducted by skilled instructors who have been trained extensively to teach young players the game of basketball. All of the instructors recognize the importance of learning the fundamentals at a young age. More importantly, each instructor believes in the merits of dedication, hard work, and positive thinking and is committed to making each of these ideals an integral part of the AFTER SCHOOL HOOPS program. As a result of this commitment, young players will benefit from their influence not only by becoming better basketball players, but more importantly, by learning and developing the habits necessary to succeed off the court, as well.

One of the many merits of AFTER SCHOOL HOOPS is that it provides school children with an organized after school event at which they can learn, socialize, and most of all, have fun. Parents and teachers often express concern that idle and unsupervised after school hours provide too many negative temptations for their children.

Using athletics as the vehicle, AFTER SCHOOL HOOPS provides children with an opportunity to improve their overall physical fitness, develop sportsmanship and athletic integrity, and gain an understanding of the game of basketball.

Contact Information: Mike Livingston,
Phone #: (650) 804-5226
Email: mike@1on1basketball.com

★Introduction to Musical Theater
(1st-3rd grade)
Instructor: Mandy Bell and Kris Hauck

Whether you want to be ready for the next school musical or outside school auditions or just have fun, this class will introduce you to some of the basic skills of musical theater including: auditioning, staging, theater etiquette, entrances and bows. The main part of class will be singing, dancing and acting!

Build confidence while having fun and working towards a final performance!

Students will learn vocals and choreography to some of the most entertaining AMERICAN BANDSTAND MUSIC. They'll be rockin’ and rollin’ and splishing and splashing!
TUESDAY

★TGA Golf
Instructor: TGA staff

TGA Premier Junior Golf is the #1 program to introduce, teach, and engage children in the game of golf, learning life skills along the way. We use the game of golf as a method to develop your child’s hand-eye coordination & improve motor skills. Your child will also learn and use golf in other educational areas, such as History and Science, Technology, Engineering, Art, and Math (STEAM). Our enthusiastic instructors provide a proven curriculum filled with instruction, drills, and fun games, with a ratio of no more than 8 children per instructor. We use a safe golf ball and all equipment is provided. Every student gets personal attention, a TGA golf hat, & awards for achievement. Classes grouped by age. For more information visit www.playtga.com/northbay.

★Yes for Chess
Instructor: James Ursin

At Yes For Chess, we take a unique approach to teaching chess to students. Rather than forcing students to memorize lengthy combination patterns and judging success entirely on winning, we concentrate on the end result of playing chess, which is developing critical-thinking, creative problem-solving, concentration, and patience. We believe that chess should be used as a tool to teach students skills they will use throughout their academic careers. We are certain that a child's improvement in the classroom and progress on a chessboard are interconnected.

Our lesson plan is built into two phases. Phase one is where we get the students playing independently. We want the students to see a chessboard outside of class and be able to play confidently. In Phase two, the students start solving problems, planning, and building an attack and defense. This is where the students start to see the benefits of playing chess and begin to sharpen their problem-solving skills.

★Yoga + Mindfulness
Instructor: After School Music Academy

Sacred Heart Yoga+Mindfulness is open to students in K-2. This fun and exciting yoga class for children offers an introduction to basic breathing, yoga postures, mindfulness techniques and relaxation to support the development of strength and flexibility in mind and body. Students will learn the value of stillness and movement by engaging in playful activities to promote self-awareness and improved social interactions with others.

★One on One Basketball PSK
Instructor: Mike Livingston

Please see class description under Monday section
TUESDAY (CONT.)

★Intro to Javascript

Instructor: MV Code staff

The Bay Area is home to the finest video game creators, web developers and animators in the U.S.—why not try your hand at becoming the next top coder? This middle school programming course is designed to introduce the basics of programming such as loops, functions, conditionals, and boolean logic through JavaScript. The course is taught by a team of experienced coders from a variety of backgrounds, and designed for beginners with little to no previous coding experience.

Secure your slot and learn the tools of the trade today!
WEDNESDAY
★ Mad Science: Earth, Wind, Inspire
Instructor: Bay Are MadScience
Neither rain, nor sleet, nor snow will stop us from having a great time in this session of Mad Science! We’ll explore how weather works and investigate how our planet was formed! We’ll discover how science is used to solve crimes, and even take home our own I.D. kit. We’ll learn all about pulleys, levers and catapults and you’ll make your own Rocket Racer! We’ll discover how movie special effects are created! You’ll learn about the chemical reactions - that take place in the kitchen! Explore the science behind your favorite toys - maybe even ones that you’ve never seen! You won’t want to miss a minute of this exciting series!

★ Intro to Piano
Instructor: After School Music Academy
Sacred Heart Intro to Piano is open to students in grades K-1. Learn piano in a fun social group atmosphere! Group piano class provides students an excellent introduction to the keyboard and prepares them for more serious private study as well as playing in a band/ensemble. Most importantly, students will begin to develop the skill of playing music with their peers, which provides a lifelong benefit. Our teachers focus on developing the students’ core keyboard skills: hand position, note-reading, chord vocabulary, rhythm, and theory while rehearsing a repertoire of rock, pop, and classical songs.

★ Micro-Controllers: Coding, Creating, and Computers
Instructor: Jen Buonafede & Lan Pham
This class is an introduction to microcontroller programming. Using various microcontrollers and block programming language, students will create simple interactive games. This course is geared for all levels from beginner to advanced.

★ Soccer Shots (1st-2nd)
Instructor: Bay Area Soccer Shots
Challenging and fun curriculum that provides a confident foundation to prepare children for future team settings (rec and comp), on and off the field. Focusing on individual skill, fitness and sportsmanship, each session provides challenge through guided competition and basic tactical scrimmages.

★ Tae Kwon Do
Instructor: Master Kim
Tae Kwon Do is a Korean martial art famous for its fast kicking and high energy. Tae Kwon Do focuses on internal skills such as flexibility and balance as well as external skills such as speed, strength and stamina. It introduces critical self-defense skills while it fosters positive thinking, improves concentration, teaches
respect for one’s elders and peers, and encourages high achievement and self-cultivation. With belt promotions held by the instructor, students have the opportunity to grow, develop, and achieve the goal of black belt -- and beyond!

NEW STUDENTS - Required to purchase a new Tae Kwon Do uniform at an additional cost of $40.00. For financial assistance, please contact Cecilia Munguia at cmunguia@shschools.org
THURSDAY

★Speech & Debate Club
Instructor: Rose Institute

Rose Institute’s comprehensive Introductory Public Speaking curriculum, Mechanics of Delivery, focuses on the basics of Public Speaking and effective communication beginning with correct posture, and moving on to clarity, first impressions, the art of conversation, gestures, the structure and humor of oratory and finally competition preparation. Class time is made very enjoyable with its many fun, engaging, and interactive exercises to reinforce the concepts of Public Speaking. There is light/optional homework each week and students are encouraged to come prepared so that they can learn from one another with instructor feedback. Students will also learn and practice different prepared speeches and limited prep. speech events found in competition including but not limited to Impromptu, Volte Face, and Monologues. An introduction to the fundamentals of debate theory is also included. Students have the option to participate in the Rose Institute Tournament. Rose Institute has seen thousands of students develop confidence, overcome their fears, and grow in their communication skills.

★Jedi Engineering with LEGO® Materials
Instructor: Play Well

K - 1st graders: The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles as we construct the Ewok Village on Endor, fly through space on our X-Wings, and defend the Echo Base on Hoth. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

★PSK Drawing
Instructor: Young Rembrandts

Keep your preschoolers engaged during the winter months. There’s no place more engaging than a Young Rembrandts classroom. Ignite your preschooler’s imagination as they draw our attention-grabbing lessons focused on mastering basic skills like circles and patterning. In February a drawing of a mouthwatering pizza and an endearing duck will bring out the artistic skills and advanced creativity. March lessons bring out the adventurer in Young Rembrandts students as we complete an adorable Puppy, Silly Parrot and a very cool Pirate Ship! Expand your preschooler’s creative horizons with a Young Rembrandts class. Sign up now!

★Elementary Drawing & Cartooning
Instructor: Young Rembrandts

Start 2020 off with a bang! Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Winter Birdhouses and Sporty Snowboarder lesson in January. Students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood’s American Gothic. Get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Line Art Owl.
THURSDAY (CONT.)

Along with Drawing kids will also explore the fun, artistic world of Young Rembrandts cartooning! Funny expressions and hilarious animals, Goofy chefs etc. are just a few pieces students will create.. There’s no better way to shake the winter blues.... Sign up today!

★PSK O3 Sports and O3 Sports  
Instructor: Mike Livingston

Do you like to play sports?

Introducing... O3 Sports Class. Afterschool sports clinics for boys and girls in grades K-5th presented by One on One Basketball.

One on One Basketball for O3 Spots at SHS. Throughout the winter, skilled and experienced coaches will conduct a one hour sports class for 1st-3rd and forty-five minutes for preschool and kindergarten students, each week. From Kickball and Tennis-Baseball to Street Hockey and Capture the Flag, these clinics will help you become a better athlete through drills, contests, and team competition.

“Learn, work hard, get better!”

Contact Information:  Mike Livingston,  
Phone #: (650) 804-5226  
Email: mike@1on1basketball.com

★Musical Theater Performance  
(4th-8th grade)  
Instructor: Mandy Bell and Kris Hauck

Whether you want to be ready for the next school musical auditions or just have fun, this class will develop all of your musical theater skills while building self-confidence and working towards a final performance!

Students will sing musical theatre songs with harmony and learn choreography to several Broadway show numbers. Songs will be from Little Shop of Horrors, 42nd Street, and Seussical.
FRIDAY

★ **Jedi Master Engineering with LEGO® Materials**  
*Instructor: Derek Chase*

2nd - 5th graders: The Force is strong in this advanced engineering course for young Jedi! Use the force to raise your X-Wing from the Dagobah swamp, challenge the AT-AT walkers on Hoth, and fly the Millennium Falcon through the Kessel Run. Apply real-world concepts in physics, engineering, and architecture while you explore a galaxy, far, far away.

★ **Winter Culinary Favorites!**  
*Instructor: Derek Chase*

In this hands-on class students will learn the joy hearty winter recipes and proper techniques. They will love preparing both sweet and savory traditional recipes from around the world.