Monday

★ 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. Comfortable clothing and socks are needed.

★ 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.

★ 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!

★ 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.

★ Swimming
Instructor: Coach James Frank

The primary goal of the swimming enrichment class is to have students become more comfortable in the water, encourage students to practice stroke improvement, and most importantly have a great time! These lessons will be offered in a small group or semi-private format. This program is designed for students who are learning how to swim or want to improve upon their stroke before the summer starts.

For more information, please contact Coach Frank at jfrank@shschools.org
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.

★Ukulele Group
Instructor: After School Music Academy

The SHS Uke Group is open to students in Grades K-3. The uke is an excellent instrument on which to learn how to play music. It’s relatively simple to learn, easy to tote around, inexpensive, super fun, and timelessly popular! In this ensemble, we will jump right into the fun stuff and learn how to play music on the ukulele. By the end of the course, students will know a few chord positions, will be able to play a couple of songs on the ukulele, and be able to sing along. Our instructors bring a classroom set of ukuleles with them to every class for the kids to use and we highly
TUESDAY (CONT.)

recommend that students also have a
ukulele at home to practice.

Students in grades K-2 are welcome to
join our new SHS Ballet class. Ballet,
the basis of all dance forms, is a
definite necessity for any aspiring
dancer. Basic ballet steps, French
terminology, concepts, and movements
are introduced in a nurturing, positive
environment. Movements will begin to
emphasize body awareness
for ballet including straight legs,
pointed feet, and posture. Fun
imaginative games are incorporated to
courage creative exploration and
self-confidence is stressed.

★ PSK One on One Basketball
Instructor: Mike Livingston

Please see class description under
Monday section
WEDNESDAY

★ MadScience: NASA Journey to Outer Space
Instructor: Bay Are MadScience

ATTENTION FUTURE ASTRONAUTS! Mad Science and NASA have teamed up to bring you the excitement and wonder of space in this new voyage of discovery! See the principles of thrust and propulsion at work in a real rocket launch! Explore the atmosphere on earth and beyond! Watch star dust burn, and journey through a galaxy as you investigate the life cycle of stars! Explore the farthest reaches of our solar system and create a lunar eclipse in this “mad” planetary tour! Probe the mysteries of meteors and bounce around satellite light as you learn about space phenomena! Experience the life of an astronaut as you prepare for space flight! This is an experience that is truly out of this world!

★ 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.

★Intro to STEM with LEGO®  
*Instructor: Play Well TEKnologies*

K - 1st graders: Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Trains, Helicopters, and Treehouses. Design and build as never before and explore your craziest ideas.

★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
THURSDAY (CONT.)

complete a Graceful Swan and Line Art Owl.
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
FRIDAY

★STEM Challenge with LEGO®
Instructor: Play Well TEKnologies

2nd - 5th graders: Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as:

Gondolas, Merry-Go-Rounds, and Scissor Lifts. Design and build as never before and explore your craziest ideas.

★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.

★Spring Delight!
Instructor: Derek Chase

Get ready to make some great seasonal driven recipes, which will be driven by fresh local produce. Springtime means great new crops of fruits and vegetables. We will make some tasty and healthy snacks that your kids will love!