

Saint Patrick Catholic School
Spring LS Semester Student Activities Online Registration

Ciao Parents,

Please find the confirmed schedule of Spring LS activities and descriptions of each attached. To register your child, please complete on-line registration as follows:

Online registration process:

Start Time: Wednesday, 14 December at 6PM

If your child is interested in participating in one or more of the spring activities on the below list, please send an **email to:** sjessen@stpcs.org with the following information:

1. **Subject line: “name of club”.**
2. Child(ren)’s name, grade, teacher
3. State if enrolled in After Care on the day of the week the activity will be taking place
4. Parents name, phone number and emergency information (name, relationship to child, phone number).

Again, “*grazie mille*” for your support for our upcoming spring activities! If you have any questions, please do not hesitate to contact me.

Sincerely,

Sheila Jessen
Extended Care Director
213-0945

Youth Fitness – Star Squad Cheering

Star Squad Cheering introduces children, ages 3 to 5, to several skills including...

Gymnastics Dance Stage Presence Voice Projection Teamwork

Classes are taught by an experienced cheer instructor with competition background. Children will learn cheers, stunts and dances with age appropriate music. As the children progress, pep rallies will be held to display their talents. New material is introduced as the “team” progresses. For additional information, please contact Dana Bevington at youthfitness@cox.net .

Grades: Pre-K –K grades
Day & Time: Tuesday, 3:15-4:15PM
Club Fee: \$200 (\$40/month)
Months: January - May
Start Date: Tuesday, 10 January

Youth Fitness – Gymnastics

Limited class size and specially formatted classes insure that children are not waiting in the sidelines for their turn to learn. Our goal is for your tumbler to perform gymnastic skills such as cartwheels, forward/backward rolls, round offs, advancing to beam activities improving balance and coordination. The use of mats and age appropriate equipment insures complete safety and aid in each child's comfort. Stretch-n-Grow promotes wellness in each program we offer as well as instilling the "Fun-Factor" in every class we deliver. For additional information, please contact Dana Bevington at youthfitness@cox.net .

Grades: Pre-K –K grades
Day & Time: Tuesday, 4:15-5:15PM
Club Fee: \$200 (\$40/month)
Months: January - May
Start Date: Tuesday, 10 January

Chess – Rules, Strategies & More

Students learn the basics of the game and then start to expand their knowledge through chess challenges and games. Facilitated by a former Virginia State Champion, students of all ages are welcomed to participate. This club will be limited to 15 students. For additional information, please see our website listing with the attached flyer: **Chess Club 2012**.

Grades: K – 8th grade
Day & Time: Thursday, 3:30 – 4:30PM
Club Fee: \$175 (\$35/month)
Months: January - May
Start Date: Thursday, 12 January

ESDA Karate Club

This hands-on program teaches the style of Tang Soo Do, a Korean form of martial arts which focuses on blocking, hand strikes, kicks, self defense and joint

manipulation. Along with muscles, intensity and endurance, ESDA provides lessons for life and believes martial arts is more than fighting. The curriculum is designed to incorporate core values of focus, concentration, dedication, work habits, strong ethics as well as a well-rounded Martial Arts course of instruction. For additional information, please see our website listing with the attached flyer:

ESDA Karate Club.

Grades: Pre-K – 8th grade

Day & Time: Tuesdays and Fridays, 3:30-4:30PM

Club Fee: New students: \$275 (\$55/month); Returning students: \$225 (\$45/month); Family discount: 3rd & 4th students ½ price.

Months: January - May

Start Date: Tuesday, 10 January

Guiding Young Minds (G.Y.M.) Basketball

Guiding Young Minds is an after school basketball program designed for elementary school students ages 5-13. It is a great way to learn new skills or sharpen skills you already have. The club will focus on playing both offense and defense. Your child will be introduced to drills that teach PROPER ball handling, shooting, passing techniques and much more!! Students will work hard with FUN and competitive drills that will challenge their skills! This club will be limited to 20 players per group. For more information, please go to

www.nadinedomondbasketball.com .

Grades: K – 4th grade

Day & Time: Wednesday, 1:15-2:30PM

Club Fee: \$225 (\$45/month)

Months: January - May

Start Date: Wednesday, 11 January

Young Yogis Yoga – Yoga Pops

Calling all STPCS students! Come get physically fit, feel emotionally calm, and build great focus and concentration skills. When participating in a Young Yogis Yoga, Yoga Pops or Yoga Rox yoga class, students may look forward to much of the following throughout their session:

Sit Back~Relax...Be Present – Everyone needs a break from all of their talking, learning, “doing” and achieving (even from yoga postures!). Sometimes it’s ok just to sit and “be”.

“Strike a Pose” – Learning the physical postures of yoga and create a cardio-flow while listening to fun music!

“Inside Voices & Outside Choices” – An open discussion format that encourages making positive choices to be healthy & happy on the inside and to live harmoniously in the outside world.

“Stop...and Smell the Lavender” – Learn visualization a breathing techniques that help students quiet their thoughts, still their bodies and slow down from the busyness of their days. For questions or additional information, please contact Rita Woods (757-201-8610) or RWoods@YoungYogisYoga.com

Required materials fee for new yogis only: \$25 (includes Personal Mat)

Optional mat bag: \$20

Grades: K-4th grades

Day and Time: Thursday, 3:15-4:20PM

Club Fee: \$210 (\$ 42/Month)

Months: January - May

Start Date: Thursday, 12 January

Little Feet Dance Studio - Let's dance and get moving!

Your child will learn to dance in a fun, pressure free environment – Ballet – Tap – Jazz. Classes will be offered for all age levels to both boys and girls. Students will learn the foundation of ballet, tap, jazz and modern dance dependent upon their age. They will also have the opportunity to share their learning with parents and other students through an informal showing.

Attire: Children may wear leotards and tights or yoga pants and comfortable shirts. **Ballet and tap shoes are required.** For additional information, please see our website listing with the attached flyer: **Little Feet Dance.**

Grades: K-3rd grades - BALLET, TAP, JAZZ
Day and Time: Wednesday, 1:30–2:30PM
Club Fee: \$275 (\$55/month)
Months: January - May
Start Date: Wednesday, 18 January

Grades: 4th-8th grades - BALLET, TAP, JAZZ, MODERN
Day and Time: Wednesdays, 2:30-3:30PM
Club Fee: \$275 (\$55/month)
Months: January - May
Start Date: Wednesday, 18 January

Li'l Sprouts Garden Club

This hands-on club will allow your children to explore the wonders of learning about where vegetables come from, how to plant them from seeds and small plants and how composting benefits the planet. Each week our Li'l Sprouts will meet to plan, plant and tend their garden. When the vegetables are mature, they will be donated to a local charitable community organization for distribution to the needy. This club will be limited to 12 students.

Grades: Pre-K – 1st grades
Day & Time: Thursday, 3:15-4:00PM
Club Fee: \$30 (students currently enrolled in After Care on the scheduled day - \$15)
Months: March - May
Start Date: TBD (weather dependent)

Youth Fitness – Stretch-n-Grow

Why Stretch-n-Grow? Our classes, designed for 2-5 yr olds, exercise kids' hearts and lungs, strengthen muscles, improve flexibility and further develop motor skills. Our sessions are action packed, non-stop fun where every child is the focus – No Waiting In Line! Pre-sport skills are taught through specific age appropriate activities and discussions on health related topics. KIDS LOVE IT! For additional information, please contact Dana Bevington at youthfitness@cox.net .

Grade: Pre-K/K grades
Day & Time: Friday, 3:15-4:15PM
Club Fee: \$175 (\$35/month)

Months: January - May

Start Date: Friday, 13 January

Youth Fitness – Super Sports

Our “Super Sports” learn good sportsmanship while developing specific skills for many sports. Each month we will introduce a different sport cultivating physical abilities that will contribute to future sport dexterity.

Football

Soccer

Tee/Base Ball Basketball

And more.....

Kids have lots & lots of good clean fun!!! For additional information, please contact Dana Bevington at youthfitness@cox.net .

Grades: Pre-K/K grades

Day & Time: Friday, 4:15-5:15PM

Club Fee: \$200 (\$40/month)

Months: January - May

Start Date: Friday, 13 January

Message in Motion – Ministry of Dance

Pre-K Want to learn how to break dance? What about shuffling to the beat? Then this class is for you! This creative movement class is designed for children to explore movement and worship through dance, while being introduced to a variety of dance forms including Hip Hop, Jazz and Tap. Students will have the opportunity to present their dances at school programs. This class is open to boys and girls. **Tap shoes required.** For additional information, please see our website listing with the attached flyer: **Message In Motion.**

FREE TRIAL SESSION FOR NEW STUDENTS – Monday, 9 January

Grade: Pre-K grade

Day & Time: Monday, 3:15-4:15PM

Club Fee: \$225 (\$45/month)

Months: January - May

Start Date: Monday, 9 January

Message in Motion – Ministry of Dance

K – 4th grade Have you always wanted to learn to break dance? What about shuffling to the beat? Through a variety of dance forms including Tap and Hip Hop

learn to share God's message through the art of dance. This class is open to boys and girls with all levels of experience. Students will have the opportunity to present their dances at school programs. **Tap shoes required.**

FREE TRIAL SESSION FOR NEW STUDENTS – Monday, 9 January

Grades: K – 4th grades

Day & Time: Monday, 3:15-4:15PM

Club Fee: \$225 (\$45/month)

Months: January - May

Start Date: Monday, 9 January

***NOTE:** If both classes have enough students register to go forward, each class will have an individual instructor.



CHESS INSTRUCTION BY *E. RODNEY FLORES*

SERVICES

- ◆ GROUP LESSONS
- ◆ PRIVATE LESSONS- IN PERSON & VIA PHONE

CREDENTIALS

- ◆ 1998 VIRGINIA STATE CHAMPION
- ◆ 1996 AND 1998 HAMPTON ROADS CHAMPIONS
- ◆ 4-TIME PORTSMOUTH CHAMPION
- ◆ 4TH PLACE ENTIRE U.S. NAVY, COAST GUARD & MARINES 1993
- ◆ 2ND PLACE BLITZ TOURNAMENT FOR ENTIRE U.S. NAVY, COAST GUARD & MARINES 1993
- ◆ MEMBER OF U.S. NATO CHESS TEAM 1993
- ◆ TOP USCF RATING 2141
- ◆ TOP FIDE RATING 2263

EXPERIENCE

- ◆ 1998-1999 COACHED HICKORY HIGH SCHOOL CHESS TEAM TO CITY CHAMPIONSHIP
- ◆ 1998-2000 TUTORED VIRGINIA ELEMENTARY & MIDDLE SCHOOL STATE CHAMPION NELSON LOPEZ II
- ◆ TOP STUDENT GAINED FULL 4-YEAR SCHOLARSHIP TO UNIVERSITY OF DALLAS AT TEXAS FOR CHESS

TOPICS COVERED

- ◆ RULES OF THE GAME & HOW ALL PIECES MOVE
- ◆ SIMPLE CHECKMATES, MATE IN TWO, MATE IN THREE, COMBINATIONS
- ◆ FORMATION OF OPENING REPERTOIRE
- ◆ MIDDLEGAME EXERCISES
- ◆ ENDGAME STUDY- KING & PAWN, MINOR PIECES, ROOKS, ETC.
- ◆ TACTICAL PROBLEM SOLVING
- ◆ MOTIF RECOGNITION

CONTACT INFORMATION

757.582.2999

rflores@pinnaclegrpeng.com



Eagles Self-Defense Academy will once again be offering an after school Karate Program at St. Patrick Catholic School during school year 2011-2012 on Tuesdays and Fridays from 3:30 to 4:30PM.

Some of the benefits your child(ren) will receive from the training are:

- ♦ **Better grades**
- ♦ **Improved behavior**
- ♦ **Improved focus**
- ♦ **More Concentration**
- ♦ **Better grades**
- ♦ **Non-contact bully deterrent**
- ♦ **Plus much more**

You will receive peace-of-mind by knowing the training is:

- ♦ **Family Centered**
- ♦ **Your child(ren) will receive quality instruction (Hall of Fame Instructors)**
- ♦ **Tuition rates are low**

For more information contact either Ms. Jessen at STPCS

or

Master Jack at (757) 480-5282 or bassai@cox.net

Website: <http://www.bassai.biz>

LITTLE FEET DANCE STUDIO

LET'S DANCE AND GET MOVING!

Your child will learn to dance in a fun, pressure free environment!



BALLET



TAP



JAZZ

Classes will be offered for all age levels to both boys and girls. Students will learn the foundation of ballet, tap, jazz and modern dependent upon their age. They will also have the opportunity to share their learning with parents and other students through an informal showing.

Attire and Shoes: All students need a pair of BALLET AND TAP SHOES. Children may wear leotards and tights or yoga pants and comfortable shirts.

For additional information, please contact Kristin Poulin at 757-287-5374 or email klhbos@hotmail.com.

Please visit <http://www.littlefeetdancestudio.com> to learn more about our dance program.

Message In Motion

a ministry of dance

**Free Trial Dance Classes For New Students!!
Week of 9 January**

Hip Hop, Tap, Jazz, Modern, and more



www.messageinmotiondance.com

Pre-K

Mondays 3:15-4:15

Want to learn how to break dance? What about shuffling to the beat? Then this class is for you! This creative movement class is designed for children to explore movement and worship through dance, while being introduced to a variety of dance forms including Hip Hop, Jazz, and Tap. Students will have the opportunity to present their dances at school programs. This class is open to boys and girls. **Tap shoes required.**

Grades K-4 Class

Mondays 3:15-4:15

Grades 5-8 Class

Tuesdays 3:30-4:30

Have you always wanted to learn how to break dance? What about how to shuffle to the beat? Through a variety of dance forms including Tap and Hip Hop -- learn to share God's message through the art of dance. This class is open to boys and girls with all levels of experience. Students will have the opportunity to present their dances at school programs. **Tap shoes required.**

****To register for free trial class, please contact Sheila Jessen by
Tuesday, 3 January****

Please contact Laney Comer or Brittani Rudi at 757-818-3858 or email messageinmotion2@gmail.com with any questions. Class is held at STPCS. Boys and girls ages 2-12 are welcome to participate. Class includes technique in above dance forms. Official classes begin the week of 9 January, with classes running continuously from Jan-May. The cost is \$45 per month, or \$225 session with school performance opportunities.