

**Saint Patrick Catholic School**  
**Spring MS Semester Student Activities Online Registration**

Ciao Parents,

Please find the confirmed schedule of Spring MS 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](mailto: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

**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 for the attached flyer: **Chess Club 2012.**

**Grades:** K – 8<sup>th</sup> 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 – 8<sup>th</sup> grade

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

**Club Fee:** New students: \$275 (\$55/month); Returning students: \$225 (\$45/month); Family discount: 3<sup>rd</sup> & 4<sup>th</sup> 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 go to

[www.nadinedomondbasketball.com](http://www.nadinedomondbasketball.com)

**Grades:** 5<sup>th</sup> – 8<sup>th</sup> grade

**Day & Time:** Friday, 3:30-4:30PM

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

**Months:** January - May

**Start Date:** Friday, 13 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 more information, please see our website listing for the attached flyer: **Little Feet Dance**

**Grades:** 4th-8<sup>th</sup> 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

### **Message in Motion – Ministry of Dance (Hip Hop Only)**

Have you always wanted to learn to break dance? What about shuffling to the beat? Through a variety of dance forms including 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.** For additional information, please see our website listing for the attached flyer: **MessageInMotion.**

**FREE TRIAL SESSION FOR NEW STUDENTS – 10 January**

**Grades:** 5<sup>th</sup> – 8<sup>th</sup> grades

**Day & Time:** Tuesday, 3:30 – 4:30PM

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

**Months:** January - May

**Start Date:** Tuesday, 10 January



## **CHESS INSTRUCTION BY *E. RODNEY FLORES***

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### SERVICES

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

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### CREDENTIALS

- ◆ 1998 VIRGINIA STATE CHAMPION
- ◆ 1996 AND 1998 HAMPTON ROADS CHAMPIONS
- ◆ 4-TIME PORTSMOUTH CHAMPION
- ◆ 4<sup>TH</sup> PLACE ENTIRE U.S. NAVY, COAST GUARD & MARINES 1993
- ◆ 2<sup>ND</sup> 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

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### 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

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### 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

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### CONTACT INFORMATION

757.582.2999

[rflores@pinnaclegrpeng.com](mailto:rflores@pinnaclegrpeng.com)

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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](mailto: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](mailto: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](http://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](mailto: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.