



Winter 2019 Extra-Curricular Activities

Why choose Extra-Curricular Activities for your child? It's one way for your child to socialize with their peers, enhance skills and/or explore a new activity. Studies show that students who participate in extra-curricular activities increase their academic scores, improve oral communication and relieve stress.

How long do the classes run? Classes are 6-14 weeks depending on the activity. Read each activity description carefully because some classes are once a week for one hour and some others are twice a week for one hour.

What are the times? All classes are from 3:05 – 4:05 or 4:15.

How much are the classes? All prices are listed in the class description. Payments must be made in full at the first class. Make checks payable to Immaculate Conception School.

(Please note: There is a minimum of 6 students per class. Classes will take place only if enough students sign up.)

Is Aftercare a different program? Yes, it is a different program that is paid separately. However, your child may attend Aftercare if that is needed after completing the extra-curricular program/class.

(Please note: Students who are not picked up on time from their activity will be dismissed to Aftercare to wait for parents and charged accordingly.)

How do you register and pay for your child? All registrations will be processed and paid online at:

<https://www.icsannandale.org/extracurricular>

Winter 2019 Programs

Study Buddies Club

Grades 3-5

Cost: \$144 Mondays

Monica Sharp

Cost: \$168 Wednesdays

Rebecca Fickas

Students will focus on study skills, organization skills, test prep, and homework. Course will focus on learning the difference between homework, studying and being prepared for class. When homework assignments are light, the focus will be on planning of long-term projects and educational games to reinforce skills. Minimum 5 students per day

Dates

Mondays – January 7, 14, 28, February 4, 11, 25, March 4, 11, 18, 25, April 1, 8

Wednesdays – January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3, 10

Time: 3:05 – 4:05

Study Buddies Club

Grades 6-8

Cost: \$144 Mondays

Kim McCarron

Cost: \$168 Wednesdays

Stacy Jones

Students will focus on study skills, organization skills, test prep, and homework. Course will focus on learning the difference between homework, studying and being prepared for class. When homework assignments are light, the focus will be on planning of long-term projects and educational games to reinforce skills. Minimum 6 students per day

Dates

Mondays – January 7, 14, 28, February 4, 11, 25, March 4, 11, 18, 25, April 1, 8

Wednesdays – January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3, 10

Time: 3:05 – 4:05

Winter 2019 Programs

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Dance Club

Grades 1-4

Myra Loss

Cost: \$96 Wednesdays

Dance is all about expressing one's self through movement. If your child is new to dance they will be introduced to different types of dance, moves and terms. **Max Class Size: 15**

Dates

Wednesdays – January 9, 16, 23, 30, February 6, 13, 20, 27

Time: 3:15 – 4:15

Clay Club

Grades 5-8

Antoinette Stam

Cost: \$164 Wednesdays *Includes \$20 clay fee

Students will learn how to wedge clay and will make up to three ceramic objects of their choice (pinch pots, bowls, pendants, ornaments or carved tiles). Each student will receive 10lbs of clay. The instructor will give a pottery wheel demonstration and students will have the opportunity to try the pottery wheel. **Max Class Size: 15**

Dates

Wednesdays – January 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27, April 3

Time: 3:15 – 4:30

For Girls Only Exercise

Grades 2-4

Kathy Hausler

Cost: \$72 Tuesdays

This 45-minute class will be a **serious exercise class**. Do not worry if you are not in great physical condition, this class is for you! We will learn ways to exercise at home, to build muscle/bone strength (critical to girls), increase cardio endurance, become more flexible and have fun. This is a class that will not judge you but rather support you on your quest to better health. You will learn simple ways to improve our dietary choices, a key to overall health.

PE uniform/workout clothes & sneakers required.

Dates

Tuesdays – January 22, 29, February 5, 12, 19, 26

Time: 3:15 – 4:00

For Girls Only Exercise

Grades 5-8

Kathy Hausler

Cost: \$72 Wednesdays

This 45-minute class will be a **serious exercise class**. Do not worry if you are not in great physical condition, this class is for you! We will learn ways to exercise at home, to build muscle/bone strength (critical to girls), increase cardio endurance, become more flexible and have fun. This is a class that will not judge you but rather support you on your quest to better health. You will learn simple ways to improve our dietary choices, a key to overall health.

PE uniform/workout clothes & sneakers required.

Dates

Wednesdays – January 16, 23, 30, February 6, 13, 20

Time: 3:15 – 4:00

Chess Club

Grades 5-8

Shayna Pothast

Cost: \$108 Thursdays

Chess club is an after school activity designed to give kids an opportunity to learn the game of chess, improve their chess skills, and to enjoy competition against their peers. Novice players will be taught the basic rules, the value of pieces, and how to checkmate. More experienced players will learn different opening and defense strategies, various tactics, and will be given the opportunity to challenge themselves by solving chess puzzles. While students will have the chance to measure their progress through wins and losses against their peers, our main focus will be on encouraging good sportsmanship and on having fun. **Max Class Size: 15**

Dates

Thursdays – January 17, 24, 31, February 14, 22, 28, March 14, 21, 28

Time: 3:05 – 4:05

Winter 2019 Programs

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Bricks 4 Kidz

Grades 1-4

Cost: \$99

The winter session theme is **Blast Off to Space**. Students will learn and build different models based on NASA designed equipment used to explore space. The motorized models will include **Centrifuge, Satellite, Space Shuttle, Mars Rover** (great timing with current events) and even the **International Space Station**. Register online at:

<https://www.bricks4kidz.com/newjersey-hunterdon-somerset/>

Dates

Tuesdays – January 8, 15, 22, 29, February 5, 12

Time: 3:15 – 4:15

Intro to Rugby

Grades K-3

Cost: \$100

Learn the fundamental skills, rules, and strategies for the game of rugby. Each session will cover sport specific skills from set-up, passing and kicking the ball, running with and without the ball, and rules of the game. Sport performance skills will also be developed through speed, agility, and strengthening drills that are both specific and non specific to the game.

Register online at: <https://www.pro-activity.com/ics>

Dates

Mondays – January 7, 14, 28, February 4, 11, 25

Time: 3:15 – 4:15

FUNctional Fitness

Grades 4-8

Cost: \$200 Tuesdays & Thursdays

This is a new and exciting program that focuses on a developmental approach to building Strength, Speed, Agility / Coordination and Endurance, while placing particular emphasis on correct movement patterns, healthy habits, and motor planning. Program goals include laying a foundation for healthy activity and movement-related fitness, while playing a pivotal role in the long term injury prevention for the students. Participants will progress safely as they prepare for the upcoming Tiger Trot 5k, and the social and fun atmosphere of the class keeps students engaged and having a blast while they exercise.

Register online at: <https://www.pro-activity.com/ics>

Dates

Tuesdays – January 8, 15, 22, 29, February 5, 12 **AND**

Thursdays – January 10, 17, 24, 31, February 7, 14

Time: 3:15 – 4:15

FUNctional Fitness & Youth Rugby are led by Diego Austin. Mr. Austin holds a Masters Degree in Exercise and Sport Science and has a background in not only the athletic population but also youth movement pattern development. He is an associate at Pro-Activity, a Human Achievement Company in Clinton Twp., NJ and a youth rugby coach with Basecamp31, a local 501 c 3 not-for-profit with a mission of healthy community.

ICS Band

Grades 4-8

Robin Stone

Meets Mondays 3:15 – 4:15

Begins Monday September 10

ICSingers

Grades 4-8

Robin Stone

Meets Tuesdays 3:15 – 4:15

Begins Tuesday September 11

ICS Glee Club

Grades 2 & 3

Robin Stone

Meets Thursdays 3:15 – 4:15

Begins Thursday September 13