



# After School Program

## 2. Semester 2009-2010

February-June



## For students and parents of the German Sonnabendschule

We still have open slots for the following Afternoon Activities and would be very happy to have your children join.

If you are interested please contact:

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## Tumbling



### Grades 1-4:

This class includes gymnastic and tumbling instruction as well as proper warm-up techniques, listening skills and turn taking. Balls and other equipment will be used also.

Mondays 3:00 pm - 4:00 pm (gym)

Taught by Ms. Sylvia Hug-Moesinger. Students should wear proper attire: t-shirts, sneakers, shorts or leggings.

## Choir



The GISB Concert Choir welcomes new singers in grades 1-4! Students will learn creative expression and how to sing together through classical, folk and modern songs in German and English. Performing through songs enables students to learn about music, practice as an ensemble and express ideas creatively. We will rehearse new songs for concerts and other performances throughout the year.

Grades 3/4 and 5/6: Mondays 2:10 pm - 3:00 pm

Taught by Ms. Angelina Calderon. Lyric Soprano Angelina Calderon performs opera, classical song and choral works throughout greater Boston.



## Yoga

The yoga classes will be structured around the abilities and needs of children five to eleven years. The classes will provide a fun introduction to the fundamentals of yoga (kindness, respect, breathing and poses) with games, stories and movement. Students should wear comfortable clothes and bring a towel or blanket, yoga mats will be provided. Limit: 8 students per class.

Entry Level (5-6 year olds): Tuesdays 2:00 pm - 3:00 pm (room 1/2B)  
Grades 1/2 and 3/4: Tuesdays 3:00 pm - 4:00 pm (room 1/2B)

Taught by Ms. Pascale Wiedenroth from Insight Relations.



## Ceramics

Learn the basic skills of hand building with clay or improve your skills if you've done it before. You might make useful things or silly things. Imagination and a willingness to try are all you need. Oh yes, and an old shirt to wear. Tuition includes clay, glaze and firing of each piece.

Entry Level: Thursdays 2:00 pm – 3:00 pm (2/4 – 3/4) Limit: 8 students

Grade 1/2: Thursdays 2:15 pm – 3:15 pm (3/11 – 4/29)\*

Grade 3/4: Thursdays 2:15 pm – 3:15 pm (5/6 - 6/10)\*

\*Limit: 10 students – priority will be given to students who have not been enrolled this school year.

Taught by our own Ms. Jenny Sorblom in the arts and crafts room.

## Soccer



This introduction to soccer will spark the children's interest in the beautiful game. They will learn the basic skills to launch them on an exciting, fun-filled path toward being part of the world's most popular team sport. The kids will develop their social skills; learning teamwork, fair play, initiative and joy of the game. They will take part in an active session relaying the importance of exercise and leading a healthy lifestyle. We encourage both genders, girls and boys to join!

Entry Level (5-6 year old): Thursdays 2:00 pm - 3:00 pm (gym) - Limit: 12 students

Grades 1-3: Thursdays 3:00 pm - 4:00 pm (gym) - Limit: 16 students

The instructor is Mr. Geoff Whitehead, who is a certified USSF Soccer referee. He has been working with all age level kids, and has extensive experiences playing and coaching multiple sports.

## Taekwondo



We are happy to inform you that we were able to get C.W. Taekwondo at Boston to teach Taekwondo on our school. C.W. Taekwondo at Boston provides innovative martial arts-based programming for girls and boys. Taekwondo provides a robust form of physical education that children find naturally challenging and fun, and can help lay the foundation for a healthful and successful life for your child. The program provides a framework of goal setting and achievement that teaches the virtues of respect and discipline, and the value of hard work.

Grades 1-4: Fridays from 3:00-4:00pm

The instructor is Master Brett Schuschereba, a 4th degree black belt.

