



Spring 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 extra-curricular activities increase their academic scores, improve oral communication and relieve stress.

How long do the classes run? Classes are 6-7 weeks depending on the activity. Read each activity description carefully. **Some class days changed because of the Memorial Day Holiday.**

What are the times? All classes are from 3:00 - 4:00 or 4:15.

How much are the classes? All prices are listed in the class descriptions. Payment must be made in full at the first class. 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 on-line at: <https://www.icsannandale.org/extracurricular>

Spring 2019 Programs

Study Buddies Club

Grades 3-5

Cost: \$60 Mondays

Monica Sharp

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.

Mondays - 4/15, 5/6, 5/13, 5/20, 6/3 Time: 3:00-4:00

Study Buddies Club**Grades 6-8****Cost: \$60 Mondays****Kim McCarron****Cost: \$60 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.**

Dates:**Mondays - 4/15, 5/6, 5/13, 5/20, 5/28- (Tuesday) Time: 3:00-4:00****Wednesdays – 5/1, 5/8, 5/15, 5/22, 5/29 Time: 3:00-4:00****Archery****Grades 5-8****Cost: \$72 Wednesdays****Karen Smith**

Basic skills and the history of archery will be the main focus of this program. Students will learn to line up their shots, shoot with correct form and how to score. This program follows the strict safety standard set by NASP (National Archery School Program). Any participant who chooses not to follow these guidelines will be removed from the program. **Max. 10 students**

Wednesdays – 4/10, 4/17, 5/1, 5/8, 5/15, 5/22 Time: 3:00-4:15**Ultimate Frisbee****Grades 5-8****Cost: \$72 Wednesdays****Kathy Hausler**

Students will learn rules, how to score and correct throwing form of ultimate frisbee.

Wednesdays – 4/10, 4/17, 5/1, 5/8, 5/15, 5/22 Time: 3:15-4:15**Improv****Grades 5-8****Cost: \$72 Tuesdays****Ms. Fickas/****Mrs. Dunham**

Through games and unrehearsed scenes, students will practice quick-thinking, creativity, tolerance and teamwork. This is a great opportunity to develop self-confidence and public speaking skills, as well as having some fun and making new friends! **Max.15 Students**

Tuesdays 4/16, 4/30, 5/7/, 5/14, 5/21, 5/28 Time: 3:00-4:15

Basic Scratch Coding

Grades 7-8

Cost: \$72 Thursdays/Fridays

Father Edgar

Scratch is a programming language and an online community where children can program and share interactive media such as stories, games and animation with people from all over the world. Scratch was designed to help the student learn to think creatively, work collaboratively and reason systematically. This class introduces basic coding syntax and techniques to help students gain interest in computer programming and design. **Max. 15 students**

Thursdays/Fridays 5/2(12:30-1:30)5/3; 5/23, 5/24; 5/30, 5/31 Time 3:15-4:15

Bricks 4 Kids

Grades K-4

A great time to study LIFE SCIENCES. We will focus on biology in our LIFE SCIENCES theme for the spring session. The students will learn about and build Caterpillars, Butterflies, a Venus Flytrap, a Dragonfly, a personal fan (cooling our bodies) and even a dinosaur. Spring time is a great time to learn what are caterpillars and how do they become butterflies (and moths). What could be more interesting than an herbivore plant like a Venus Flytrap (ours does shut to capture its prey). And as the outdoor activities increase and the temperatures rise, some basic understanding of the function of our skin and how we cool our bodies is quite timely. As far as the dinosaur, well we will let your children explain how that relates to the overall LIFE SCIENCES theme. **Min. 6/Max. 20 students. Register online: www.bricks4kidz.com/HunterdonSomerset 10% discount code for sibling: TFRXVEQHSSMVUZOH**

Cost: \$ 90 Tuesdays 4/9, 4/16, 4/30, 5/7, 5/14, 5/21 Time 3:15-4:15.

Added 3/28/19

Rugby/Running Club from Pro-Activity

Grades 4-8

Diego Austin

A mix of functional strength training, running, and the variable movements of rugby, this program emphasizes correct movement pattern development while adding strength and presents a cardiovascular challenge to the students with plenty of variable movements that go hand-in-hand with youth strength development. **Min. 10 students.** Youth Rugby is led by Diego Austin. Mr. Austin holds a Master's Degree in Exercise and Sports 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 Township., NJ and a youth rugby coach with Basecamp 31, a local 501 c 3 not-for-profit with a mission of healthy community.

Cost: \$120 Tuesdays 4/9, 4/16, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4 Time 3:15-4:15.

Soccer Shots

Grades K-3

Focusing on individual skill, fitness, and sportsmanship, each session provides an opportunity for kids to be challenged through fun games and competitions. Soccer Shots Premier will also introduce tactical elements of the game to prepare players to participate on competitive teams. Groups will be divided based on age and experience. Classes will be divided by age. Specific details regarding how the program will run will be included in a welcome email sent out prior to the first week. **Min. 6/ Max. 18 Please sign up at this site:**

https://centraljersey.ssreg.org/?season%5B%5D=Spring+2019&sitename=Immaculate+Conception&program=1499&input_address

Cost: \$90 Thursdays 4/18, 5/2(12:30-1:30), 5/9, 5/16, 5/23, 5/30. Time 3:15-4:15.

ICS Band

Grades 4-8

Robin Stone

Meets Mondays 3:15-4:15

ICSingers

Grades 4-8

Robin Stone

Meets Tuesdays 3:15-4:15

ICS Glee Club

Grades 2&3

Robin Stone

Meets Thursdays 3:15-4:15