



Spring 2020 After School Enrichment / April 20 - June 12

North Mianus Afters

Register ONLINE at 7 AM on WEDNESDAY 3/11 www.GreenwichAfterSchool.com

Day	Meetings	Grade(s)	Class	Instructor	Rooms
MONDAY AM	7	2-5	Mindfulness	Mrs. Gregory	Mrs. Gregory's Room
MONDAY PM No School 5/25	7	K-2	Happy Crafts	Ms. Loconte	Ms. Loconte's Room
		K-5	Chess	Mr. Eydelman	Mrs. Gregory's Room
		2-3	Beginning Cursive	Ms. Giometti	Ms. Giometti's Room
		2-5	Matball	Mr. Moroney and Mr. Prisinzano	Gym
		3-5	Board Game Bonanza	Ms. Bekic	Ms. Bekic's Room
TUESDAY No School 4/28	7	K-2	LEGO Challenge	Ms. Rutstein	Ms. Rutstein's Room
		K-2	Introduction to Spanish	Mrs. Gregory	Mrs. Gregory's Room
		K-5	Floor Hockey	Mr. Moroney and Mr. Prisinzano	Gym
		2-5	Mind Your Manners	Ms. Lazarev	Ms. Lazarev's Room
		2-5	Homework Club	Ms. Bekic	Ms. Bekic's Room
		3-5	LEGO Masters	Mr. Saalborn	Mr. Saalborn's Room
WEDNESDAY AM	7	2-5	Mathletes	Mr. Saalborn	Mr. Saalborn's Room
WEDNESDAY PM No Class 5/13 - Early Release	7	K-2	Taekwondo	Cho's Taekwondo	Gym
		K-3	Magic	HobbyQuest	
		2-5	Improv and Theatre Games	Ms. Lane	Ms. Dunn's Room
		3-5	Speed and Agility	Bluestreak Sports Training	Gym
THURSDAY	8	K-2	Sports Variety	Mr. Moroney and Mr. Prisinzano	Gym
		K-2	Full STEAM Ahead	Ms. Larson	Ms. Larson's Room
		K-3	Little Buds Garden Club	Ms. Bekic	Ms. Bekic's Room
		K-5	Soccer	Mr. Moroney and Mr. Prisinzano	Gym
		2-5	Dance Party	Mrs. Gregory	Mrs. Gregory's Room
		2-5	Homework Club	Ms. Wragg	Ms. Wragg's Room
FRIDAY No Class 5/1	7	K-5	Yoga	Ms. Bekic	Ms. Bekic's Room
		K-5	Friendship Circle	Mrs. Gregory	Mrs. Gregory's Room
		2-5	Kids Choice: Dodgeball or Flag Football	Mr. Moroney and Mr. Prisinzano	Gym
		2-5	Canvas Painting	Future Picassos	

* 5% of class fees supports North Mianus PTA.

AM classes meet 7:45-8:30; PM classes dismiss at 4:20

Save Time at Registration - Create an Account Today at www.GreenwichAfterSchool.com

General Registration Period is from NOON on 3/9 thru 4/13 / Late fee applied to registrations received after 4/13

Questions/ Comments? info@GreenwichAfterSchool.com / 888.212.3837

Beginning Cursive	Learn the lost art of cursive writing. You'll use different tools and media to learn how to form letters and write beautifully. Once you learn all the letters, you can use it in school and even sign your name. Writing in cursive is fun and easier to master than you think!
Board Games Bonanza	Think, create, react, adapt and compete while mastering different board games. Prerequisites, learning from our mistakes, a good sense of humor, and strategic thinking are all part of the FUN here!
Canvas Painting	Dive deep into how paintings are made, starting with paint, applying it to canvas and everything in between. Explore the history of great artists including Picasso, Van Gogh, Monet, and more. Inspire confidence in <i>your</i> artistry, stimulate creativity and empower your inner 'Picasso.'
Chess	All levels welcome. New players welcome to learn how to play a full game of chess and how to write down moves to learn from mistakes. Experienced players learn strategies and tactics to help improve their game. All players will learn about the etiquette and strategy of a game that is truly a great lifetime activity for young and old alike.
Dance Party	Bring your 'dancing' shoes to this high energy, dance "Party." Learn a variety of dance moves and choreography each week to songs you love and show off your best dance moves in supportive and encouraging group games. No experience necessary - just bring comfortable shoes and a passion to groove. See you on the "Dance Floor!"
Floor Hockey	Hurry up, because this class fills up quickly. Non-stop action makes this class a sweaty one. Teams will be divided into age/grade appropriate teams and players will embark on their journey to win the N.M.H.L. Hawk Cup. Floor hockey teams will compete in several games a day in which they'll earn points for victory or tie. The team with the most points at the end of the season has the greatest odds to win the championship come the last week.
Friendship Circle	Positive peer pressure, trustworthiness, good listening and a supportive community are the name of the game. Together, this group will navigate social landscapes including school and group settings as well as being a good friend. Every year of elementary school can present its own challenges, students will have the opportunity to give and to get good advice to their peers in this open classroom setting. We hope the friendships made here will last a lifetime.
Full STEAM Ahead	The opportunity for scientific exploration is truly limitless! Focus on different hands on STEAM activities including Science experiments, Technological advancements, Engineering challenges, Artistic creations, or Math games. Each session features ALL-NEW activities - this Spring includes catapult's, lava lamps a 'capsule' mail delivery system and loads more!
Happy Crafts	Bring your imagination to the art table in this fun filled craft class full of beading, painting, mosaics, jewelry, duct tape & more! Let your creativity reign as the the only requirement is to have fun while crafting around the table with classmates.
Homework Club	Need some extra help with schoolwork? Then Homework Club is the place to be. NMS teachers assist students in grades 2-5 with their homework. Go home with your homework done!
Improv and Theatre Games	"One, Two, Three, ACTION!" Play theater games and learn the fundamentals of Improv. Through song, dance, game play and storytelling students learn about character development, story structure, and theater fundamentals. Free your creative spirit and explore your imagination while having loads of laughs in this cooperative and supportive class environment.
Introduction to Spanish	Students learn and practice conversational Spanish and culture through songs, games and fun activities. Each week will focus on a different theme--number, colors, food, farm animals and more. Learn how to introduce yourself and ask questions of new friends. This class is sure to be muy bien!
Kids Choice: Dodgeball or Flag Football	The best of two great games! You choose, each week, whether to play the greatest PE game invented—Dodgeball or the all-American no-contact game of Flag Football. Depending on your mood, you can dodge, duck, dip or dive OR practice your spiral and spring. Life is full of choices...this one will be hard to make!
Lego Challenge	Each week, work on your own or in a team to solve a new Lego challenge: build a board game to play with friends, make a model of your neighborhood, create objects of motion, and more. A mountain of traditional Legos, Lego Friends and Lego accessories are available for all to play and create to thier hearts delight.

LEGO Masters	Calling all LEGO master builder's to bring your knowledge and imagination and build simple machines, complex motorized devices and invent new LEGO challenges to work through as a team. Within a guided learning environment, students are encouraged to share thier knowledge and learn something from a friend or two. Class time will include NMS favorites too: Free Build, Rube Goldberg and Pow Wow, too!
Little Buds Garden Club	Celebrate Spring and learn about the garden... seeds to flower and fruit and everything in between. Budding gardeners explore the journey of the mighty seed through active gardening and art. Get your hands dirty tilling the soil, planting seeds and fertilizing vegetables, herbs and flowers and make a garden inspired craft each week. At the end of the session, students take home their very own kid-sized garden in a pot.
Magic	Abacadabra! Learn, practice and perform astounding tricks from mind-reading to making objects float in midair! Up-and-coming magicians take home every trick they learn and for the finale, perform in a real magic show for family and friends. Class is designed to enhance communication and performance skills in a supportive, creative atmosphere.
Matball	Come play the NMS's most iconic game. It is an indoor kickball with fast paced action. This year we will host the first ever Subway Series between Mr. Prisinzano's Mets versus Mr. Moroney's Yankees. Teams will be drafted and they will compete in a best of seven series to see which team will take home the NMS Matball trophy. There are no foul balls, stealing bases are allowed, run around the bases twice to score and don't forget a ball kicked in the basketball hoop earns everyone an ice cream or pizza party!
Mathletes	Join Mr. Saalborn to exercise your brain and energize your morning with BEFORE Mathletes! This program is open to all levels of mathematical ability and will focus on math logic, geometric patterns, strategy board games and CML (Continental Math League) word problems.
Mindfulness	BE mindful - of your inner and outer experiences, emotions and thoughts. Learn tools to control your body and spirit to enhance each moment of your day. Exploring new Mindful books, breathing techniques, and kid friendly yoga poses.
Mind Your Manners	Learn lessons of classic American etiquette and manners in an informal and fun way. Lessons are interactive, dynamic and have life-long effects of building confidence, character and kindness. Topics include good sportsmanship, table manners, friendship and volunteerism.
Soccer	Skill based drills and tournament game play will pack each class full of fun and excitement. After small-sided drills, the players will be placed into grade/age appropriate teams and will compete in the NMS World Cup Tournament. New to soccer? Skill work will be the focus with small-sided games.
Speed and Agility	Want to move faster and better? Watch yourself improve as you move through BlueStreak's speed and agility protocols designed specifically for youth athletes. Each class is made up of a dynamic warm-up, core strength development, linear speed work, agility drills, and a stretching cool-down. The focus of the training is developing proper movement patterns to set athletic foundations and reduce the risk of injury.
Sports Variety	Matball, kickball, sharks and minnows, steal the bacon, soccer, flag football, basketball, floor hockey, the sports are endless and mixed up each week. Bring your team spirit, and get ready for cooperation, tolerance, sportsmanship, and fair play. Hit the ground running in this action-packed class. And don't forget your sneakers!
Taekwondo	Practice martial arts and respect, while gaining self control, and confidence in this Taekwondo class open to all levels. Learn basic kicks and blocks that help develop strength, flexibility, coordination and balance. Round out class with some active games that promote mental, as well as physical, strength. Taekwondo provides a base for mental and physical fitness to last a lifetime.
Yoga	This warm and welcoming yoga practice is centered around flexibility, coordination and strength as well as calming breathing and relaxation techniques. With individual, partner, and group poses, as well as yoga games, students develop self-expression while learning respect and compassion for others.

Art Studio	Create fine art using an array of different mediums and techniques, including drawing, painting, printing and sculpture. This class has many opportunities to express yourself and bring home masterpieces for all to enjoy!
Build It, Break It, Mold It, Make It	The wonders of engineering, science and art come together for this great hands-on class. Work with clay, build with LEGOs, dissect owl pellets, build with newspaper, create recycled sculptures, and more! Learn about the builders and decomposers of the animal world.
Capture the Flag	Cos Cob's favorite game and all time classic. Two teams compete to 'Capture The Flag' by strategizing to score points by run the ball across the midline (1pt), thru the gate (2 pt) or throw a completed pass down the end zone (3 pts). Bring your sneakers, this class will be action packed and full of FUN!
Chess	All levels welcome. New players welcome to learn how to play a full game of chess and how to write down moves to learn from mistakes. Experienced players learn strategies and tactics to help improve their game. All players will learn about the etiquette and strategy of a game that is truly a great lifetime activity for young and old alike.
Classic PE Fun	Join Mr. D for a variety of PE favorites BEFORE school. Play fun games of asteroids, scooter games, mat ball, kickball, and tag games before you head to class. A great option for parents dropping off older siblings for band practice.
Clay and Glass Fusing	Two great art techniques in one class! Use clay to get your hands dirty and build sculptures and functional food safe art. Exercise your creativity with glass fusing as you turn pre-cut pieces of glass into fabulous works of art that can be hung in a window or given as a gift.
Cooking	Learn how to make delicious and nutritious recipes using fresh and colorful ingredients. Travel across the globe to learn about cuisine and traditions of Europe, Asia, and Central America. Discover fresh herbs and how they enhance the aroma and flavors of dishes. Master cooking skills safely: slicing, dicing, chopping, folding, baking, zesting, mixing, and more. Bring you appetite--this class is sure to be delicious!
Cross Fit	Spend the afternoon with a high intensity circuit-training workout with Mr. D. Each class, challenge yourself with the WOD (workout of the day), which will improve strength, flexibility, coordination, agility, and cardio-respiratory endurance through fun exercises such as box jumps, tire flips, and medicine ball slams.
Golf with TGA	Come learn the lifetime sport of golf, right at school! Students will experience a mix of golf instruction, rules and etiquette lessons, educational components, character development lessons and physical activity as they advance through TGA's five-level program. TGA curriculums are specially designed by industry-leading golf professionals and education specialists to ensure that the lesson plans are age-appropriate and easy to understand and retain. All equipment provided. Low student/teacher ratio. It's time to tee up!
Hand-Stitched	Learn the beautiful art of paper embroidery as you use a needle and embroidery floss to create one of a kind hand stitched cards. The opportunity for design is endless as you make cards for every occasion. The cards themselves will make beautiful gifts!
Magic	Abracadabra! Learn, practice and perform astounding tricks from mind-reading to making objects float in midair or disappear before your very eyes! Up-and-coming magicians take home every trick they learn and for the finale, perform in a real magic show for family and friends. Class is designed to enhance communication and performance skills in a supportive, creative atmosphere.
Making Sense of Math Problems	Math problems making you crazy??!! Let Ms. Viola help you make sense of them! Through games, discussion, support activities, and use of real-world applications, focus on solving multi-step problems by breaking them down into smaller bits for easier comprehension. You'll look at all of the pieces and use reason, argument, modeling and strategy to take the mystery out of math problems. Work independently or in groups, this class is appropriate for all levels.
Photography	In this eye-opening adventure into the world of photography, learn the tricks of the trade, just like the pros use! From blue skies to green trees to friendly smiles and sandaled feet, junior shutterbugs capture it all for their very own portfolios. And because all young stars deserve their time to shine, the session concludes with a gallery to show off artistic images to friends and family. Cameras are provided for use during each class.
Scooter Games	Just as the names says, each student will have their own 4-wheeled scooter to sit on and play classic games including scooter soccer, Hungry Hungry Hippos, Pirates of the Caribbean, and more.
Speed and Agility	Want to move faster and better? Watch yourself improve as you move through BlueStreak's speed and agility protocols designed specifically for youth athletes. Each class is made up of a dynamic warm-up, core strength development, linear speed work, agility drills, and a stretching cool-down. The focus of the training is developing proper movement patterns to set athletic foundations and reduce the risk of injury.