

Fall 2020 Enrichment Catalog

Monday 4:00 – 5:00 PM

101. The Triwizard Book Club with Mrs. Kuchera, Grades 4-5

Did Harry Potter really put his name into the Goblet of Fire? We will find out the answer while reading the fourth book of the Harry Potter series, *Harry Potter and the Goblet of Fire*. During this session, we will be taking a deeper look into the book where we will be able to make connections to other books in the series. The price includes the book, which students get to keep.

Fee: \$130

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Crissy Kuchera ([email](#))

Fall Dates: 8 classes, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16 (No Class Oct.12)

102. Wixie Lab with Ms. Westergren & Ms. Lewis, Grades K-5

Join us as we explore the exciting and collaborative world of Wixie. Wixie is a publishing and creativity platform that lets students share what they know through their writing, their voice, and their art. All Glebe students have access to Wixie on their iPads through the Clever portal. We will focus on the artistic and creative features of this platform while also incorporating spoken and written word.

Fee: \$150

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Lynn Westergren ([email](#)), Stacey Lewis ([email](#))

Fall Dates: 8 classes, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16 (No Class Oct.12)

103. Thinking Outside the Box, Grades 2-5

Thinking Outside the Box is a fun way to learn problem solving and creative/critical thinking. Children will have the opportunity to learn how to think on their feet and spend time in a stimulating and creative environment while learning how to tackle challenging problems. The class usually starts with a brain warm up question or challenge, followed by a presentation and open discussion on a topics such as brainstorming, team building, problem solving, and leadership and ends with a subject related hands on project or activity that is individual or team oriented. Children use their imaginations to build and create all sorts of contraptions, structures, bridges, vehicles, and creatures out of all kinds of material such as pasta, marshmallows, straws, toothpicks, elastic bands, plastic cups, paper, clay, popsicle sticks, pipe cleaners, bubble wrap, yarn, duct tape, cardboard, etc. that will be provided in a kit.

Fee: \$160

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Paula Cohen ([email](#)) <https://thinking-outside-the-box.jumbula.com>

Fall Dates: 8 classes, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16 (No Class Oct.12)

104. Sports and Games with Mr. Herninko Grades 1-3

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Get ready for an awesome time as Mr. Herninko rolls out all of the best virtual physical education games he doesn't have time to do with you during the school year (and some of the great ones you always want to try again). Please come ready to move, listen and have fun!

Fee: \$120

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Wayne Herninko ([email](#))

Fall Dates: 8 classes, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16 (No Class Oct.12)

Tuesday 4:00 – 5:00 PM

201. Intermediate/Advanced Karate, Green Belt or higher, Grades 2-5

Basic sparring concepts will be taught during class time in a safe manner. Returning students will continue to work toward new belts. Parents should view the student handbook on the Kaizen Karate website for specific belt requirements for each level. Requirements: 1) second grade or higher, 2) No students under green belt

Fee: \$96

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Vivian Arancibia ([email](#)), Director of Operations, Kaizen Karate; 301-938-2711

Fall Dates: 8 classes, 9/22, 9/29 --- 10/6, 10/13, 10/20, 10/27, 11/10, 11/17 (No Class Nov. 3)

202. Puppet Workshop with Ms. Westergren & Ms. Lewis, Grades K-5

Puppets are a timeless art form found in many cultures. They usually depict a person or animal, real or imagined. Puppets are their own works of art and allow for creative storytelling and performance. In this hands-on adventure, we will make several types of puppets and put together a group puppet show.

Fee: \$150

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Lynn Westergren ([email](#)), Stacey Lewis ([email](#))

Fall Dates: 8 classes, 9/22, 9/29 --- 10/6, 10/13, 10/20, 10/27 --- 11/10, 11/17 (No Class Nov. 3)

203. Pom Cheer, Grades K-2

This pom/cheer dance movement class incorporates precision arm movements, basic stunts, and dance/cheer team skills, learning the fundamentals of this very entertaining and popular dance style. This high energy class encourages teamwork and promotes youth leadership skills. There will be an informal performance on the last day to showcase accomplishments.

Fee: \$144

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Stacey, thec4life@gmail.com

Fall Dates: 8 classes, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/10, 11/17 (No Class Nov. 3)

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204. Tiny Chefs Cupcake Wars 2.0, Grades 1-5

**5-week session*

Looking for more cupcake fun? Try another round of Cupcake Wars for your sweet tooth! In this program, Tiny Chefs will use unique ingredients to make delicious cupcakes, fillings, and frostings. We will go over cupcake basics - measuring, mixing, baking, and frosting.

Each weekly enrichment class will include: A live meeting with our chef instructor, to discuss recipes & goals for the week. Students will meet & greet each other as well. Self-paced learning sessions that consist of recipes, guided video instruction, activities, mindfulness journaling, and quizzes. Each live meeting should take 45 minutes. Each recipe should take 45-60 minutes to make. Each guided video instruction between 10-30 minutes. Each quiz and activity depend on the theme. Your family will need: A computer or tablet with access to the internet and a webcam if you want to participate in the live sessions, a printer to download and print the documents that accompany lessons, ingredients and supplies for the recipes. Tiny Chefs will send the shopping lists within 5-7 days before the start of each camp week. Basic craft supplies (scissors, crayons, glue, etc.) for the activities.

Fee: \$69

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: katie@tinychefs.com

Fall Dates: 5 classes, Tuesday: 9/22, 9/29, 10/6, 10/13, 10/20

Wednesday 4:00-5:00 PM

301. Harry Potter & The Book Club with Mrs. Kuchera, Grades 3-5

Are you a Harry Potter fan and have read the book series over and over again? Or are you new to the Harry Potter series? Well either way, this book club is for you! During this session we will be reading the first book of the Harry Potter series, *Harry Potter and the Sorcerer's Stone*. We will be taking a deeper look into the book where we will be able to make connections to other books in the series. The price includes the book, which students get to keep.

Fee: \$130

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Crissy Kuchera ([email](#))

Fall Dates: 8 Classes, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18 (No Class Nov. 11)

302. GAP Time! (Greener Achievement Possibilities) with Mr. H, Grades 2-5

Improvise—to create and perform spontaneously or without preparation. Yes, we are going to IMPROVISE and make it up as we go! Activities might include:

Game Day! —Make up your own virtual game to play with the group!

Movie Day! — Pick your favorite movie and we will watch it together!

Name That Tune! —Play your favorite songs, and we will guess them!

Magic Time! —Share your favorite magic trick!

Slap Game! —Using SCIENCE vocabulary words (yes we can do it virtually)!

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Storytelling Time!— Tell your favorite stories or listen to Mr. H. tell his!

Share Time!—Share something cool that will make us all go “WOW!”

Joke Time! —Tell us your favorite jokes!

Talent Time!—Show us your unique talent! Sing, dance, ride a unicycle, walk a tight rope, bake cookies, build a volcano, wrestle your dog, fix the remote!

Drama Time!—Make your own home movie! Star in your own commercial! Create a graphic novel! Produce your own puppet play! Share with the group.

Bring your own BIG virtual ideas and let’s have some FUN!

Fee: \$150

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Richard Halttunen ([email](#))

Fall Dates: 8 Classes, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18 (No Class Nov. 11)

303. Yoga and Heartfulness, Grades K-2

In this class, the students will learn yoga poses as they practice breathing. During each session, we explore traditional yoga poses in a fun, creative way. Each class is a combination of songs, movement, stories, games, breathing exercises and relaxation.

Fee: \$150

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Yanira Umana ([email](#))

Fall Dates: 8 Classes, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18 (No Class Nov. 11)

304. Cursive 101, Grades K-5

Cursive writing for beginners. Learn and practice the LOWERCASE cursive letters a-z.

Fee: \$125

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Olukemi Are ([email](#))

Fall Dates: 8 Classes, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18 (No Class Nov. 11)

Thursday 4:00-5:00 PM

401. Beginning Karate, New students to Yellow Belts, Grades K-5

Thursdays - Beginner - New students - yellow belt - This popular class is a disciplined introduction to the sport. Your child will learn the beautiful art of karate while gaining safety & defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline. Returning students will continue to work toward new belts while first-time students will be able to start the belt program

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Fee: \$80

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Vivian Arancibia ([email](#)), Director of Operations, Kaizen Karate; 301-938-2711

Fall Dates: 8 classes: 9/24, 10/1, 10/8, 10/15, 10/29, 11/5, 11/12, 11/19 (No Class Oct. 22)

402. Piano Keys 4 Kids, Grades 1-5

This is a group piano class that studies hands-on piano and music theory transformed for the virtual environment. In this class, your child will work closely with the teacher to follow a carefully planned sequence that guarantees FUN and success in a playful group atmosphere! The instructor will teach how to count rhythm, identify notes, and play common melodies on a rollup piano. Once a student is ready to advance, Book 2 and 3 will be offered. Students will be introduced to notes on the staff and will learn how to play songs in C position, Middle C and G Position. This book is included and a new roll up keyboard is added on the tuition for each student to keep.

Fee: \$170

Payment Info: Please mail check payable to 'PK4K' and before the first day of class to Donna Hancock, P.O. Box 35, Herndon, Va. 20172-0035 or you can contact Donna directly for a PayPal invite.

Class Contact: Donna Hancock ([email](#)), 703-943-9588, www.pianokeys4kids.com

Fall Dates: 8 classes, 9/24, 10/1, 10/8, 10/15, 10/29, 11/5, 11/12, 11/19 (No Class Oct. 22)

403. Yoga and Heartfulness, Grades 3-5

In this class, the students will learn yoga poses as they practice breathing. During each session, we explore traditional yoga poses in a fun, creative way. Each class is a combination of songs, movement, stories, games, breathing exercises and relaxation.

Fee: \$150

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Yanira Umana ([email](#))

Fall Dates: 8 classes, 9/24, 10/1, 10/8, 10/15, 10/29, 11/5, 11/12, 11/19 (No Class Oct. 22)

404. Zumba, Grades 2-5

What better way is there to get fit and stay fit than to DANCE? In this high energy, heart pumping class powerful dance steps are combined with cardio workout with a few boot camp toning techniques to optimize fitness results. The groovy music for this class will have the kids feeling great. They will get stronger with each class. There will be an informal performance on the last day to showcase and celebrate their accomplishment.

Fee: \$120

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Stacey, thec4life@gmail.com

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Fall Dates: 8 classes, 9/24, 10/1, 10/8, 10/15, 10/29, 11/5, 11/12, 11/19 (No Class Oct. 22)

Friday 4:00-5:00 PM

501. Beginning Chess Wizards, Grades K-5

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone kindergarten through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards online is the place for you! The class is broken out into concept, reinforcing puzzles, game play with instructor review, variation games and fun activities.

Fee: \$104

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: checkmate@chesswizards.com

Fall Dates: 8 classes, 9/25, 10/2, 10/9, 10/16, 10/30, 11/6, 11/13, 11/20 (No Class Oct 23)

502. Advanced Chess Wizards, Grades K-5

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone kindergarten through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards online is the place for you! The class is broken out into concept, reinforcing puzzles, game play with instructor review, variation games and fun activities.

Fee: \$104

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: checkmate@chesswizards.com

Fall Dates: 8 classes, 9/25, 10/2, 10/9, 10/16, 10/30, 11/6, 11/13, 11/20 (No Class Oct 23)

503. Sports Conditioning, Grades K-5

Description coming soon!

Fee: \$110

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: Sheila Cordaro ([email](#)), Cordaro Fit, LLC; www.cordarofit.com, 202-549-7084

Fall Dates: 8 classes, 9/25, 10/2, 10/9, 10/16, 10/30, 11/6, 11/13, 11/20 (No Class Oct 23)

203. Tiny Chef Family Meals, Grades 1-5

**5-week session*

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Families & food go hand-in-hand. Each family may have a “chef of the house”, but now all family members can become chefs! Students will learn how to make a variety of healthy & hearty dinners. Recipes that will test their skills, like Pineapple Fried Rice with Shrimp, Homemade Calzones, and more are being cooked up in this program.

Each weekly enrichment class will include: A live meeting with our chef instructor, to discuss recipes & goals for the week. Students will meet & greet each other as well. Self-paced learning sessions that consist of recipes, guided video instruction, activities, mindfulness journaling, and quizzes. Each live meeting should take 45 minutes. Each recipe should take 45-60 minutes to make. Each guided video instruction between 10-30 minutes. Each quiz and activity depend on the theme. Your family will need: A computer or tablet with access to the internet and a webcam if you want to participate in the live sessions), a printer to download and print the documents that accompany lessons, ingredients and supplies for the recipes. Tiny Chefs will send the shopping lists within 5-7 days before the start of each camp week. Basic craft supplies (scissors, crayons, glue, etc.) for the activities.

Fee: \$69

Payment Info: Payment instructions will be provided when registration is confirmed.

Class Contact: katie@tinychefs.com

Fall Dates: 5 classes, 9/25, 10/2, 10/9, 10/16, 10/30 (No Class Oct 23)