



Session 4 Afterschool Clubs

Mondays Mar 20 - May 8, 7 Weeks

Playball, Prek/K - 3rd Grade, 3:45-4:45 pm, \$80.50, Holiday April 3, Make-Up May 15, Min 6 - Max 12 Students

Playball is a unique program for children that uses sports as the means to build competence in all aspects of their lives including the emotional, social, cognitive, and physical. While Playball students learn the foundational skills needed for all major American sports, the program is unlike any other. This club will offer the development of life skills alongside sports skills. This club is also the first program to offer varied formalized sports and movement to kids. Playball will touch on a variety of sports from basketball, soccer, baseball, kickball and etc... **About the Instructor:** Kathryn Parker has a B.S. in Physical Education and Health. She was with the YMCA for 15 years as a program director. She is the owner of Playball, which has been in operation for 6 years.

Lego Robotics 5th-8th Grade, 3:45-4:45 pm, \$80.50, RM Innovation Lab Holiday April 3, Make-Up May 15, Min 4 - Max 10 Students

During this Robotics session, student will get a chance to create their own missions and build up their programming and construction knowledge. No prior experience is needed.

About the Instructor: Kenny Rochester is a Middle School Math teacher at the Friends School of Atlanta who enjoys programming robots. This is his fourth year as a coach of the FSA Techno Dragons.

Musical Adventures ES, 3:45-4:45 pm, \$80.50, Holiday April 3, Make-Up May 15, Min 4 - Max 15 Students

Musical Adventures Club is for the elementary student who would like to participate in a fun music ensemble that will be playing a variety of music from folk, Broadway Musicals, world music, soul, rock and more. Children will have a chance to sing, choreograph, play percussion and pitched instruments. If a child already plays an instrument, then there will be an opportunity to incorporate that instrument into the "band." There will be recorder, ukulele and xylophone instructions offered. There will be an emphasis on singing simple harmonies as well. If your child is more inclined to be the dancer, there will be plenty of opportunity to move to music. This club will be perfect for the active child that needs more time to explore the world of music making! Let's PLAY!!!! **About the Instructor:** Sara is beginning her third year as the Music, Movement and Drama Teacher for Friends School. She is delighted to be learning the Orff Schuwerk methodology for teaching music to elementary aged children. Rhythm explorations always include movement of all kinds. It's a very child friendly ideology." Before Sara became the music, movement and drama specialist, she taught for 10 years as an FSA classroom teacher, always including music, movement and drama! As a musician, she is currently expanding her vocal arts to include improvisational singing as a student of the world famous singer and teacher of singers, Rhiannon, known for her ensemble work with Bobby McFerrin.

Art Club - Book Illustration (water colors and inks), ES, 3:45-4:45 pm, \$90.50 (includes materials fee), Holiday April 3, Make-Up May 15, No Min - Max 12 Students

We will be looking at our favorite illustrated children's books, including a variety of different styles of drawings and paintings. Also we will learn how to be an illustrator of our own character short story, plus create a colorful title and book jacket. **About the Instructor:** Fiona Thompson is FSA's art teacher and has taught art in Afterschool Clubs since 2004. She also has worked at the High Museum of Art as an instructor to both public and private schools in the greater Atlanta area.

Session 4 Clubs

ES = elementary students

MS = middle school students

All = all students

All Elementary Pick-Up Locations are in the Gym, MS Pick-Up Listed

MONDAYS:

Playball Prek/K - 3rd

Lego Robotics MS

Musical Adventures ES

Art Club - Illustration ES

Critter Club MS

Improv MS

TUESDAYS:

Soccer Club ES

Feeling The Beat! MS

WEDNESDAYS:

Kung Fu K-4th

Art Studio MS

Drama Club ES

Critter Club 1st - 4th

Ultimate Frisbee MS

THURSDAYS:

Art - Painting on Glass ES

Drones for Good MS

Golf ES

Girls STEAM Squad 1st-5th

FRIDAYS:

Indoor Hockey ALL

Chess Club 2nd - 8th

Individual Music Lessons

- Piano, Flute, Clarinet, Saxophone, Recorder All Ages, Tues - Fri

- Guitar or Ukulele, All Ages, Mon - Fri

Mondays Mar 20 - May 8, 7 weeks

Critter Club, 5th- 8th Grade, 3:45 - 4:45, \$80.50, Holiday April 3, Make-Up May 15, Min 5 - Max 20 Students

Critter Club will be a hands-on, science-based, exploration into the world of reptiles and amphibians. Students will learn how to safely handle animals - for the animals' safety as well as the students'. We will spend time getting to know characteristics and behaviors of some amazing species. Particular attention will be paid to the biology, diversity, stewardship and conservation of reptiles and amphibians.

About the Instructor: Crystal Mandica is an FSA Parent. Crystal is also the Vice President and Director of Education for The Amphibian Foundation, an Atlanta based non-profit corporation; and is also the main instructor of Critter Camp at FSA during the summer.

Improv Club, 5th-8th Grade, 3:45-4:45, \$80.50, Holiday April 3, Make-Up May 15, Min 8-Max 15

Have you ever been interested in Improv? Do you want to play fun games with fun people and build confidence along the way? Then this club is for you! Over the course of the session, we will practice several improv techniques and games that will help build both great individual performers, and an amazing team. You don't need any improv or comedy experience to enjoy this club. All that's required is a positive attitude and the ability to leave your reservations at the door. **About the Instructor:** Drew Wancket has 8 years of improv experience as a teacher and performer. He is also a new substitute at FSA.

Tuesdays Mar 21 - May 9, 7 weeks

Kidz 'n' Kicks Soccer, *Prek-2nd, 3:30 - 4:30, \$80.50 or \$90.50 (with t-shirt materials fee), Holiday April 4, Make-Up May 16, Min 5 - Max 10 Students

***Please note the age range has changed, club is now Prek-2nd grade only**

Kidz 'n' Kicks Soccer is a fun, high-energy and innovative soccer program designed for kids of ages 2 through 8. This in-school program introduces kids to soccer using fun games and activities. Besides the physical benefits like coordination and balance, Kidz 'n' Kicks also helps develop valuable social traits like self-esteem, respect, empathy, caring and character. Our goal is to make a difference in your child's life! Your kids will fall in love with our program because it is all about having fun while learning basic skills!!!

About the Instructor: Stanley Nyazamba is a 2008 Major League Soccer Champion with Columbus Crew, Stanley has had success in soccer at the highest level. The former pro soccer player played for 6 years, and featured in all 3 pro leagues in the United States. Being a positive role model, making a difference, as well his love for kids is what made him start coaching. With 10+ years coaching kids of all ages, Stanley brings a very unique intercultural perspective that will help all kids learn and look at life differently.

Feeling The Beat! 5th – 8th Grade, 3:45 - 4:45, \$90.50 (includes materials fee), Holiday April 4, Make-Up May 16, Min 5 - Max 15 Students

Our music club will combine elements of fundamental skill development and music appreciation. We'll listen to and play along with different types of music from around the world, training our ears as we explore how different cultures use a unique approach to get our toes tapping. Our club will also incorporate creative elements of improvisation and songwriting and dig into what makes the music we love so powerful. Along the way we'll also try our hand at making our own instruments and creating a mix tape of our favorite tunes!

About the Instructor: Matthew Pendrick is a native of Decatur, where he has taught music for 4 years and performed as a professional musician for nearly a decade. His love of music began at a young age, honing his ears while digging through his mother's collection of classic jazz and blues. In grade school, he took up the clarinet, and later the saxophone. An active member of Atlanta's vibrant music scene, Matthew has performed hundreds of concerts and shared the stage with notable acts including Michelle Malone, Cicada Rhythm, and the Whigs. As an instructor, Matthew values the personal engagement that music offers and prioritizes taking a unique approach to each student, based on their goals and motivations.

Wednesdays, Mar 22 - May 10, 7 weeks

Kung Fu, K-4th Grade, 3:30-4:30, \$80.50 or \$90.50 (with t-shirt materials fee), Holiday April 5, Make-Up May 17, Min 5 - Max 10 Students

Kids Kung Fu, is a fun animal imitating Martial Art. This club teaches and guides in children's coordination and focus, physical and mental well being, and respect and discipline of the mind and body.

Important note to Parents: Kids participating in Kung Fu should wear sweats or shorts, sneakers, and the material fee will cover the t-shirt that your kids will wear during class. (No skirts, dresses, or sandals of any kind.)

If you are returning you do not have to pay another materials fee unless your child does not have his/her t-shirt anymore or needs a larger size.

About the Instructor: Gary Mitchell has studied various styles of Chinese Martial Arts with 31 years' experience.

Middle School Art Studio, 5th- 8th Grade, 3:45 - 4:45, \$90.50 (includes materials fee), Holiday April 5, Make-Up May 17, No Min - Max 15 Students

This class is for middle school students who would like to learn more art techniques to help their overall art skills improve. They will be encouraged to develop their own ideas into a unique art piece that reflects a wide selection of these learned techniques.

About the Instructor: Fiona Thompson is FSA's art teacher and has taught art in Afterschool Clubs since 2004. She also has worked at the High Museum of Art as an instructor to both public and private schools in the greater Atlanta area.

Drama Club, ES, 3:45-4:45, \$80.50, Holiday April 5, Make-Up May 17, Min 4 - Max 15 Students

The third and fourth quarter of E.S Drama club will be an exciting time of preparing for the Spring Musical. There will be singing, dancing and acting. Part of the time will be spent focused on the play and part of the time will be spent participating in fun drama games and story making as before. I am so pleased with the enthusiasm and creativity that each child has brought to the first two quarters. Thank you for supporting this life affirming adventure! **About the Instructor:** Sara is beginning her third year as the Music, Movement and Drama Teacher for Friends School. She is delighted to be learning the Orff Schuwark methodology for teaching music to elementary aged children. Rhythm explorations always include movement of all kinds. It's a very child friendly ideology." Before Sara became the music, movement and drama specialist, she taught for 10 years as an FSA classroom teacher, always including music, movement and drama! As a musician, she is currently expanding her vocal arts to include improvisational singing as a student of the world famous singer and teacher of singers, Rhiannon, known for her ensemble work with Bobby McFerrin.

Critter Club, 1st - 4th Grade, 3:45 - 4:45, \$80.50, Holiday April 5, Make-Up May 17, Min 5- Max 20 Students

Critter Club will be a hands-on, science-based exploration into the world of reptiles and amphibians. Students will learn how to safely handle animals - for the animals' safety as well as the students'. We will spend time getting to know characteristics and behaviors of some amazing species. Particular attention will be paid to the biology, diversity, stewardship and conservation of reptiles and amphibians.

About the Instructor: Crystal Mandica is an FSA parent. Crystal is also the Vice President and Director of Education for The Amphibian Foundation, an Atlanta based non-profit corporation; and is also the main instructor of Critter Camp at FSA during the summer.

Wednesdays, Mar 22 - May 10, 7 weeks

Ultimate Frisbee, 5th-8th Grade, 3:45-4:45, \$80.50, RM 328, Holiday April 5, Make-Up May 17, Min 8-Max 12

Kids will learn the rules of and how to play competitive Ultimate. During this Spring session, we will arrange to have several scrimmages with the Waldorf School. Scrimmages will take place at the United Methodist Children's home located at 500 S Columbia Dr, Decatur, GA 30030. We will walk over as a group and return to FSA by 5pm on those days. We will also have a practiced hosted by a member of the Atlanta Hustle, a professional Ultimate team here in Atlanta. Practices will be held on FSA's upper field.

About the Instructor: Kenny Rochester is a Middle School Math teacher at the Friends School of Atlanta who enjoys playing Ultimate Frisbee in his free time. He has also participated in four Ultimate Frisbee Summer/Fall Leagues.

Thursdays, Mar 23 - May 11, 7 weeks

Art - Painting on Glass (enamel paints), ES, 3:45 - 4:45, \$90.50 (includes materials fee), Holiday April 6, Make-Up May 18, No Min - Max 15 Students

We will be observing a variety of birds and insects who visit the FSA Community Garden known as "pollinators". These drawings of the garden will then be transferred on to a glass surface and painted and painted with bright enamel paints. You will be able to display your unique illuminated glass paintings in a window at home. **About the Instructor:** Fiona Thompson is FSA's art teacher and has taught art in Afterschool Clubs since 2004. She also has worked at the High Museum of Art as an instructor to both public and private schools in the greater Atlanta area.

Drones for Good, 7th-8th Grade, 3:45-4:45, GYM, \$80.50, Holiday April 6, Make-Up May 18, Min 4 - Max 10 students

Students, do you want to build and fly your own drones? During this session of Drone club, students will get a chance to fly drones, design their own obstacle course, and learn how to record outdoor videos with their cameras. No previous flying experience needed.

About the Instructor: Kenny Rochester is a Middle School Math teacher at the Friends School of Atlanta. This is his second year hosting the drone club.

Learning to Play Golf, ES, 3:45-4:45, \$105, Holiday April 6, Make-Up May 18, Min 5 students

To some, golf seems to be a boring game but once you learn how to hit the ball and see it soar, you start feeling the excitement of the sport. Our golf classes start with warm-up and stretching exercises, improving the grip and stance, chipping, putting, learning the course rules and etiquette. The golf classes will teach your child skills like hand and eye coordination, rhythm, patience, proper swing, balance, determination, discipline and sportsmanship...

About the Instructor: Each week Coach David, from Playtime Athletics, will bring several different types of clubs and putters, and at least one set of everything for children that are left handed. He will also bring putting greens, chipping nets and more.

For more information, go to <https://playtimeathletics.com/>



Thursdays, Mar 23 - May 11, 7 weeks

Girls STEAM Squad, Grades 1-5, 3:45 - 5:00, \$95.50 (includes materials fee), Holiday April 5, Make-Up May 18, Min 5 -Max 10 students

Invent, design, and code in this GIRLS ONLY **STEAM** after school "squad" in the Innovation Lab at FSA. Girls in grades 1 - 5th will work individually, in pairs or small groups on various projects, including:

-**Girls STEAM Squad** T-shirt Logo Design using Adobe Illustrator (and iron-ons for t-shirts)

-Animated amusement park (or other project of interest) using Scratch

-LEGO Robotics Amusement park (or other project of interest)

We are offering this girls only after school club to foster interest in the **STEAM** subjects by learning about women in the **STEAM** careers, as well as create an environment that encourages girls in design and the sciences.

About the Instructor: Jennifer Wardell Smith is a former 4th-5th grade classroom teacher and has over 12 years of experience working with children and technology in the classroom. She has an M.A in Educational Technology and is the Innovation lab instructor at FSA this

Fridays, Mar 24 - May 12, 6 weeks

Floor Hockey, ALL, 4:00 - 5:00, \$69, Holidays April 7 + May 5, Make-Up May 19, No Min - Max 15 Students

Fiona Thompson will present a fun, action packed hour of exciting Indoor Floor Hockey to elementary and middle school students. We will learn some easy dribbling techniques and play by rules that help both girls and boys to develop teamwork skills together.

We will hold a pickup hockey game after each club session time for interested players from Grades 5–8 only . Parents are welcome to join us to play or watch their students during this time.

***This is an all levels club where any age group can practice and play together safely.**

About the Instructor: Fiona Thompson is FSA's art teacher and has taught art in Afterschool Clubs since 2004. She also has worked at

Chess Club, 2nd-8th Grade, 3:45-4:45, \$80.50, Holidays April 7 + May 5, Make-Up May 19, Min 4-Max 8

Championship Chess presents a systematic, fun, way to build chess skills during chess instruction and while students play. Studies show that chess improves math, reading and problem-solving, and our methods connect these academic benefits to our classes.

Classes include instruction, as well as chess play and guided analysis. Please go to www.championshipchess.net for more information.

Please note that Coach Rodney will separate the group by age and level so no need to be concerned about the wide age range.

About the Instructor: Rodney Lewis teaches chess in 12 schools here in Atlanta. He has been coaching for nine years. His older brother taught him how to play back in NYC.



Individual Music Lessons

**Piano, Flute, Clarinet, Saxophone, Recorder Lessons With Beth Heidelberg, ALL, Tuesday - Thursday Lessons \$170 for 7 Weeks, Friday Lessons \$146 for 6 Weeks, Extra cost for books, please read below
New Information regarding financial assistance with Beth, please read below**

Beth Heidelberg is offering private (30-minute) music lessons. Lessons are available in piano, flute, clarinet, saxophone and recorder. The student must own, rent or borrow an instrument to use. An electric keyboard is acceptable and there is a piano on site for the lessons. The "Faber Method" is used for piano lessons. There are four books in each level, used simultaneously, and the cost is approximately \$28. It usually takes about a year to complete each level. It is a great series and provides a strong foundation in piano. Instructional books for woodwinds are around \$12, depending on the instrument.

NEW: Because many students continue taking lessons throughout the year and only a few slots open each session, we are beginning a waitlist process. If your child does not get a spot in Session 3, please let Anna and Beth know you would like to be put on the waiting list.

****You must sign your child up on the club sign-up form. After signing up on the Google form, please call Beth at 404-248-1432 to discuss scheduling. Beth will contact everyone for final scheduling and then provide FSA with a list of final students.**

****Financial Assistance is currently only offered to those students who are already enrolled in lessons with Beth.**

About the Instructor: Beth has performed professionally in Atlanta for many years and has taught classes and private lessons during this time. She has been a long-time favorite with Friends School students, having taught in the Afterschool Club program since 1999.

Individual Music Lessons

Guitar or Ukelele Lessons with Matthew Pendrick, ALL, Monday - Thursday \$210 for 7 weeks, Fridays \$180 for 6 weeks

I enjoy teaching all ages and appreciate the unique connection that each student brings to the table. I like to begin my lessons by trying to understand the student, where they are coming from personally and musically, and what they are hoping to achieve. With children, my primary goal is engagement and keeping the learning process fun. I strive to strike a balance between making progress on our instrument, which as we know can be challenging, and having fun. I think this balance is the key to longevity. I've found that if music isn't fun, we lose motivation and it's easy for practice to fall by the wayside. After I've gotten a feel for what the students and their parents' are hoping to accomplish, I like to steer the lesson by setting achievable milestones and recognizing each bit of progress. Each student and each lesson are different, so I like to take the time to find what approach works best for each situation. Good technique and a solid grasp of fundamentals will always be an important cornerstone of learning music, but it's just as important to take care in how we arrive at them, in our own time. Students' lives are often very busy, so I try to stress that practice is best when it happens regularly, if even just for a few minutes. What I find is that once we sit down at the instrument, the motivation to get better is there. I also like to find common ground between the parents and child's musical taste so that music can be a shared experience.

****You must sign your child up on the club sign-up form. Then call or email Matthew, 404-906-4643 or mjpendrick@gmail.com to register your child. Once Matthew has finalized his list of students, he will give to FSA and you will be charged.**

About The Instructor: Matthew Pendrick is a native of Decatur, where he has taught music for 4 years and performed as a professional musician for nearly a decade. His love of music began at a young age, honing his ears while digging through his mother's collection of classic jazz and blues. In grade school, he took up the clarinet, and later the saxophone. His high school marching band had the honor of performing at Georgia Dome, where Matthew performed solos on his alto sax in a Ray Charles inspired show. After earning his Bachelor's degree from Georgia State University, where he studied music and creative writing, Matthew began his teaching career at First Baptist Church of Decatur, where he has also worked as a child care counselor and special needs teaching assistant. An active member of Atlanta's vibrant music scene, Matthew has performed hundreds of concerts and shared the stage with notable acts including Michelle Malone, Cicada Rhythm, and the Whigs. As an instructor, Matthew values the personal engagement that music offers and prioritizes taking a unique approach to each student, based on their goals and motivations.
