

# BROOKWOOD SCHOOL

## AFTER SCHOOL CLASSES: FALL 2017

Welcome to Brookwood's Fall 2017 After-School Classes! Our courses, led by a dynamic and creative teaching staff, provide students with the opportunity to discover new interests, develop specialized skills, and have fun.

Please sign-up online using the new Reports Server: <https://reports.brookwood.edu> by **Friday, September 8** (most classes begin the following week). Your successful enrollment in the class will appear on your child's schedule as listed in the Reports Server. There is always a chance that a class may not run if we do not have enough students enrolled. Email communication will occur if a class needs to be cancelled due to low enrollment. Also, some classes fill up very quickly. For that reason, registration is on a first-come, first-served basis.

**Families are billed through Brookwood accounts for classes and are responsible for full payment once the class begins.** Contact Justin Zappia at [jzappia@brookwood.edu](mailto:jzappia@brookwood.edu) with any questions.



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# MONDAY

## BIRDHOUSE ART

**GRADES 1-3; GRADES 4-6 (Instructor: Denault Studios Instructor)**

This is the perfect opportunity for students to try their hand at a wide range of new 3-Dimensional mediums and processes as they construct a unique mixed media birdhouse of their own design. A maker's workshop artisan will teach students the basics of woodworking, fused glass, metalworking, and more as students execute different components for their finished masterpiece each week.

*\*This class needs a minimum of 10 children to run.*

**Grades 1-3:** Mondays 3:00-4:00 p.m. (Science Gym)

**Grades 4-6:** Mondays 4:00-5:00 p.m. (Science Gym)

**11 Sessions: September 11, 18, 25, October 2, 16, 23, 30, November 6, 13, 20, December 4.**

**Cost: \$230**

## CHESS

**GRADES 1-3 (Instructor: Mikhail Perelshteyn)**

Checkmate! Set up your own winning position. Whether you are the next Bobby Fischer poised to challenge other grandmasters, or you don't know your castle from your pawn, this class is for you. Senior chess master Mikhail Perelshteyn will guide all Lower School chess enthusiasts on the intricacies of chess, develop their logic, and teach them how to build a game-winning strategy. Come enjoy the competition and camaraderie of chess!

**Grades 1-3:** Mondays 3:00-4:00 p.m. (DWC)

**10 Sessions: September 11, 18, 25, October 2, 16, 23, 30, November 6, 13, 20.**

**Cost: \$185**

## KARMA KIDS

**GRADES 1-3 (Instructor: Marleen Wood)**

Fun, flexibility, and focus. This class will be taught by our ever-popular after-school instructor Marleen Wood. Students will be introduced to yoga through both poses and basic stretching exercises tied to strength, flexibility, coordination, and body awareness. By attending to breathing, chanting, and visualization, students will focus and relax as well as release energy. Exercises will develop concentration, self-affirmation, friendship, and respect. Students will go home with techniques to use in the future when they confront anxiety, as well as small mementos they will make during the course. Namaste!

**Grades 1-3:** Mondays 3:00-4:00 p.m. (PreK Classroom)

**10 Sessions: September 11, 18, 25, October (no class Oct. 3), 16, 23, 30, November 6, 13, 20, December 4.**

**Cost: \$185**

## YOGA TEENS

### **GRADES 4-6 (Instructor: Marleen Wood)**

Yogi Marleen Wood will lead wellness and mindfulness exercises to help pre-teen students slow down, breathe deeply, and learn ways to increase focus and concentration. They will learn effective tools to handle stress, anger, and anxiety. Achieving emotional balance through physical yoga techniques such as breathing exercises, flowing sequence, balancing poses, and deep relaxation will be a goal during each session. In order to build a healthy relationship with their bodies, breathing and visualization techniques will focus on relaxation and self-control. Through playful pose, stimulated imagination, and energy release exercise, the class promotes inner strength, confidence, a feeling of well-being, and respect for others.

**Grades 4-6:** Mondays 4:00-5:00 p.m. (PreK Classroom)

**10 Sessions: September 11, 18, 25, October (no class Oct. 3), 16, 23, 30, November 6, 13, 20, December 4.**

**Cost: \$185**

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## TUESDAY

## CHILDREN'S THEATRE

### **Grades 1-3 (Instructor: Stephanie Charlton)**

This class will explore the use of the body, mind and voice to create theatre and tell our stories, both as individuals and as a community. Classes will focus on skill-building, improvisation exercises, subtext work, and character physicality. We will learn what it means to work together and use our skills to create a story, culminating in a final performance workshop for family and friends!

**Grades 1-3:** Tuesdays 3:00-4:00 p.m. (Shlopak)

**11 Sessions: September 12, 19, 26, October 3, 10, 17, 31, November 7, 14, (no class Nov. 21), 28, December 5.**

**Cost: \$198**

## SELF-DEFENSE

### **GRADES 1-3 (Instructor: Deborah Goldsmith)**

Kids will learn what it means to defend themselves, not only from potential danger from strangers, but also how to stand up for and take care of themselves and to be strong in the day to day life of a school-age child. This class is engaging and is designed to help build the confidence of young children. Students will participate in various drill work and games to help them learn how to use their voices, read and use body language, break free from a grab, and maximize their physical strength and power when striking.

*\*This class needs a minimum of 6 children to run.*

**Grades 1-3:** Tuesdays 3:00-4:00 p.m. (DWC)

**11 Sessions: September 12, 19, 26, October 3, 10, 17, 31, November 7, 14, (no class Nov. 21), 28, December 5.**

**Cost: \$198**

## PASSPORTS TO FUN: ART PROJECTS, GAMES, AND MUSIC

### **GRADES 1-3 (Instructor: Marleen Wood)**

Travel the world and experience different cultures without ever leaving Brookwood! Through art projects, music and games we will cover a different country in each class. Want to explode a volcano from Polynesia? Or learn to wrap a sari and create a henna tattoo in India? From learning to salsa and celebrating Rio Carnival while in Brazil to perhaps sampling cheese from the Netherlands, we will guarantee you will have a complete and exciting passport!!

**Grades 1-3:** Thursdays 3:00-4:00 p.m. (Art Classroom)

**10 Sessions: September 12, 19, 26, October (no class Oct. 3), 10, 17, 31, November 7, 14, (no class Nov. 21), 28, December 5.**

**Cost: \$190**

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## WEDNESDAY

### HARRY POTTER

#### **GRADES 1-3 (Instructor: Marci Johnson)**

Muggles need not apply! Enter the amazing world of Harry Potter! Activities and projects will include: making our own Wizard Wands and Pet Owls; visiting Brookwood's "Dark Forest" to hear stories; studying antique books; making magical potions; drinking Butterbeer and eating Bertie Bott's Jelly Beans and Chocolate Frogs; building Hagrid's hut in the woods; playing Quidditch. Don't miss out on the Winter fun of turning Brookwood into Hogwarts!

*\*This class has a maximum enrollment of 15 children.*

**Grades 1-3:** Wednesdays 3:00-4:00 p.m. (Art Classroom)

**12 Sessions: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 29, December 6.**

**Cost: \$230**

### MARTIAL ARTS

#### **GRADES 1-3 (Instructor: Victoria DeMarco)**

Begin your first steps on the path of the Peaceful Warrior. Students gain strength, agility, coordination, balance, flexibility, and confidence as they progress through the Tang Soo Do belt ranking system with Master Victoria DeMarco from Safe Harbor North, Family Martial Arts (and more) in Beverly. This class is for students interested in achieving an advanced level or just trying the discipline of Martial Arts. No prior experience necessary! Uniforms can be purchased through Safe Harbor. Belt tests are scheduled through Safe Harbor for additional fees.

**Grades 1-3:** Wednesdays 3:00-4:00 p.m. (DWC)

**Grades 4-6:** Wednesdays 4:00-5:00 p.m. (DWC)

**12 Sessions: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 29, December 6.**

**Cost: \$216**

## **HIP HOP WEDNESDAYS**

### **GRADES 1-3 (Instructor: Ariella Bennett)**

Participants in this class will focus on learning different hip hop dance styles such as Breaking, Popping, whacking, and the choreography to go along with those moves! We will learn the importance of stretching before we dance, some easy and cool dance moves, as well as a full hip hop routine. It will be a fun and energetic hip hop class with opportunities to express yourself through dance! Come join!

**Grades 1-3:** Wednesdays 3:00-4:00 p.m. (Cutler Gym)

**10 Sessions: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15.**

**Cost: \$180**

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## **THURSDAY**

### **BALLET**

#### **GRADES 1-3 (Instructor: Leza Milham from Creative Arts Dance Studio)**

Leza Milham of Creative Arts Dance Conservatory will lead the children to pursue their dance goals in a non-competitive atmosphere. Leza's dance class is a welcoming environment that encourages effort and creativity in order to bring out the best in students. The ballet program will explore the technique of ballet as well as introducing the child to choreography and creative dance.

**Grades 1-3:** Thursdays 3:00-4:00 p.m. (DWC)

**12 Sessions: September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7.**

**Cost: \$216**

### **JAZZ DANCE COMBO**

#### **GRADES 4-6 (Instructor: Alana Comeau from Creative Arts Dance Studio)**

In this class, dancers will learn many aspects of the style of jazz dance. We will cover basics as well as proper dance technique so each dancer can increase their personal potential. We will spend a couple weeks exploring Jazz Funk (a blend of jazz and hip hop) as well as Lyrical Jazz (a blend of ballet and jazz). The class will also delve into Improvisation so each dancer can release their inner artist. This class will accommodate mixed levels from the beginning student all the way to the advanced dancer and students are encouraged to work at their own pace and level. Please wear dancewear or comfortable clothing suited for exercise, no jeans please.

**Grades 4-6:** Thursdays 4:00-5:00 p.m. (Cutler Gym)

**10 Sessions: September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16.**

**Cost: \$180**

## ROBOTICS ENGINEERING

### **GRADES 1-3; GRADES 4-6 (Instructor: TBD)**

Enter into the fascinating world of robotics. In this exciting STEAM program, students will design, build and test their very own robots under the guidance of an experienced AES instructor. Projects include remote control cars, claws, cranes, crawlers, and battle bots. Educational components include gear ratios, mechanical design, electronics, and robotics engineering. No previous experience is necessary, just a desire to have fun, build, and learn. Each student will receive an award on the last day of the session, and have the opportunity to earn Energy Belts to demonstrate their learned skills!

*\*Each class below needs a minimum of 8 children to run.*

**Grades 1-3:** Thursdays 3:00-4:00 p.m. (Science Gym)

**Grades 4-6:** Thursdays 4:00-5:00 p.m. (Science Gym)

**12 Sessions: September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7.**

**Cost: \$240**

## MAC TENNIS

### **GRADES 2-5 (Instructor: Dave Colby)**

Game, set, match! Jump on the Brookwood activity bus and head to the Manchester Athletic Club (MAC). The MAC's Junior Development Program gives students the opportunity to enhance their love for the lifetime sport of tennis. With classes offered in a variety of age brackets, the MAC will be sure to get your child into the right class to improve his or her skills. Whether you're a member of the MAC or not, your child will join the MAC's existing instructional tennis classes. Class is one hour in length. The buses leave Brookwood at 4:10 p.m. Parent pick-up is at the MAC at 5:30 p.m. A snack will be provided. Please contact Dave Colby for specific questions about the tennis program at [dcolby@mactennis.com](mailto:dcolby@mactennis.com).

**Grades 2-5:** Thursdays 4:00-5:30 p.m. (MAC) *\*Participants must bring a racquet.*

**12 Sessions: September 14, 21, 28, October 5, 12, 19, 26, November 2, 9, 16, 30, December 7.**

**Cost: \$300** includes transportation to the MAC and a snack (REACH from 3-4:00 p.m. billed separately); \$40 one-time uniform fee.

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## FRIDAY

## MULTISPORT

### **GRADES 3-6 (Instructor: Monika Carbochova)**

Do you like to move, run, play, and have fun? Do you like team sports? If so, this active class is for you! Monika Carbochova shares her love of sports with students in Grades 3-6. Participants will enjoy sports such as soccer, handball, kickball, floor hockey, pin soccer, wiffle ball, and more. Come hone your skills and play team sports with this experienced coach.

**Grades 3-6:** Fridays 3:00-4:00 p.m. (Cutler Gym and Outside)

**11 Sessions: September 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8.**

**Cost: \$198**

## BIRD'S WORD NEWSPAPER

**GRADES 2-6 (Instructor: Katie Ober '08)**

Come join the staff of the spring edition of *The Bird's Word* newspaper. Reporters work on topics of their choice, conduct interviews, write and edit stories, and learn about graphics and layout. Each reporter designs his/her own page of this newspaper using computer software in the Mac Lab. This hands-on class results in an eagerly awaited and professionally presented publication.

**Grades 2-6:** Fridays 3:00-4:00 p.m. (MAC Lab)

**10 Sessions: September 15, 22, 29, (no class Oct. 6), October 13, 20, 27, November 3, 10, 17, December 1.**

**Cost: \$185**

## ZUMBA KIDS

**GRADES 3-6 (Instructor: Kim Crowley)**

Zumba® Kids is perfect for our younger Zumba® fans! Kids get the chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. This class helps develop a healthy lifestyle and incorporates fitness as a natural part of children's lives by making it fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness. Instructor Kim Crowley has been a licensed Zumba Fitness Instructor for over seven years and has taught group exercise across the North Shore.

*\*This class needs a minimum of 5 children to run.*

**Grades 3-6:** Fridays 3:00-4:00 p.m. (DWC)

**12 Sessions: September 15, 22, 29, October 6, 13, 20, 27, November 3, 10, 17, December 1, 8.**

**Cost: \$216**

