Welcome to Brookwood’s Spring 2016 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 on the new Reports Server: https://reports.brookwood.edu by Monday, March 28, 2016. Even if your child is continuing his/her enrollment in a class from the winter term, you must re-register! Expect confirmation of your participation via email. There is always a small chance that a class may not run if we do not have enough students enrolled. 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 and are responsible for full payment once the class begins. Limited scholarship funds are available for some classes.

Contact Justin Zappia at jzappia@brookwood.edu with any questions.

MONDAYS

SUPER SOCCER STARS
GRADES 1-3 & GRADES 4-5 (Instructor: Super Soccer Stars Staff Coach TBD)
Super Soccer Stars works with early childhood, elementary, middle school, and high school programs and is the Boston area’s largest soccer development program for young children. They currently work with over 80 schools, childcare centers, and facilities in the Boston area. All classes are non-competitive, using positive reinforcement to teach children soccer skills in a fun, engaging, educational environment. The unique age-specific curriculum is designed by a combination of early childhood, behavioral, and soccer specialists to ensure that each child is learning, improving their self-confidence, and having a blast from the moment the whistle blows. The normal structure of an after-school class starts with a dynamic warm-up, and quickly transitions into skill-building exercises. The skill-building exercises get progressively harder throughout each session, and coaching points are used throughout the practice to reinforce good habits! After the skill-building exercise, kids enjoy showing their newly acquired skills in a scrimmage setting!
Grades 1-3; Mondays 3:00-4:00 p.m. (Gym/Outdoors)
Grades 4-5; Mondays 4:00-5:00 p.m. (Gym/Outdoors)
8 Sessions: April 4, 11, (no class 4/18), 25; May 2, 9, 16, 23, (no class 5/30); June 6.
Cost:$144
CHESS
GRADES 1-3; GRADES 4-6 (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, Middle, and sixth grade chess enthusiasts to learn the intricacies of chess, develop their logic, and build game-winning strategy. Come enjoy the competition and camaraderie of chess!
Grades 1-3: Mondays 3:00-4:00 p.m. (Mr. Abramson’s Classroom)
Grades 4-6: Mondays 4:00-5:00 p.m. (Mr. Abramson’s Classroom)
6 Sessions: April 4, 11, (no classes 4/18 or 4/25 or 5/2); May 9, 16, 23, (no class 5/30); June 6.
Cost: $115

TUESDAYS
CENTERSTAGE YOUTH
Grades 1-3: 3:00-4:00 (Instructor: Nicole Soriano from Boston Children’s Theatre)
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. (DWC)
10 Sessions: April 5, 12, 19, 26; May 3, 10, 17, 24, 31; June 7.
Cost: $190

KARMA KIDS
GRADES 1-3: 3:00-4:00 (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 both 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: Tuesdays 3:00-4:00 p.m. (Loft)
10 Sessions: April 5, 12, 19, 26; May 3, 10, 17, 24, 31; June 7.
Cost: $180
YOGA TEENS

GRADES 4-6: 4:00-5:00 (Instructor: Marleen Wood)
Yogi Marleen Wood will lead wellness and mindfulness exercises to help pre-teen students slow down, take a deep breath, 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: Tuesdays 4:00-5:00 p.m. (Loft)
10 Sessions: April 5, 12, 19, 26 (3:00 start); May 3, 10, 17, 24, 31; June 7.
Cost: $180

WEDNESDAYS

AMERICAN GIRL

GRADES 1-3 (Instructor: Marci Johnson)
This class will be filled with dances, storytelling, tea parties, arts, crafts and games—all centered around different U.S. historical eras. Each week will bring to life a story based on an American Girl Doll—for example we will visit New Orleans of 1853 with Marie Grace and Cecile; write an article in 1934 with Kit Kittredge; make a doll-size patchwork quilt with pioneer Kirsten in 1854; learn to hula with Kanani; build a tepee with Kaya; and so much more! Bring your favorite American Girl Doll and get ready for some fun! (Boys ARE welcome too!)

Grades 1-3: Wednesdays 3:00-4:00 p.m. (Art Classroom)
9 Sessions: March 30; April 6, 13, 20, 27; May 4, 11, 18, 25.
Cost: $182

ROBOTICS PLAYGROUND

GRADES 2 & 3 (Instructor: Dan Riles)
Dan Riles, Brookwood’s Technology Integration Specialist, will provide time and guidance for students in Grades 2 and 3 to explore robots such as the LEGO WeDo, mBot, and Probot. These devices provide the opportunity for students to grow their programming skills while also building and using physical objects. It’s a fun way for students to build technology literacy skills connected to many other competencies at Brookwood.

*This class is limited to the first 4 boys and 4 girls registered

Grades 2 & 3: Wednesdays 3:00-4:00 p.m. (MAC Lab)
11 Sessions: March 30; April 6, 13, 20, 27; May 4, 11, 18, 25; June 1, 8.
Cost: $215
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! Uniform 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)
**11 Sessions:** March 30; April 6, 13, 20, 27; May 4, 11, 18, 25; June 1, 8.
**Cost:** $198

THURSDAYS

BALLET
GRADES 1-3 (Instructor: Leza Milham)
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 done in a welcoming environment that encourages effort and creativity 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. We will learn some of the *Coppelia* ballet in this spring session.

**Grades 1-3:** Thursdays 3:00-4:00 p.m. (Loft)
**10 Sessions:** March 31; April 7, April 14, (no class 4/21), 28; May 5, 12, 19, 26; June 2, 9.
**Cost:** $180

KAMISHIBAI STORYTELLING
GRADES 1-3 (Instructor: Rachel Grinstead-Babson)
Kamishibai is a form of Japanese storytelling, it translates to "paper drama" and it is a wonderfully engaging way to absorb a story and learn more about another place, time and culture! During the Kamishibai Storytelling experience, we will be reading many traditional Japanese folktale Kamishibai stories and talking about the Kamishibai storytelling tradition. Throughout the Spring, we will be creating origami to take home; participating in small group activities and games inspired by the stories and the students will work together create their own Kamishibai story. As the traditional Kamishibai Men would say when calling the children to come hear a story in the local park, “No Hagimari, Hagimari, It’s Kamishibai Time!”

**Grades 1-3:** Thursdays 3:00-4:00 p.m. (DWC)
**11 Sessions:** March 31; April 7, 14, 21, 28; May 5, 12, 19, 26; June 2, 9.
**Cost:** $210
MAC TENNIS  
GRADES 2-5 (Instructor: Dave Colby)
Point, set, match! Jump on the Brookwood activity bus and head to the Manchester Athletic Club (MAC). The MAC’s Junior Development Program will allow 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
Grades 2-5: Thursdays 4:00-5:30 p.m. (MAC) *Participants must bring a racquet.
11 Sessions: March 31; April 7, 14, 21, 28; May 5, 12, 19, 26; June 2, 9.
Cost: $253 includes transportation to the MAC and a snack (REACH billed separately 3-4:00); $40 one time uniform fee.

FRIDAYS

MULTISPORT  
GRADES 2-5 (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 2-5. Participants will enjoy sports such as basketball, badminton, kickball, floor hockey, pin soccer, wiffle ball, and more. Come hone your skills and play team sports with this experienced coach.
Grades 2-5: Fridays 3:00-4:00 p.m. (Cutler Gym and Outside)
10 Sessions: April 1, 8, 15, 22, 29; (no class 5/6), May 13, 20, 27; June 3, 10.
Cost: $180

STEM-tronics with Dr. O  
GRADES 4-5 (Instructor: Henry Oettinger)
Do you think like an inventor? Are you ready to embrace engineering and electronics from imagination to innovation? Then STEM-tronics might be for you! Fifth grade science teacher Henry Oettinger will encourage teams of learners to have fun while taking risks, seek effective solutions to problems while incorporating STEM (science, technology, engineering, and mathematics), music, art, and more. First, students learn to solder with a simple blinking LED circuit - your engineer will earn their very own “Learn To Solder Skill Badge”. Then students will move on to creating an ECO-lantern by re-using a plastic bottle. For the big-finish project, students will build a simple robot that holds a pen and doodles! In between building classes there may be a few design challenges, and if time allows students can develop new circuits of their own.
8 Sessions: April (no class 4/1), 8, 15, 22, 29; (no class 5/6), May 13, 20, 27; June 3.
Cost: $194