

WFES PTA FALL 2019

Before & After School Activities



TO REGISTER, Go to WFESPTA.ORG.

- Click on 'Student Activities' located on the left side of the page.
- Click on the program you are interested in to see the full flyer, which will provide additional program information and registration directions.

QUESTIONS OR NEED HELP?

Contact the WFES contact person for that program

MONDAY

SPORTS SPECTACULAR: Each week students will get instruction and play a different sport or game including: basketball, soccer, kickball, capture the flag, tag games and MORE! Presented by Overtime Athletics.

WHO: **Grades K-2** (Class size limited to first 30 students)
WHEN: Starts September 23 – November 25. No class on 10/14, 11/4.
TIME: 3:30 – 4:30
COST: \$95 for 8 sessions (A portion is donated to the PTA.)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

BIG SWING WIFFLE BALL: This program isn't baseball – it's better! Everyone gets hits and no one strikes out in this version of America's favorite pastime. The fundamentals of throwing, catching and hitting are taught through games like Soft Toss, Base Runners, Home Run Derby and 500 Flies. Sign up today before it's going, going, GONE!

WHO: **Grades 3-6** (Class size limited to first 30 students)
WHEN: Starts September 23– November 25. No class on 10/14, 11/4.
TIME: 3:30 – 4:30
COST: \$95 for 8 sessions (A portion is donated to the PTA.)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

SPANISH LANGUAGE CLASS: The goal of the Global Plus program, a program offered through Fairfax County Public Schools, is to foster a foreign language advantage by offering high quality language classes to elementary students, after school. Global Plus students will establish a strong foundation in language learning, that will give them an edge as they enter middle school and beyond.

WHO: **Grades 1-3 and 4-6 (2 separate class groups)**
WHEN: Starts October 21st – January 13. No class on 11/4, 12/23, 12/30.
TIME: 3:45 - 4:45 (Coordinator will take children to their language class, located in WFES, after school)
COST: \$208 for 10 sessions
QUESTIONS: WFES contact: Jeanelle Mehta, jeanellemehta@gmail.com or 610-585-0792

TUESDAY

GIRLS ON THE RUN: Practice combines an innovative and fun curriculum designed exclusively for pre-teen girls. The goal of the program is to encourage positive emotional, social, mental and physical development. The season culminates in a 5K run on NOVEMBER 23 or 24 (TBD).

WHO: **Grades 3-6**
WHEN: **Tuesday and Thursday MORNINGS** Starts Sept. 23 – Nov. 26
TIME: **7 – 8:30AM**
COST: \$175 for 10 week curriculum
QUESTIONS: WFES Contact: Sheryl Arenholz, thearenholzfamily@gmail.com

RUNFIT KIDZ RUN CLUB: Certified Professional Coaching provided instructions on running mechanics, strength training, nutrition, pacing and goal setting. Participants build self-esteem, confidence and determination. Fee includes a 5k on Saturday, November 16.

WHO: **Grades 2-6** (if you have an interested 1st grader, contact Corky Sturtevant corky@runfitkidz.com)
WHEN: Starts September 24 – November 12. No class on 11/5.
TIME: 3:30 – 4:45
COST: \$93 for 7 sessions
QUESTIONS: WFES contact: Mandy Saunders, mandysaunders11@gmail.com

ART EXPLORATIONS: Join long time WFES parent, artist and children's book illustrator/author Ms. Janet Stoeke, and WFES parent and former Kindergarten Assistant Ms. Izabella Thomas as they guide students through several projects that emphasize personal expression and creativity. Limited spaces, unlimited learning!

WHO: **Grades 1-3**
WHEN: Starts October 1 – November 26. No class on 11/5.
TIME: 3:30 – 4:30
COST: \$120 (+ \$30/material fee) for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Izabella Thomas, artexplorations@gmail.com

SCRATCH CODING: GAME DESIGN – ARCADE ACTION: Design your own arcade-style games in this fun club. Using Scratch 3 digital tools, create your own racing games, chase games and classic arcade games like pong, tank and snake. Use the curriculum to learn how to code and then take your game to the next level with avatars, scores, health points, intros and outros! Game on!

WHO: **Grades 2-6**
WHEN: Starts October 8 – December 3. No class 11/5.
TIME: 3:30 – 4:30
COST: \$185 for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

WEDNESDAY

YOGA: Group games, partner poses, collaborative stories and music come together to support children in their learning of poses, relaxation techniques, mindfulness techniques, breathing and more. Self-awareness, respect, flexibility, strength and coordination are just some of the many benefits of yoga.

WHO: **Grades K-6** (1 group – class size limited)
WHEN: Starts October 2 – November 20.
TIME: 3:30 – 4:30
COST: \$80 for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

NEW THIS FALL! BEGINNING GUITAR CLASSES: Mr. Hubler, our Tech specialist at WFES is also the owner of a music business, Musically Creative, in Prince William County where they have over 120 students. He will be teaching an after school beginning guitar class for grades 2-6 at WFES. The curriculum is structured for grades 2-4 but older grades are welcome as it covers the basics of starting on the guitar. This is an 11 week class that will conclude with a “mini concert”.

They will love the motivation and community of the class setting and make incredible progress! Students need to bring a guitar.

WHO: **Grades 2-6**
WHEN: Starts October 2 – December 18. No Class 11/27.
TIME: 3:30 – 4:30
COST: \$175 for 11 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com, 301-502-5468

FRENCH LANGUAGE CLASS: The goal of the Global Plus program, a program offered through Fairfax County Public Schools, is to foster a foreign language advantage by offering high quality language classes to elementary students, after school. Global Plus students will establish a strong foundation in language learning, that will give them an edge as they enter middle school and beyond.

WHO: **Grades 1-3 and 4-6 (2 separate class groups)**
WHEN: Starts October 16th – January 8. No class 11/27, 12/25, 1/1.
TIME: 3:45 - 4:45 (Coordinator will take children to their language class, located in WFES, after school)
COST: \$208 for 10 sessions
QUESTIONS: WFES contact: Jeanelle Mehta, jeanellemehta@gmail.com or 610-585-0792

THURSDAY

CHESS: Taught by experienced Silver Knights Chess players and educators using a curriculum developed by National Masters. Each weekly session is a mix of learning and play. Playing chess is a great way to develop a child’s critical thinking skills, sportsmanship and patience – all while having fun!

WHO: **Grades K-6** All skill levels welcomed
WHEN: Starts October 10 – January 30. No class 11/28, 12/26, 1/2.
TIME: 3:30 – 4:30
COST: \$214 for 14 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

THURSDAY, cont.

ZUMBA!: Offered by Kids in Motion, Zumba class for kids in grades K-6 is a high energy, contagiously exciting dance workout specifically designed for children. Includes kid friendly music, movements and routines. Zumba for kids is a perfect fit for children and it creates an environment of excitement around being healthy and active!

WHO: **Grades K-6** – boys and girls!
WHEN: Starts October 10 – December 5. No class 11/28.
TIME: 3:30 – 4:30
COST: \$111 for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

ART EXPLORATIONS: Join long time WFES parent, artist and children's book illustrator/author Ms. Janet Stoeke, and WFES parent and former Kindergarten Assistant Ms. Izabella Thomas as they guide students through several projects that emphasize personal expression and creativity. Limited spaces, unlimited learning!

WHO: **Grades 4-6**
WHEN: Starts October 3 – November 21.
TIME: 3:30 – 4:30
COST: \$120 (+ \$30/material fee) for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Izabella Thomas, artexplorations@gmail.com

FRIDAY

LEGO ROBOTICS: In Robotics Club, we build, code, and have fun with LEGO® WeDo 2.0, a hands-on activity that combines LEGO® bricks, kid-friendly software, and engaging projects which inspire kids to explore the world of robotics! Make LEGO® WeDo 2.0 StarBots in this session of Robotics Club. The kids will explore our solar system and space with prototypes of a Mars Explorer, a Jousting Jedi, and a hovercraft. Each week we will create bots that inspire us to look skyward and beyond to galaxies far, far away!

WHO: **Grades 1-6**
WHEN: Starts October 11 – December 6. No class 11/29.
TIME: 3:30 – 4:30
COST: \$185 for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

DRAMA: Acting for Young People will bring their Drama Program to WFES. In the "Take the Stage" program, students learn to use their own unique qualities to act, using theater games, improvisation, story telling, and text. Through individual and group activities, young actors build confidence and each will make a significant contribution to our final presentation, held on the last class day.

WHO: **Grades 2-5**
WHEN: Starts September 27 – November 15.
TIME: 3:30 – 4:30
COST: \$96 for 8 sessions (portion donated to PTA)
QUESTIONS: WFES contact: Kristan Van Hook, kvanhook@niet.org