

WFES PTA WINTER 2020

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

SLAP SHOT FLOOR HOCKEY: You shoot, you SCORE! No longer just a game for a frozen pond, Floor Hockey is a one size fits all game of speed, coordination, and thrills. This gym class favorite is now available after school. Game Play and skill work to include stick handling, dodging, ball control, and of course shooting will be introduced and practiced from week to week. Learn the different ways to put a shot on goal by incorporating wrist shots, slap shots, snap shots, and the backhand. Slap Shot Floor Hockey just might be the first stop on the road to the Stanley Cup... All aboard!

WHO: **Grades K-2** (Class size limited to first 30 students)
WHEN: Starts January 13 – March 23. No class on 1/20, 1/27, 2/17.
TIME: 3:30 – 4:30
COST: \$105 for 8 sessions (A portion is donated to the PTA.)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

SLAP SHOT FLOOR HOCKEY: You shoot, you SCORE! No longer just a game for a frozen pond, Floor Hockey is a one size fits all game of speed, coordination, and thrills. This gym class favorite is now available after school. Game Play and skill work to include stick handling, dodging, ball control, and of course shooting will be introduced and practiced from week to week. Learn the different ways to put a shot on goal by incorporating wrist shots, slap shots, snap shots, and the backhand. Slap Shot Floor Hockey just might be the first stop on the road to the Stanley Cup... All aboard!

WHO: **Grades 3-6** (Class size limited to first 30 students)
WHEN: Starts January 13 – March 23. No class on 1/20, 1/27, 2/17.
TIME: 3:30 – 4:30
COST: \$105 for 8 sessions (A portion is donated to the PTA.)
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

GLOBAL PLUS LANGUAGE CLASSES: Grades 1-3 and 4-6, more info to follow soon!

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 MAY 16 or 17 (TBD).

WHO: **Grades 3-6**
WHEN: **Tuesday and Thursday MORNINGS** Starts March 5 – May 14.
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 Sunday, May 10.

WHO: **Grades 2-6** (if you have an interested 1st grader, contact Corky Sturtevant corky@runfitkidz.com)
WHEN: Starts March 17 – May 5. No class on 4/7.
TIME: 3:30 – 4:45
COST: \$93 for 7 sessions
QUESTIONS: WFES contact: Mandy Saunders, mandysaunders11@gmail.com

ART EXPLORATIONS: Ms. Stoeke and Ms. Thomas will guide the students through several brand new projects that emphasize personal expression and creativity. They are both long time Wakefield Forest ES parents and well-loved, friendly faces in the school.

WHO: **Grades K-3**
WHEN: Starts January 14 – March 17. No class on 1/28, 3/3.
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 – MAZES & MONSTERS: children in grades 2 and up learn to code using a visual programming language called Scratch. It's as easy to use as snapping together building blocks. The Game Design: Mazes & Monsters unit shows kids how to program their own maze games, platformers, and side scrolling games. Level up! **These are all-new projects and students will get to take home a USB with all their games on the last day!**

WHO: **Grades 2-6**
WHEN: Starts January 21 – March 24. No class 1/28, 3/3.
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 January 15 – March 11. No class 3/4.
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

CONTINUING THIS WINTER! 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 130 students. He will be teaching two 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. They will love the motivation and community of the class setting and make incredible progress! **Students need to bring a guitar.**

Beginning 2 (continuation of Fall 2019 class)

WHO: **Grades 2-6 with one semester (or comparable) experience**
WHEN: Starts January 8 – March 4.
TIME: 3:30 – 4:30
COST: \$155 for 9 sessions (portion donated to PTA)
DEADLINE: **Please register no later than December 18**
QUESTIONS: WFES contact: Vicki Mansuy, vlindros@gmail.com, 301-502-5468

Beginning 1 (NO experience needed)

WHO: **Grades 2-6 with NO experience**
WHEN: Starts March 11 – May 27. No class 4/8.
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

GLOBAL PLUS LANGUAGE CLASSES: Grades 1-3 and 4-6, more info to follow soon!

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 February 20 – May 28. No class 4/9.
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

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 January 23 – March 19. No class 2/6.
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: Ms. Stoeke and Ms. Thomas will guide the students through several brand new projects that emphasize personal expression and creativity. They are both long time Wakefield Forest ES parents and well-loved, friendly faces in the school.

WHO: **Grades 4-6**
WHEN: Starts January 16 – March 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

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 **ZooBots** in this session of Robotics Club. **ZooBots** is a unit filled with animal bots that roll, waddle, walk and talk. Create the penguin on your first day of the club and progress to crocodiles, mudskippers, and gorillas. Each week students make something new and learn how gears, simple machines and LEGO code work together to make something FUN!

WHO: **Grades 1-6 (we will have 2 classes!)**
WHEN: Starts January 24 – March 13.
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