

# WFES PTA WINTER 2019

## Before & After School Activities



TO REGISTER, Go to [WFESPTA.ORG](http://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

**SHOOTING STARS SOCCER:** GOOOOOOOOOOAAAAAALLLLLLL! Take your game to the next level! Join us for Shooting Stars Soccer and learn to play Soccer like the pros! Coaches will teach you skills like dribbling, passing, trapping, shooting and defense. This program emphasizes fitness, teamwork and sportsmanship. Have a blast and make new friends playing World Cup Tournament, Battle Balls, Trapper 500, Corner Kick Challenge and Soccer Knockout. Don't miss out on what the rest of the world already knows; it's a beautiful game - sign up today!

WHO: **Grades K-2** (Class size limited to first 30 students)  
WHEN: Starts January 14 – March 25. No class on 1/21, 2/4, 2/18, 3/11.  
TIME: 3:30 – 4:30  
COST: \$85 for 7 sessions (A portion is donated to the PTA.)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto: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 14 – March 25. No class on 1/21, 2/4, 2/18, 3/11.  
TIME: 3:30 – 4:30  
COST: \$85 for 7 sessions (A portion is donated to the PTA.)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

## **MONDAY, cont.**

**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. The winter session of this language course will provide new and returning students with a recap of what was learned during the fall session, while also challenging all students to become more acquainted with this foreign language.

**WHO:** **Grades 1-3**  
**WHEN:** Starts January 14 – April 22. No class on 1/21, 2/4, 2/18, 3/11, 4/15.  
**TIME:** 3:45 - 4:45pm (Coordinator will take children to their language class, located in WFES, after school)  
**COST:** \$195 for 10 sessions (If you sign up on or before January 5th, you will receive an \$10 discount on the cost of tuition)  
**QUESTIONS:** WFES contact: Jeanelle Mehta, [jeanellemehta@gmail.com](mailto:jeanellemehta@gmail.com) or 610-585-0792

**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. The winter session of this language course will provide new and returning students with a recap of what was learned during the fall session, while also challenging all students to become more acquainted with this foreign language.

**WHO:** **Grades 4-6**  
**WHEN:** Starts January 14 – April 22. No class on 1/21, 2/4, 2/18, 3/11, 4/15.  
**TIME:** 3:45 - 4:45pm (Coordinator will take children to their language class, located in WFES, after school)  
**COST:** \$195 for 10 sessions (If you sign up on or before January 5th, you will receive an \$10 discount on the cost of tuition)  
**QUESTIONS:** WFES contact: Jeanelle Mehta, [jeanellemehta@gmail.com](mailto:jeanellemehta@gmail.com) or 610-585-0792

## TUESDAY

**ART EXPLORATIONS:** Join long time WFES parent, artist and children's book illustrator/author Ms. Janet Stoeke as she guides students through several projects that emphasize personal expression and creativity using the skills and materials artists find useful. No prior experience is needed. Projects from the Fall session will not be repeated, although similar themes may be addressed. Class size is limited to 14 students.

WHO: **Grades 4-6** (4<sup>th</sup> graders may choose either Tuesday OR Thursday)  
WHEN: Starts January 15 – March 5  
TIME: 3:30 – 4:30  
COST: \$120 (+ \$30/material fee) for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Laura DeVito, [laura@autumnprod.com](mailto:laura@autumnprod.com)

**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! Students use gears, pulleys, and axles to create robots that move, crank, spin, and communicate. Make LEGO® WeDo 2.0 WheelieBots in this session of Robotics Club. Each week, students build and code a different rolling robot using LEGO® wheels, gears, pulleys, axles, motors and sensors. On your mark, get set, GO!

WHO: **Grades 1-6**  
WHEN: Starts January 15 – March 5  
TIME: 3:30 – 4:30  
COST: \$185 for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Vicki Mansuy, [vlindros@gmail.com](mailto:vlindros@gmail.com) or 301-502-5468

**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 18<sup>th</sup> or 19<sup>th</sup> (TBD). Registration begins January 28, 2019.

WHO: **Grades 3-6**  
WHEN: **Tuesday and Thursday MORNINGS** Starts March 5 – May 23  
TIME: **7 – 8:30AM**  
COST: \$175 for 10 week curriculum  
QUESTIONS: WFES Contact: Sheryl Arenholz, [thearenholzfamily@gmail.com](mailto: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. Registration begins the week of February 11<sup>th</sup>. Fee includes a 5k on Saturday or Sunday, May 18<sup>th</sup> or 19<sup>th</sup>.

WHO: **Grades 2-6** (if you have an interested 1<sup>st</sup> grader, contact Jodi)  
WHEN: Starts March 19 – May 14, no class on 4/16  
TIME: 3:30 – 4:45  
COST: \$95 for 8 sessions  
QUESTIONS: WFES contact: Jodi Benkarski, [jodibenkarski@yahoo.com](mailto:jodibenkarski@yahoo.com)

## 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 (2 groups – class size limited)  
**WHEN:** Starts January 16 – March 20  
**TIME:** 3:30 – 4:30  
**COST:** \$100 for 10 sessions (portion donated to PTA)  
**QUESTIONS:** WFES contact: Vicki Mansuy, vlindros@gmail.com or 301-502-5468

**CHINESE 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. The winter session of this language course will provide new and returning students with a recap of what was learned during the fall session, while also challenging all students to become more acquainted with this foreign language.

**WHO:** Grades 1-3  
**WHEN:** Starts January 16 – March 20  
**TIME:** 3:45 - 4:45pm (Coordinator will take children to their language class, located in WFES, after school)  
**COST:** \$195 for 10 sessions (If you sign up on or before January 5th, you will receive an \$10 discount on the cost of tuition)  
**QUESTIONS:** WFES contact: Jeanelle Mehta, jeanellemehta@gmail.com or 610-585-0792

**SPANISH LANGUAGE CLASS:** The goal of the Global Plus program, a program offered through the 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. The winter session of this language course will provide new and returning students with a recap of what was learned during the fall session, while also challenging all students to become more acquainted with this foreign language.

**WHO:** Grades 4-6  
**WHEN:** Starts January 16 – March 20  
**TIME:** 3:45 - 4:45pm (Coordinator will take children to their language class, located in WFES, after school)  
**COST:** \$195 for 10 sessions (If you sign up on or before January 5th, you will receive an \$10 discount on the cost of tuition)  
**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 February 14 – May 30. No class on 3/28, 4/18.  
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 24 – March 14  
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 as she guides students through several projects that emphasize personal expression and creativity using the skills and materials artists find useful. No prior experience is needed. Projects from the Fall session will not be repeated, although similar themes may be addressed. Class size is limited to 14 students.

WHO: **Grades 2-4** (4<sup>th</sup> graders may choose either Tuesday OR Thursday)  
WHEN: Starts January 17 – March 7  
TIME: 3:30 – 4:30  
COST: \$120 (+ \$30/material fee) for 8 sessions (portion donated to PTA)  
QUESTIONS: WFES contact: Laura DeVito, laura@autumnprod.com

## FRIDAY

**SCRATCH CODING:** Silver Knights Coding class has children create stories, games and animation using a visual programming language called Scratch. It's as easy to use as snapping together building blocks! Fall session students will not repeat lessons but still find a challenge.

WHO: **Grades 2-6**  
WHEN: Starts January 11 – March 15, no class 1/18, 1/25  
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