

Beit Rabban After-School Activities

2010-2011



Once again, Beit Rabban is excited to offer a range of after-school programming for the Gan and Kevutzot. Each class and instructor has been selected to provide our students with opportunity for engaging sessions that will stimulate their minds and bodies after a full day of regular study. Supervised and coordinated by the school, we believe these programs will enhance your child's day with the opportunity to pursue a special interest, to interact with peers from a range of age cohorts, to acquire new skill, and to have a great time. Each program is run by a knowledgeable and qualified instructor and all participants are covered by the appropriate insurance carried either by the program provider or the school.

To better assist families in making plans for their children, you will find information about the entire year's offerings below. While there may be the possibility of joining a course later on in the year, we will finalize this schedule based upon registration during the month of September. To facilitate payments, families can select to pay in full with their completed form or to submit payment for the fall trimester along with \$100 deposits for each course for the winter and spring trimesters and pay the balance for these sessions prior to the first class of each course.

Gan After-School Activities

Programming for the Gan students is offered from 2:00 PM – 3:00 PM on Mondays, Tuesdays and Wednesdays. A parent or caregiver of each child registered per course serves as a volunteer for one day per trimester to assist by bringing the children from the Gan to the course location, handing out snack, supporting the instructor, and staying until the last child is picked up by a parent/caregiver. We ask that each family indicate on the registration form a first, second and third preferred date for this important role.

Kevutzot After-School Programming

The after school programming for the Kevutzot begins at 3:35 PM, immediately after dismissal. The school staff will ensure that the participants are supervised until the after-school program instructor arrives. Each student will be provided with instructions prior to the beginning of the course as to the necessary equipment and clothing. Courses end at different times between 4:30 PM and 5:00 PM; please make certain that a parent/caregiver arrives prior to the end of instruction.

Offerings for the Gan:

Yoga with Kathryn Ulrich

IT'S A BIRD, IT'S A PLANE, IT'S KIDS YOGA! Kathryn Ulrich will be returning to the Gan After School program to teach yoga. Children are natural born yogis: you have probably seen your child slither on the ground like a cobra snake, walk on all fours like a dog, roar like a lion, gallop like a horse, fly like a jet plane, or a super hero! In kid's yoga, the focus is less on the particulars of alignment and more on experiencing the joy of exploring something new, stretching to new limits, and having fun in the process. Kathryn Ulrich designs her classes to enhance your child's physical skills, including fine and gross motor coordination, spatial awareness, balance, agility, flexibility, and sports preparation.

Mondays in the Fall and Spring; Tuesdays in the Winter (with instructor TBD)



MusicWise Music Program



Weekly experiential music classes introduce children to violin, cello, guitar and piano allowing them to create their own music in a relaxed, hands-on setting. Children will learn how to hold each of the three instruments and experience playing on them. They will also be introduced to some of the masterworks of classical and contemporary music. Child-size violins, cellos and guitars give each student hands-on experience with different instruments - a wonderful prelude to advanced study. Children perform, write rhythms and sing to music in every class. What is the best part? Children learn to love music and play for a lifetime. **Tuesdays in the Fall and Spring**

Kosher Cooking

During each trimester, participants will explore a different culinary theme with Renana Shvil-Tobi. In the first trimester, the theme will be *Cooking our Favorite Foods with Renana*, where the cooking gets personal! Each child will identify his or her favorite meal and dessert, and the class will spend the trimester learning how to make those dishes. In the second trimester, the theme will be *Cooking the Rainbow*, with each week's dish will focus on a different color of the rainbow, using no artificial food coloring but only fresh produce. In addition to having fun exploring the different fruits and vegetables and emphasizing their natural flavors, students will have the opportunity to discuss the weather, the way it affects food and the way different colors make them feel. **Wednesdays in the Fall, Winter and Spring**



Creative Movement



Dena Abergel will be teaching a creative dance class that will focus on movement in response to music. Students will be exposed to a variety of mostly classical music and encouraged to be creative with the vocabulary they learn as well as their own improvisation. Basic positions will be taught but the intention is to encourage movement and imagination. Ms. Abergel is the Assistant Children's Ballet Master for New York City Ballet and is on the faculty of America's prestigious School of American Ballet. She performed and originated numerous roles with New York City Ballet over the 18 years she danced with the company. **Mondays in the Winter**

Offerings for the Kevutzot:

In-Line Skating

Beit Rabban will once again offer In-Line Skating instruction through the **Kids on Wheels** program. Students are provided instruction in proper use of equipment, safety, and basic skating including forward motion, turning and controlled stopping. Students are required to bring their own equipment including skates, helmet, wrist, elbow, and knee pads. If you need to buy gear, call Joel Rappelfeld of Kids on Wheels (212-744-4444) and he will be happy to guide you in your purchase. **Mondays in the Fall and Spring**



Aviation



Once again, Beit Rabban will be working with the team at **Hobby Quest** and offer the aviation program where students build and fly real model planes and learn to explore the world of aviation. Each aviator will build from scratch, fly and take home three different models of planes. The aviators learn to read plans, use metric rulers, make necessary calculations and work with different hobby tools. Aviators will be educated with actual FAA certified materials. All materials, wood, supplies, and tools are provided at no additional cost. **Mondays in the Winter**

Fun Finds Explorers

Gear up for weekly adventures learning scientific principles through games, scavenger hunts and outdoor trips. Students will use inquiries, observations, hypotheses, experiments, recording of information and draw their own conclusions about themselves and the world around them. The FUN FINDS EXPLORERS program will be lead by Beit Rabban teacher Karen Halpern and will provide opportunities for problem-solving skills and teamwork while using the five senses. **Tuesdays in the Fall**



Drama



It's time to sign up for a new season of the drama group! Beit Rabban is excited to once again offer Drama with our resident dramatist, Etta Abramson. The program includes opportunities for theater games, improvisation, masks, singing, dance, performance and cooperative group building. The course concludes with a performance for families, friends and guests from the Beit Rabban community. **Tuesdays in the Winter and Spring**

Soccer

Working with **Supper Soccer Stars**, Beit Rabban offers soccer instruction with dynamic international coaches who work with every student to develop skills, self-confidence, and teamwork in a fun, non-competitive environment. Positive reinforcement and a low child-to-coach ratio ensure that each child will improve his or her soccer skills through engaging warm-ups, drills and games – all while having endless fun! All children receive a free t-shirt on the first day of class. **Wednesdays in the Fall and Spring**



Kosher Cooking



Cooking around the world with Renana – students will travel along different cuisines exploring foods that they will love! Whether Israeli, Mexican or Japanese, when kids are involved in the foods they eat, they are more inclined to try new flavors and discover the culinary talent within. The students will receive a cooking passport and will add pages of recipes as they travel and become experienced cooks. Students will also discuss where their ancestors are from and try to cover the globe with the cuisine. During the course, the children are also able to express themselves creatively, while expanding self-help skills and independence. **Wednesdays in the Winter**

Chess

Beit Rabban is proud to offer another semester of our exciting after school chess program, now in its 16th year! Students will learn how to move the pieces, chess notation, opening strategies and formations as well as different traps and checkmate patterns. More advanced students will learn more of the above with increasing complexity, including the art of sacrificing and attack. The organization which brings you this program is **Tri-State Chess**. **Thursdays in the Fall, Winter and Spring**



Art



Join Wendy Friedland on Thursdays for hands-on Arts and Crafts projects including paper mache, basket weaving, plush toy making, character design, puppets, sewing, weaving, painting, and drawing...with an emphasis on creativity and fun...and making great stuff...! Plans for this year's classes include guest artists, DIY puppet show performance and end of year Art Gallery Show! Wendy is an artist, illustrator, plush toy maker and founder of her own toy and character design company, SCARY STORIES INC. **Thursdays in the Fall, Winter and Spring**

Beit Rabban After-School Schedule and Fees

Gan:

	Fall	Winter	Spring
Mondays:	Yoga - \$185 Dates: 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13	Creative Movement - \$170 Dates: 1/10, 1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 3/14	Yoga - \$185 Dates: 3/21, 3/28, 4/4, 4/11, 5/2, 5/9, 5/16, 5/23, 6/6, 6/13
Tuesdays:	Music - \$250 Dates: 10/5, 10/12, 10/19, 10/26, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14	Yoga - \$185 Dates: 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1, 3/8	Music - \$250 Dates: 3/22, 3/29, 4/5, 4/12, 5/3, 5/10, 5/17, 5/24, 5/31, 6/14
Wednesdays:	Cooking - \$160 Dates: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15	Cooking - \$160 Dates: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/9	Cooking - \$160 Dates: 3/23, 3/30, 4/6, 4/13, 5/4, 5/11, 5/18, 5/25, 6/1, 6/15

Kevutzot:

	Fall	Winter	Spring
Mondays:	Skating - \$230 Dates: 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 11/29, 12/6, 12/13	Aviation - \$140 Dates: 1/10, 1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 3/14	Skating - \$230 Dates: 3/21, 3/28, 4/4, 4/11, 5/2, 5/9, 5/16, 5/23, 6/6, 6/13
Tuesdays:	Fund Finds - \$220 Dates: 10/5, 10/12, 10/19, 10/26, 11/9, 11/16, 11/23, 11/30, 12/7, 12/14	Drama - \$225 Dates: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1, 3/8, 3/15 (Note: This course begins and ends one week later after other courses)	Drama - \$250 Dates: 3/22, 3/29, 4/5, 4/12, 5/3, 5/10, 5/17, 5/24, 5/31, 6/14
Wednesdays:	Soccer - \$255 Dates: 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15	Cooking - \$160 Dates: 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/9	Soccer - \$255 Dates: 3/23, 3/30, 4/6, 4/13, 5/4, 5/11, 5/18, 5/25, 6/1, 6/15
Thursdays:	Art - \$205 Chess - \$220 Dates: 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16	Art - \$190 Chess - \$195 Dates: 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 3/3, 3/10	Art - \$205 Chess - \$220 Dates: 3/24, 3/31, 4/7, 4/14, 5/1, 5/12, 5/19, 5/26, 6/2, 6/16

Beit Rabban After-School Activities

Registration Form



(Please fill out one per child and send with check made out to Beit Rabban)

Child's Name _____ Class _____

Phone (home) _____ Cell _____

Emergency _____ Email _____

Comments or Special Instructions/Allergies _____

Additional Information for Gan After-School Activities (A light snack will be served in Gan programs):

In order to ensure the safety of all children, each week's parent/caretaker volunteer must pick up the class at 2:00PM on the Gan floor to lead them down to the Gym. It is also this volunteer's responsibility to stay until the last child is picked up at 3:00PM. We also ask that the volunteer oversee snack distribution and assist the teacher in managing the children (i.e. bathroom breaks). Please review the dates for each course that your child is registering for and indicate the three 3 dates for volunteer duty in order of preference:

Gan After-School Activities:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>	<u>Fees*:</u>
<input type="checkbox"/> Yoga <input type="checkbox"/> Music <input type="checkbox"/> Cooking	<input type="checkbox"/> Creative Movement <input type="checkbox"/> Yoga <input type="checkbox"/> Cooking	<input type="checkbox"/> Yoga <input type="checkbox"/> Music <input type="checkbox"/> Cooking	Fall: _____ Winter: _____ Fall: _____ Total: _____
Volunteer Arrival/Dismissal Duty (Indicate 3 dates for each course) 1 st Choice _____ 2 nd Choice _____ 3 rd Choice _____	Volunteer Arrival/Dismissal Duty (Indicate 3 dates for each course) 1 st Choice _____ 2 nd Choice _____ 3 rd Choice _____	Volunteer Arrival/Dismissal Duty (Indicate 3 dates for each course) 1 st Choice _____ 2 nd Choice _____ 3 rd Choice _____	

Kevutzot After-School Activities:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>	<u>Fees*:</u>
<input type="checkbox"/> Skating <input type="checkbox"/> Fund Finds <input type="checkbox"/> Soccer <input type="checkbox"/> Art <input type="checkbox"/> Chess	<input type="checkbox"/> Aviation <input type="checkbox"/> Drama <input type="checkbox"/> Cooking <input type="checkbox"/> Art <input type="checkbox"/> Chess	<input type="checkbox"/> Skating <input type="checkbox"/> Drama <input type="checkbox"/> Soccer <input type="checkbox"/> Art <input type="checkbox"/> Chess	Fall: _____ Winter: _____ Fall: _____ Total: _____

* Full fee for Fall courses and \$100 per Winter and Spring courses is due on October 1, 2010. Space is limited, so please sign up quickly! Sorry, no refunds. **Please be prompt for pick-up at the end of each activity.**

Signature _____ Date _____