

Beit Rabban After-School Activities

2011-2012



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, Wednesdays and Thursdays. 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 generally 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 Marita Styker

IT'S A BIRD, IT'S A PLANE, IT'S KIDS YOGA! Marita Styker 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. Marita Styker 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, Winter and Spring



Creative Movement with Kathryn



Kathryn Ulrich, a long-time favorite in Beit Rabban's afterschool program, will be teaching a creative dance class that will focus on movement in response to music. Students will be exposed to a variety of music and be 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. **Tuesdays in the Fall and Spring**

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 Winter**



Karate



Karate focuses the young mind, exercises the body, and develops practical skills in a supportive environment that builds confidence and a positive outlook. Taught by educator and published author in the martial arts, Cary Nemeroff, 10th Degree Black belt. Students will receive a karate uniform to be worn during the course. **Wednesdays in the Fall**

Kosher Cooking

During each trimester, participants will explore a different culinary theme with Renana Shvil-Tobi. Inspired by an interesting and child-theme, the recipes use no artificial food coloring but only fresh produce and whole foods. In addition to having fun exploring the different foods and emphasizing their natural flavors, students will have the opportunity to discuss food, nutrition and how food and cooking make them feel. **Wednesdays in the Winter and Spring**



Soccer



Soccer by Coach Fher offers soccer instruction with dynamic coaches especially trained to work with younger students 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. **Thursdays in the Fall, Winter and Spring**

Offerings for the Kevutzot:

Yoga with Marita Styker

IT'S A BIRD, IT'S A PLANE, IT'S KIDS YOGA! Marita Styker will be returning to Beit Rabban and bringing yoga to the Kevutzot. 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. Marita Styker 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



Karate



In coordination with Fukasa Kai, we will be offering a Karate course taught by a licensed dojo (school) headmaster, a black belt instructor familiar and comfortable with working with young students. The ancient art of Kempo "Karate" includes basic punches, kicks, forms (memorized sequences) and mat-work (rolls & breakfalls), improving balance and muscle control. The non-competitive, structured environment will build confidence and a child's ability to focus. All students will receive a karate uniform to be worn during the course and each student will work towards acquisition of a leveled belt (Students who take both trimesters only pay \$30 uniform fee once). **Mondays in the Winter and Spring.**

Rollerblading

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



Hip Hop



You don't need to be a trained dancer to enjoy this totally upbeat and fun class - you just have to like music. Students will get into the groove with our top professional dance coaches and learn the moves to your favorite music videos and pop star concerts. Participants will then have the opportunity to choreograph your own dances using the music of your choice. **Mondays in the Winter.**

MusicWise Music Program

Offered each trimester, children are encouraged to register for the year to learn to create music in small ensembles. They improvise melodies on the piano, recorder and non-pitched instruments. Music games focus on note reading, movement, dynamics and tempo. Instrument Fee of \$20 includes a recorder. **Tuesdays in the Fall, Winter and Spring**



Afternoon Beit Midrash with Yeshivat Hadar



Designed for current and former Beit Rabban students, the Afternoon Beit Midrash is an opportunity for additional Jewish learning that extends the educational vision of Beit Rabban and takes advantage of proximity and talents of Yeshivat Hadar. Facilitated by Yeshivat Hadar Fellows, Beit Midrash participants will engage in text study and other creative approaches to Jewish learning in addition to experiencing the yeshiva atmosphere and setting. After a snack, students will be brought to Yeshivat Hadar after school and should be picked up at the Hadar facility at 5:00 (During poor weather, the instructors will travel to Beit Rabban). **Tuesdays in the Fall, 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**

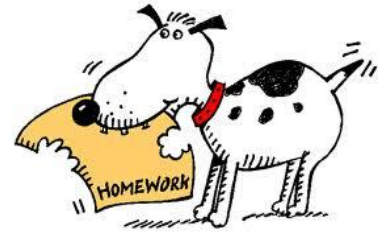
Aviation



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. **Wednesdays in the Fall**

Homework Club

On Wednesday afternoons, students will have an opportunity for some additional academic help, one-on-one tutoring, and a relaxing environment to complete homework or extend study around a favorite subject. Each week's Homework Club will be supervised by one of the members of the Beit Rabban faculty who will be available to provide support in Hebrew, mathematics, literacy or any other subject matter and can work in conjunction with the student's teacher to focus on a particular area of study or skills acquisition. **Wednesdays in Winter and Spring.**



Art with Wendy



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...! 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**

Chess

Beit Rabban is proud to offer another semester of our exciting after school chess program, now in its 18th 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**



Beit Rabban After-School Schedule and Fees

Gan:

	Fall	Winter	Spring
Mondays:	Yoga - \$190 Dates: 9/26, 10/3, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5, 12/12, 12/19	Yoga - \$190 Dates: 1/9, 1/16, 1/23, 1/30, 2/6, 3/5, 3/12, 3/19, 3/26, 4/2	Yoga - \$160 Dates: 4/23, 4/30, 5/7, 5/14, 5/21, 6/4, 6/11
Tuesdays:	Creative Movement - \$185 Dates: 9/27, 10/4, 10/25, 11/1, 11/15, 11/29, 12/6, 12/13, 12/20	Music - \$300 Dates: 1/10, 1/17, 1/24, 1/31, 2/7, 2/28, 3/6, 3/13, 3/20, 3/27	Creative Movement - \$185 Dates: 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12
Wednesdays:	Karate - \$255 (Includes Uniform Fee) Dates: 10/5, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14, 12/21	Cooking - \$190 Dates: 1/11, 1/18, 1/25, 2/1, 2/8, 2/29, 3/7, 3/14, 3/21, 3/28	Cooking - \$170 Dates: 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13
Thursdays:	Soccer - \$260 Dates: 9/22, 10/6, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22	Soccer - \$260 Dates: 1/12, 1/19, 1/26, 2/2, 2/9, 3/1, 3/15, 3/22, 3/29, 4/5	Soccer - \$240 Dates: 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14

Kevutzot:

	Fall	Winter	Spring
Mondays:	Yoga - \$190 Rollerblading - \$240 Dates: 9/26, 10/3, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5, 12/12, 12/19	Karate - \$280 (includes \$30 uniform fee) Hip Hop - \$240 Dates: 1/9, 1/16, 1/23, 1/30, 2/6, 3/5, 3/12, 3/19, 3/26, 4/2	Karate - \$220 (includes \$30 uniform fee) Rollerblading - \$200 Dates: 4/23, 4/30, 5/7, 5/14, 5/21, 6/4, 6/11
Tuesdays:	Music - \$275 Beit Midrash - \$180 Dates: 9/27, 10/4, 10/25, 11/1, 11/15, 11/29, 12/6, 12/13, 12/20	Music - \$300 Beit Midrash - \$200 Dates: 1/10, 1/17, 1/24, 1/31, 2/7, 2/28, 3/6, 3/13, 3/20, 3/27	Music - \$275 Beit Midrash - \$180 Dates: 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/12
Wednesdays:	Soccer - \$265 Aviation - \$150 Dates: 10/5, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 2/14, 12/21	Cooking - \$190 Homework Club - \$50 Dates: 1/11, 1/18, 1/25, 2/1, 2/8, 2/29, 3/7, 3/14, 3/21, 3/28	Soccer - \$265 Homework Club - \$50 Dates: 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13
Thursdays:	Art - \$190 Chess - \$250 Dates: 9/22, 10/6, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22	Art - \$205 Chess - \$250 Dates: 1/12, 1/19, 1/26, 2/2, 2/9, 3/1, 3/15, 3/22, 3/29, 4/5	Art - \$190 Chess - \$225 Dates: 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14

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"/> Movement <input type="checkbox"/> Karate <input type="checkbox"/> Soccer	<input type="checkbox"/> Yoga <input type="checkbox"/> Music <input type="checkbox"/> Cooking <input type="checkbox"/> Soccer	<input type="checkbox"/> Yoga <input type="checkbox"/> Movement <input type="checkbox"/> Cooking <input type="checkbox"/> Soccer	Fall: _____ Winter: _____ Fall: _____
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 _____	Total: _____

Kevutzot After-School Activities:

<u>Fall</u>	<u>Winter</u>	<u>Spring</u>	<u>Fees*:</u>
<input type="checkbox"/> Yoga <input type="checkbox"/> Rollerblading <input type="checkbox"/> Music <input type="checkbox"/> Beit Midrash <input type="checkbox"/> Soccer <input type="checkbox"/> Aviation <input type="checkbox"/> Art <input type="checkbox"/> Chess	<input type="checkbox"/> Karate <input type="checkbox"/> Hip Hop <input type="checkbox"/> Music <input type="checkbox"/> Beit Midrash <input type="checkbox"/> Cooking <input type="checkbox"/> Homework Club <input type="checkbox"/> Art <input type="checkbox"/> Chess	<input type="checkbox"/> Karate <input type="checkbox"/> Rollerblading <input type="checkbox"/> Music <input type="checkbox"/> Beit Midrash <input type="checkbox"/> Soccer <input type="checkbox"/> Homework Club <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 September 16, 2011**. 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 _____