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Tuesdays

Tiny Chefs Club

Tuesdays | 3:45 - 4:45 p.m. | Prek - 2nd Grade | April 4 - May 23 | \$325 per student

Join Teacher Sam and continue working on your culinary skills! In our Tiny Chefs Club, students learn new age-appropriate recipes, develop a love for cooking and baking, try new foods, and continue working in a group dynamic. You never know what Teacher Sam has planned! You might even get a home-cooked meal out of it!

Level 7 Tennis

Tuesdays | 3:45 - 4:45 p.m. | 1st - 5th Grade | April 4 - May 23 | \$325 per student

In this group-lesson tennis class, students will be taught balance, hand-eye coordination exercises, and basic swing exercises. Our goal is to help each child realize their personal excellence on the court through simple and easy-to-understand instructions. Our teaching method focuses on targeting one key area at a time while keeping a long-term vision of higher excellence for the student. This class is great for all skill levels!

Wednesdays

The Pawsitive Pack

Wednesdays | 3:45 - 4:45 p.m. | 1st & 2nd Grade | April 5 - May 24 | \$325 per student

The Pawsitive Pack is a Social-Emotional Learning (SEL) program that approaches both teaching and reinforcing SEL skills through interactions with dogs. The program is adapted from the Mutt-i-grees Curriculum, which was developed by Yale University School of the 21st Century in partnership with North Shore Animal League. The goal is for students to develop skills that make

them capable of empathy, compassion, and responsible decision-making, while also teaching them what it means to be part of high-quality relationships.

Junior Chefs Club

Wednesdays | 3:45 - 4:45 p.m. | 3rd - 5th Grade | April 5 - May 24 | \$325 per student

Join Teacher Sam in our Junior Chefs class where students will learn new cooking and baking skills. No previous experience necessary! Work on your sous chef skills while learning to follow both simple and complex recipes in a small group setting. Be prepared each week to learn and follow a new recipe. You never know what Teacher Sam has planned! You might even get a home-cooked meal out of it!

Thursdays

Namaste Yoga and Art

Thursdays | 3:45 - 4:45 p.m. | PC - 2nd grade | April 6 - May 25 | \$325 per student

Join teaching artist and yoga instructor Teacher Lynné Filion for a course combining yoga, nature, and art to encourage creativity, self-expression, and build confidence. We will work with journaling, positive affirmations, and gratitude practices to focus on and foster the inherent good and infinite potential each student possesses. Movement exploration, mindfulness, and breath work will help the student discover positive stress relief tactics and perhaps begin to develop their own yoga practice. Weather permitting, the class will venture outside for meditative walks, outdoor yoga sessions, and nature-based crafting.

Projects include decorating their own yoga mats to take home, finding elements for and creating nature mandalas, starting seeds in decorated pots, painting positivity rocks to keep and share around campus, and decorating their own gratitude/yoga journals to sketch in throughout the course.

Sports Around the World

Thursdays | 3:45 - 4:45 p.m. | 2nd - 5th grade | April 6 - May 25 | \$325 per student

Join us as we learn (and play) sports and games from around the world! These are sports and games students may not get the opportunity to play in a traditional setting: from Sepak Takraw to cricket to Tchoukball. If your child is interested in learning how to play new and exciting sports, this is the class for them! Students will also uphold important sportsmanship values such as teamwork, communication, and mutual respect while gaining new perspectives on what a sport is and why we play them. This enrichment class is open to all students grades in 2 - 5, no sports experience is necessary. Please ensure your child has proper footwear (sneakers) and appropriate athletic apparel!