



TVS Lower School Extracurricular Programs Fall 2018

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Unless otherwise noted with the program, online registration will open [HERE](#) August 22 at 7:00 pm.

Bricks 4 Kidz

Tony and Ginger Justice, sponsors

After-School Classes for LEGO Enthusiasts! Learn to build LEGO® models that move! Students complete a new building challenge each week, learning to use axles, gears, and motors, to control their creations. Students also have the opportunity to enjoy creative LEGO® exploration time after the lesson. We offer different 7-week learning units each session. No repeats! Families will get weekly email summaries to discuss and explore after class. Every student builds a custom LEGO® mini-figure and takes it home to keep at the end of the session! (Students re-use project parts each week, so our building kits don't go home.)

Grade K – Wednesdays, 2:45-3:30

Session I: September 5 to October 17, \$110

Session II: October 24 to December 12 (no class 11/21), \$110

Grades 1-4 – Wednesdays, 3:30-4:30

Session I: September 5 to October 17, \$110

Session II: October 24 to December 12 (no class 11/21), \$110

Visit www.bricks4kidz.com/dfw to register online, beginning 8/22.

10% discount if you register for both sessions at the beginning of the semester!

Chess

Stephen Raveneau, instructor

Learn and practice the rules of chess through games and group instruction. All levels are welcome. Mr. Raveneau comes to TVS with experience teaching chess at several DFW schools.

Grade K – Thursdays, 2:45-3:30

Session I: September 6 to October 18, \$110

Session II: October 25 to December 13 (no class 11/22), \$110

Grade 1-4 – Thursdays, 3:30-4:30

Session I: September 6 to October 18, \$110

Session II: October 25 to December 13 (no class 11/22), \$110

Chinese

Rose Zhang, instructor

Discover Chinese culture and traditions through games, cooking, calligraphy, and crafts.

Grades 1-4 – Thursdays, 3:30-4:30

Session I: September 6 to October 18, no fee

Session II: October 25 to December 13 (no class 11/22), no fee

CrossFit Panther City

Dabney Porter, sponsor and instructor

CrossFit Panther City brings their certified CrossFit Kids program to TVS, inviting kids to awaken their love for fitness, enhance cognitive skills, and practice teamwork. Dabney Poorter, certified coach and nutritionist, has developed the curriculum and will lead sessions with other instructors. Weekly lessons will include CrossFit skills and movement, nutrition tips, WOD (Workout of the Day), and other fun and challenging games and physical activities. Each session will emphasize repetition of previous learned movements and will introduce new skills and games to keep learning fresh!

Grade K – Tuesdays, 2:45-3:30

Session I: September 4 to October 9, \$90

Session II: October 30 to December 11 (no class 11/20), \$90

Grade 1-4 – Tuesdays, 3:30-4:30

Session I: September 4 to October 9, \$90

Session II: October 30 to December 11 (no class 11/20), \$90

Dance

Nancy Wright and Hope Moon, instructors

Dance your way through ballet, jazz, lyrical, and hip hop classes; and perform in the Spring Recital!

Grades K-4 – classes and times vary

Begins August 27 and runs throughout the year, fees vary

Visit TVS.org/dance for specific program information and to register online NOW.

Game On!

Alyson Zabriskie, instructor

Let the good times roll as you play games to strengthen academic skill sets. Participants will engage in Minute-to-Win-It challenges, board games, and more that relate to problem solving, language arts, and math.

Grades 1-2 – Mondays, 3:30-4:30

Session I: September 10 to October 15 (no classes 10/9), \$50

Grades 3-4 – Tuesdays, 3:30-4:30

Session I: September 4 to October 16, \$70

Little Med/Vet School

Nanu Mireku, sponsor

The Little Medical School of DFW® offers unique opportunities for children to immerse themselves in the fascinating world of medicine! Educational enrichment programs developed by a team of Board-Certified physicians along with experienced Child Educators are designed to provide a fun, innovative, and engaging curriculum. This is an opportunity for children to engage in real-world science-based experiences and experience role playing using tools that real doctors use.

Grades 1-3 – Wednesdays, 3:30-4:30

Session I: **Little Medical School**, September 5 to October 10, \$176

Grades 1-3 – Wednesdays, 3:30-4:30

Session II: **Little Veterinarian School**, October 24 to December 12 (no classes 10/31 and 11/21), \$176

Visit www.littlemedicalschool.com/dallasfortworth for more information and to register online NOW.

Soccer Shots

Chad Wubbena, instructor

Be challenged through fun games and teamwork in this soccer program, which focuses on fitness, skills, and sportsmanship.

Grade K – Fridays, 3:00-3:45

September 7 to December 7 (no classes 11/16 and 11/23), \$240

Grades 1-2 – Fridays, 3:45-4:30

September 7 to December 7 (no classes 11/16 and 11/23), \$240

Visit wtarrantcounty.ssreg.org for more information and to register online NOW.

\$15 registration fee (one-time only)

Tennis

Myron Grunberg, instructor

Grade K – Mondays or Wednesdays (TVS Tennis Courts), 2:45-3:30

Begins September 10 or 12, and runs for 11 weeks thru late November, \$186

Grades 1-2 – Tuesdays or Thursdays (TVS Tennis Courts), 3:30-4:30

Begins September 11 or 13, and runs for 11 weeks thru late November, \$248

Grades 3-5 – Wednesdays (TVS Tennis Courts), 3:30-5:00

Begins September 12 and runs for 11 weeks thru late November, \$372

Visit <https://www.trinityvalleyschool.org/athletics/grunberg-school-of-tennis> to learn more about Coach Grunberg and the TVS tennis program.

Trojan Tunes Choir

Pauline Medlin, instructor

Trojan Tunes provides a great opportunity for music enrichment. The Trojan Tunes Choir performs at various special events throughout the school year.

Grades 3-4 – Tuesdays, 3:30-4:30

Begins September 11 and runs throughout the year, \$25

Yoga

Tonya Cammack, instructor

Connect, breathe, move, focus, and relax in this unique experience combining yoga and mindfulness in a simple, developmentally-appropriate way. The curriculum challenges students to learn in new ways, make connections, and recognize their tremendous potential.

Grade K – Thursdays, 2:45-3:30

Session I: September 6 to October 18, \$130

Session II: October 25 to December 13 (no class 11/22), \$130

Grade 1-4 – Thursdays, 3:35-4:35

Session I: September 6 to October 18, \$170

Session II: October 25 to December 13 (no class 11/22), \$170

TVS LOWER SCHOOL EXTRACURRICULAR PROGRAMS – WEEKLY-AT-A-GLANCE

Programs marked with * will run during Session I only (between September 3 – October 19).

Programs marked with ** will run during Session II only (between October 22 – December 14).

GRADE	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Kindergarten	Tennis	CrossFit	Bricks4Kidz Tennis	Chess Yoga	Ballet/Jazz Soccer Shots
First	Hip Hop Game On!*	Ballet/Jazz CrossFit Tennis	Bricks4Kidz Little Medical School* Little Veterinarian School**	Chess Chinese Tennis Yoga	Soccer Shots
Second	Hip Hop Jazz/Hip Hop Game On!*	Ballet/Jazz CrossFit Tennis	Ballet/Lyrical Bricks4Kidz Little Medical School* Little Veterinarian School**	Chess Chinese Tennis Yoga	Soccer Shots
Third	Hip Hop Jazz/Hip Hop	CrossFit Game On!* Trojan Tunes	Ballet/Lyrical Bricks4Kidz Little Medical School* Little Veterinarian School** Tennis	Ballet/Jazz Chess Chinese Yoga	
Fourth	Hip Hop Jazz/Hip Hop	CrossFit Game On!* Trojan Tunes	Ballet/Lyrical Bricks4Kidz Tennis	Ballet/Jazz Chess Chinese Yoga	

REGISTRATION TIPS AND INFORMATION:

- Registration for Bricks4Kidz, Little Medical School, TVS Dance, and Soccer Shots is available through each program’s website. Families pay Bricks4Kidz, Little Medical School, and Soccer Shots directly.
- Registration for ALL OTHER PROGRAMS will occur online via TVS. Fees for these programs will be charged to your TVS student account.
- Many programs will have limited enrollment. When enrollment fills, your child’s name will automatically go onto a waiting list.
- Feel free to sign up now for second sessions that begin later in the semester, or give it further thought. A reminder email will be sent out prior to second session start dates if there are spaces available. Additional enrichment programs may be added for the Session II.