

**TVS Lower School Extracurricular Programs Winter & Spring 2020**

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**Unless otherwise noted with the program,** [**register online here**](https://docs.google.com/forms/d/e/1FAIpQLSdfELTyPzhWsNzxBee9iL_XZ0QPVaUWBt89Ee7nCl1R807n3Q/viewform)**.**

**Extracurricular Programs Weekly-at-a-Glance**

Programs marked with \* will run during Session I only (between January – early March).

Programs marked with \*\* will run during Session II only (between mid-March – early May).

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| **GRADE** | **MONDAYS** | **TUESDAYS** | **WEDNESDAYS** | **THURSDAYS** | **FRIDAYS** |
| **PreK** | Messy Mondays\*\* (PK only)  Lil’ Dragons: Tae Kwon Do | Yoga | Young Artists (PK only) | Bricks4Kidz (PK only) | Soccer Shots (PK only) |
| **Kindergarten** | Lil’ Dragons: Tae Kwon Do | Yoga  CrossFit (3:45 pm) | Young Artists (3:45 pm)  Bricks4Kidz  Golf Squad\*\* | Chess  Yoga (3:45 pm) | Ballet/Jazz  Soccer Shots |
| **First** | Hip Hop  Lil’ Dragons: Tae Kwon Do | CrossFit  Kindness Crew\*  Spanish\*\* | Young Artists  Bricks4Kidz  Little Medical School\*  Little Veterinarian School\*\*  Golf Squad\*\* | Chess  Chinese  Yoga | Soccer Shots  Ballet/Jazz |
| **Second** | Drumming\*\*  Hip Hop  Jazz/Hip Hop  Soccer: Skills & Drills  Lil’ Dragons: Tae Kwon Do | CrossFit  Kindness Crew\*  Spanish\*\* | Ballet/Lyrical  Bricks4Kidz  Little Medical School\*  Little Veterinarian School\*\*  Golf Squad\*\* | Chess  Chinese  Yoga | Soccer Shots  Ballet/Jazz |
| **Third** | Drumming\*\*  Hip Hop  Jazz/Hip Hop  Soccer: Skills & Drills | CrossFit  Trojan Tunes  Kindness Crew\*\* | Ballet/Lyrical  Bricks4Kidz  Little Medical School\*  Little Veterinarian School\*\*  Story Stage  Golf Squad\*\* | Chess  Chinese  Yoga  Ukulele\*\* |  |
| **Fourth** | Drumming\*\*  Hip Hop  Jazz/Hip Hop  Soccer: Skills & Drills | CrossFit  Trojan Tunes  Kindness Crew\*\* | Ballet/Lyrical  Bricks4Kidz  Gracefully Strong  Story Stage  Golf Squad\*\* | Chess  Chinese  Yoga  Ukulele\*\* |  |

**Bricks 4 Kidz Lisa Holman, instructor, and Tony and Ginger Justice, B4K sponsors**

**(**[bricks4kidz.com/texas-mansfield-arlington/](https://www.bricks4kidz.com/texas-mansfield-arlington/))

*After-School Classes for LEGO Enthusiasts! Students complete a new building challenge each week and have the opportunity to enjoy creative LEGO® exploration time after the lesson. We offer different learning units each session. No repeats! Families will receive 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.) Minimum 9 students per session required.*

**Grade PreK – Thursdays, 2:45-3:30**

Session II: March 19 to April 23, $95 – “Famous Places”

**Grade K – Wednesdays, 2:45-3:30**

Session II: March 18 to April 29, $110 – “Forces of Nature”

**Grades 1-4 – Wednesdays, 3:45-4:45**

Session II: March 18 to April 29, $110 – “World of Science”

**Chess Stephen Raveneau, instructor**

*Learn and practice the rules of chess through games and group instruction. All levels are welcome. Coach Raveneau comes to TVS with 15 years of experience teaching chess at several DFW schools and teaching private students. He started playing at age four and loves to share his knowledge with a new generation of chess players. As an instructor Coach “Rav” values spreading the joy of playing the game more than overstressing competitive aspects of the game. Maximum 10 students for Kindergarten.*

**Grade K – Thursdays, 2:45-3:30**

~~Session II: March 19 to April 23, $95~~ **FULL**

**Grade 1-4 – Thursdays, 3:45-4:30**

Session II: March 19 to April 23, $95

**Chinese Rose Zhang, instructor**

*Discover Chinese culture and traditions through games, cooking, calligraphy, and crafts. Maximum 12 students per session.*

**Grades 1-4 – Thursdays, 3:45-4:30**

Session II: March 19 to April 23, no fee

**CrossFit Panther City Dabney Porter, instructor (crossfitpanthercity.com)**

*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! Minimum 6 students per session required.*

**Grade K-4 – Tuesdays, 3:45-4:30**

Session II: March 17 to April 21, $95

**Golf Squad Ben Layman, PGA instructor, and Golf Squad, sponsor**

*Golf Squad at Trinity Valley School is for both new and continuing students. It provides weekly opportunities for your child to learn social skills required to enjoy golf, the clubs, and golf course (i.e. vocabulary, etiquette, rules, history, etc.) all under the instruction of a PGA Professional. Golf is a very challenging and fun sport that can lead to college scholarships. Even if your child already plays, it is great to enjoy weekly, convenient lessons from the pro. We look forward to building the foundation to enjoy golf for a lifetime together! This program runs outdoors, appropriate cold-weather dress is important. All equipment is provided.* ​***15 spaces available for each session!***

**Grades K**​ ​**– Wednesdays (TVS campus), 2:45-3:45**

Session II: March 18 to May 6, $219

**Grades 1-6**​ ​**– Wednesdays (TVS campus), 4:00-5:00**

~~Session II: March 18 to May 6, $228~~ **FULL**

**Register online at** ​**https://golfsquad.com/school/trinity-valley-school/**

**Gracefully Strong Heather Stark, instructor (gracefullystrong.com)**

Gracefully Strong *is a self-esteem program created to help develop a positive sense of self in girls age 10-14.  Hands-on activities and discussions will help to break down self-esteem to its simplest forms, and girls will create tools to help them navigate challenging times and situations during this key developmental stage.  With the ultimate goal of developing a positive sense of self that can be carried forward for a lifetime,*Gracefully Strong*helps girls discover inner-strength and self-worth, while also learning how to nurture healthy choices.  While the program offers two 7-week sessions, the full 14-week series is recommended for all participants.  Note: Session II registration requires the completion of Session I. Only 20 spaces available for 4th grade girls!*

**Grade 4 – Wednesdays, 3:30-4:30**

Session II: March 25 to May 6, $115 **(Session I is pre-requisite for Session II)**

**Kindness Crew Nicole Tomme, instructor**

*WANTED: guys and gals with warm hearts and thoughtful minds! Sharing a passion for shining the light on others, the Kindness Crew will unite to inspire and carry out acts of friendship, generosity, and respect. Let’s be leaders by showing our fellow Trojans just how much they mean to us. Kindness matters!*

**Grades 3-4 – Tuesdays, 3:45-4:30**

Session II only: March 24 to April 28, $65 (includes $5 materials fee)

**Let the Drumming Begin Pauline Medlin, instructor**

*Experience the rhythms of the world in this weekly program. Students will practice using drums and xylophones in the music room. The musical fun will also include learning about drums and music from countries around the world. Maximum 15 students.*

**Grades 2-4 – Mondays, 3:45-4:30**

Session II only: March 16 to May 4, $70

**Little Med/Vet School Instructor TBD and Nanu Mireku, sponsor (littlemedicalschool.com/dallasfortworth)**

***NEW CONTENT!*** *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. Minimum 6 students required and maximum 12 students.*

**Grades 1-3 – Wednesdays, 3:45-4:45**

Session II: Little Veterinarian School: **Kitty Care**, March 18 to April 22, $195

**Little Vet School Registration:**

<https://campscui.active.com/orgs/LittleMedicalSchoolDallasFortWorth?season=2747306&session=45130314>

**Messy Mondays Anne Terry, instructor**

*Little Hands + Big Messes = Best Outdoor Fun Ever! Young sensory scientists will explore messy materials using their senses, bodies, and brains. Each session will begin with a shared reading from the book* I Love Mud and Mud Loves Me. *This literature connection will inspire messy, purpose-filled experiences, which will culminate with mud play during the final group meeting. Don’t worry parents—Mrs. Terry will return students to you clean each week! Messy Monday notes sent home will highlight play and include additional activity suggestions. Maximum 8 students.*

**Grade PreK – Mondays, 2:45-3:30**

Session II only: March 16 to May 4 (no class 4/13), $90 (includes $5 materials fee)

**Spanish Alejandra Markel, instructor**

*Spanish Club is a time and place which allows students to learn more about the Hispanic and Latin American*

*Culture in a casual, fun manner through interactive games, food, crafts, songs, and dances like merengue, vallenato, marinera, tango, cumbia, and flamenco! Every class we will enjoy an activity, food item, and dance!*

*All classes are taught in Spanish. Minimum of 6 students and maximum of 22 students.*

**Grades 1-2 – Tuesdays, 3:45-4:30**

Session II only: March 17 to April 21, $65 (includes $5 materials fee)

**Soccer Shots** **Chad Wubbena and Vince Longoria, instructors (wtarrantcounty.soccershots.com)**

*Be challenged through fun games and teamwork in this soccer program, which focuses on fitness, skills, and sportsmanship. Note: this program runs for the full semester.*

**Grade Pre-K – Fridays, 3:00-3:45**

January 17 to May 1 (No classes 3/13 and 4/10), $280

**Grade K – Fridays, 3:00-3:45**

January 17 to May 1 (No classes 3/13 and 4/10), $280

**Grades 2-4 Skills & Drills – Mondays, 3:45-4:45**

January 27 to May 4 (No classes 2/17, 2/24, 3/9, and 4/13), $220

**Register at** [**wtarrantcounty.soccershots.com**](http://wtarrantcounty.soccershots.com)**. $15 registration fee (one-time only)**

**Beginner Ukulele Larissa Sosa, instructor**

*Join Mrs. Sosa for a weekly jam session with friends.  Students will learn how to play the ukulele beginning with basic chords and then moving on to strumming patterns along with learning about instrument maintenance/care and ukulele history and culture. This class is designed for beginners, students who have not previously taken ukulele class with Mrs. Sosa. Participants may choose to purchase a ukulele through the program, or they may bring their own uke.  Please note that all ukuleles must be standard tuning-GCEA.*

**Grades 3-5– Thursdays, 3:45-4:30**

Session II only: April 2 to May 7, $110

**(fee includes ukulele and tuner, fee reduced to $60 if student already owns uke)**

**Yoga Kate Garrett (PreK-K) and Tonya Cammack (K-4), instructors**

*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. Maximum 10 students per for the Tuesday PreK-K group.*

**Grade PreK-K – Tuesdays, 2:45-3:30**

~~Session II: March 17 to April 21, $130~~ **FULL**

**Grade K-4 – Thursdays, 3:45-4:30**

Session II: March 19 to April 30, $150

**Young Artists with** [**Erika Duque**](http://www.oilandcotton.com/erika-duque)**, instructor, and Oil & Cotton Creative Exchange, sponsor (oilandcotton.com)**

**Oil & Cotton** *Each week young artists will broaden their visual vocabularies, discovering new art mediums–draw, paint, sculpt, print, and collage. Artists will use their hands to understand the art elements: line, shape, color, texture and value, while looking at and trying out the processes of various 20th century artists. Agnes Martin, Richard Tuttle, Jean-Michel Basquiat, and Margaret Kilgallen will be the focus for Session I; and then Mark Rothko, Helen Frankenthaler, and Roy Lichtenstein will complete Session II. This small class environment fosters creative expression, motor skill development, classroom etiquette, and art tool safety. Take home practices provide information for parents, who are encouraged to continue and reinforce the learning with art-making at home, using art terms to get specific about their creative works, and by visiting local museums together as a family. Maximum 8 students for PreK and 10 students for K-1.*

**Grades PreK – Wednesdays, 2:45-3:30**

~~Session II: March 18 to April 29, $175 (includes $10 materials fee)~~ **FULL**

**Grades K-1 – Wednesdays, 3:45-4:30**

Session II: March 18 to April 29, $175 (includes $10 materials fee)

**REGISTRATION TIPS AND INFORMATION:**

* **Registration for Little Med/Vet School, TVS Dance, Golf Squad, and Soccer Shots is available through each program’s website. Families pay Little Medical School, Golf Squad, and Soccer Shots directly.**
* **Registration for ALL OTHER PROGRAMS will occur** [**online via TVS**](https://docs.google.com/forms/d/e/1FAIpQLSdfELTyPzhWsNzxBee9iL_XZ0QPVaUWBt89Ee7nCl1R807n3Q/closedform)**. Payment is not collected at the time of registration. Fees for these programs will be charged to your TVS student account and you will see those fees in monthly billing statements that correspond with the program schedule. For example, fees for programs starting in January will appear in your February billing statement.**
* **Several programs will have limited enrollment. When enrollment fills, your child’s name will automatically go onto a waiting list.**