



## ARMSTRONG PTA AFTER SCHOOL PROGRAM

### WINTER 2012 Session

The Armstrong PTA is pleased to offer the Winter Session of the After School Program. Attached you will find details about the wide variety of classes offered, taught by respected local companies. With 22 classes to choose from, we hope you will take this opportunity to introduce your child to a new academic area, a new sport, a new language and/or a new artistic experience. Registration closes on January 25th and classes begin the week of Feb 6th.

Please look carefully at the dates for each individual class and any dates that the class may not be meeting. Classes are six weeks long. Scholarships are available, but are limited to one class per child. Please contact the Armstrong office for more information.

To enroll in a class, please fill out the enrollment forms at the end of this package, with class(es) circled, and return it to the Armstrong office no later than **Wednesday, January 25, 2012**. Separate checks for each child and each class made payable to **Armstrong PTA** must be included. If the payment is not made by separate checks, all paperwork will be returned and must be re-submitted within the registration period. **Classes will be filled on a first come, first serve basis**, so please send your registration form in as soon as possible. If the class you are signing up for is full, we will contact you by email and try to place your child in an open class.

You will be notified of your child's class placement via Tuesday Folder on February 1, 2012.

The PTA, parents, students, and the after school instructors share responsibility for establishing a fun, safe, learning environment. **Please remind your child that the FCPS rules of conduct and statement of shared expectations extend to after school activities.** In addition, your child will be removed from the program if he/she fails to demonstrate behavior that is conducive to learning. In the event of expulsion of the student, no refund will be given.

All children must be picked up after class dismissal in the school lobby. To ensure your child's safety, please be prompt in picking up your child. The first 10-minute tardiness is a warning. After the second 10-minute tardiness, you will be asked to remove your child from the class without a refund.

We hope that your child's experience will be both enriching and fun! If you have any questions, please contact Kagan Light at [kolight1@comcast.net](mailto:kolight1@comcast.net) or 703-709-8693.

This information is also available on the Armstrong PTA website at [www.armstrongpta.com](http://www.armstrongpta.com).

## Class Descriptions

### MONDAY

#### **Hip Hop Dance** (Grades: K – 3)

**Fee: \$100**

Hip Hop is a high-energy dance form that is performed to music such as Justin Bieber, Selena Gomez, Lady Gaga, Beyonce, Usher, Miley Cyrus, Michael Jackson, Gwen Stefani, Black Eyed Peas, The Jonas Brothers, Britney Spears, John Mayer and more. This dance form develops the student's personal style and creativity in addition to promoting rhythm and coordination. Age appropriate music and movement is used in this class. Parents are invited to join us on the last day of class for a Parent's Day Performance. This is your only invitation; parents please mark your calendars! Instructor: Tommie Shaw.

Day: Mondays                      Time: 1:00-2:00  
Dates: Feb 6 – March 19        No Class: Feb 20

#### **Funtastic Fit** (Grades: K – 4)

**Fee: \$60**

We have a warehouse full of FUN equipment, games and prizes that we bring to your school. Every week the children get to participate in 5 to 7 new Super Charged activities! Nonstop fun filled activities include: Giant Parachute, Huge Balloon Ball, Power Pull, Wacky Relay Races, Peacock Feathers, Hoops, Obstacle Courses, Fox Tails, and Rocket Socks. Prizes, Music and More! Instructor: Funtastic Fitness.

Day: Mondays                      Time: 1:00-2:00  
Dates: Feb 6 – March 19        No Class: Feb 20

#### **Karate** (Grades: K – 5)

**Fee: \$65**

Kaizen Karate offers ongoing classes at Armstrong ES! This karate program teaches students proper form, style, technique, and discipline. Classes inspire higher levels of respect, motivation, and self-confidence within students. All classes are tailored to student's individual needs and help them grow to their fullest potential possible. Karate classes not only focus on instruction, but also learning valuable lessons related to self-control, and continual improvement. Instructor: Kaizen Karate.

Day: Mondays                      Time: 1:00-2:00  
Dates: Feb 6 – March 19        No Class: Feb 20

#### **NEW! Guitar Club for Beginners** (Grades: 2 – 5)

**Fee: \$80**

Learn to play the guitar. This beginner guitar class is designed to teach students how to play the guitar in a fun and interactive way. Students will learn to identify and play the notes on the instrument as well as important music theory. Students will be taught how to build and play chords, play melodies and read standard musical notation. *NOTE: Students must bring their own guitar to class. Echo School of Music (703-314-4707) can assist parents who need to buy an instrument for the class.* Instructor: Echo School of Music.

Day: Mondays                      Time: 1:00-2:00  
Dates: Feb 6 – March 19        No Class: Feb 20

## **TUESDAY**

### **Builders** (Grades K – 2)

**Fee: \$70**

Come build some awesome creations! We will create our own designs, follow plans for building structures and create using items such as Legos, recyclable materials and many other interesting items. Skills necessary: none! Skills gained: computation, problem solving, reasoning, developing strategic plans, and teamwork.

Instructor: Little Scholars.

Day: Tuesdays

Time: 3:30-4:30

Dates: Feb 7 – March 13

### **Cheerleading** (Grades: K – 6)

**Fee: \$65**

Take your spirit to a higher level! Learn routines, cheers, motions and jumps that promote teamwork, fitness and FUN. We will work on basic gymnastics and dance movements (under supervision of instructors). Cheers include: Who Rocks the House, G-O Yell GO, Dynamite, and many more. You will even get to make up your own cheer! Instructor: Overtime Athletics.

Day: Tuesdays

Time: 3:30-4:30

Dates: Feb 7 – March 13

### **Spanish** (Grades: 2 – 4)

**Fee: \$95**

Language Planet offers a full immersion program delivered at your school. This is an activities-based program: role-play, games, art and music. We have excellent instructors who are native-speakers and experienced in foreign language education. Instructor: Language Planet DC.

Day: Tuesdays

Time: 3:30-4:30

Dates: Feb 7 – March 13

### **NEW! Puzzle Piazza** (Grades: 2 – 6)

**Fee: \$85**

Kids solve puzzles with the goal of developing a set of problem-solving strategies applicable to puzzles, math, school, and life. We can accommodate youngsters at various grade levels in this program because we have puzzles in a wide range of difficulty. Instructor: Math Tree.

Day: Tuesdays

Time: 3:30-4:30

Dates: Feb 7 – March 13

## **WEDNESDAY**

### **NEW! Junior Video Game Design** (Grades: 1 – 3)

**Fee: \$135**

This special class is specifically design for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting-edge computer skills through the fun art of 3D Game Design using award winning Platinum Arts Sandbox. In this exciting class, children will use basic 3D modeling skills to create their very own video game. They will learn to customize game attributes and build their own virtual world from scratch. Students will acquire computer skills, mathematics, creativity and basic problem solving skills. Instructor: C3 Cyberclub.

Day: Wednesdays

Time: 3:30-4:30

Dates: Feb 8 – Mar 14

### **KidArt** (Grades: 1 – 6)

**Fee: \$90**

Designed for elementary school age children, this process-oriented, fine art multi-media program is intended to enhance a child's enjoyment of art and creative expression while building confidence and skill levels. The joy of individual expression is nurtured and celebrated with each young artist. Children are encouraged to develop their creativity and self-esteem using student-grade and professional-grade materials such as pen & ink, pastels, paints, and plaster. Instructor: KidArt.

Day: Wednesdays

Time: 3:30-4:45

Dates: Feb 8 – Mar 14

### **IMPROVED! Mystery Madness** (Grades: 3 – 5)

**Fee: \$80**

Calling all 3rd through 5th grade super sleuths! Put on your detective cap and become expert investigators as we solve mysteries. You will use critical reasoning and analytical thinking as you solve a celebrity who-done-it, make tube messages, anagrams, produce a criminal sketch, capture fingerprints and shoeprints, and learn vocabulary words detectives use! Instructor: Little Scholars.

Day: Wednesdays

Time: 3:30-4:30

Dates: Feb 8 – Mar 14

### **Video Game Design** (Grades: 3 – 6)

**Fee: \$135**

This special class is specifically design for young children to cultivate their interest to become game designers, multimedia artist, engineers, programmers and more! Give your child the opportunity to see how professional games are made. Learn cutting-edge computer skills through the fun art of 3D Game Design. In this exciting class, children will use basic 3D modeling skills to create their very own video game. They will learn to create characters, customize game attributes and build their own virtual world from scratch. Students will acquire new computer programming skills, technology knowledge using mathematics, creativity and basic problem solving skills. Instructor: C3 Cyberclub.

Day: Wednesdays

Time: 3:30-4:30

Dates: Feb 8 – Mar 14

### **NEW! Floor Hockey** (Grades: 4 – 6)

**Fee: \$65**

You shoot, you SCORE! Come play the fast-paced game of floor hockey. Coaches will teach you stick handling, dodging, and ball control as well as shooting and defensive skills. Games like Run and Rip, World Cup, and Ground Ballhogger will test your skills and keep the class energized! Instructor: Overtime Athletics.

Day: Wednesdays

Time: 3:30-4:30

Dates: Feb 8 – Mar 14

## **THURSDAY**

### **Basketball** (Grades: K – 2)

**Fee: \$65**

Swish! Join us for Fast Break Basketball where you'll learn FUNdamental basketball skills like dribbling, passing, shooting and defense. Test your skills while we play Dribble Scribble, King of the Court, Hot Shot Shooting, and MORE! Instructor: Overtime Athletics.

Day: Thursdays                      Time: 3:30-4:30

Dates: Feb 9 – Mar 15

### **Arts and Crafts** (Grades: K – 4)

**Fee: \$80**

We LOVE Art!! Art a la Cart is back with a creative class that will include drawing, painting, collage, model magic, crafts from recycled items and much, much more. Explore art at your own pace in a fun and relaxed environment. Instructor: Julie Brunson.

Day: Thursdays                      Time: 3:30-4:30

Dates: Feb 9 – Mar 15

### **NEW! Comic Creations** (Grades 3 – 5)

**Fee: \$80**

Do you have a knack for drawing? Do you like to write? We have the class for you! Come join us as we explore the world of comic strips. We will learn about the different styles of cartooning, create new characters, and build a portfolio of your work. We will also do fun activities such as comic round robin, making "how-to" comics, clip-art comics and a comic slam (similar to a poetry slam). Instructor: Little Scholars.

Day: Thursdays                      Time: 3:30-4:30

Dates: Feb 9 – Mar 15

### **NEW! Filmmaking** (Grades: 4 – 6)

**Fee: \$135**

Learn how to film a commercial the way the pros do it! Students learn to write, shoot, edit, and complete post-production on digital video commercials. Students shoot the commercials using a tripod, a Panasonic DVX-100B video camera, a boom microphone, and a lighting kit. Students edit their commercials using iMovie or Final Cut Express. Students take home their commercials on a DVD at the completion of the class. Instructor: Fairfax Collegiate.

Day: Thursdays                      Time: 3:30-4:45

Dates: Feb 9 – Mar 15

## **FRIDAY**

### **Acting I** (Grades: K – 3)

**Fee: \$65**

Young actors will explore the basics of acting using theater games and group activities designed to develop the actors' "tools" which include voice, movement, and imagination. Through improvisation, story building and text, each actor will contribute their own unique abilities as they develop characters for a performance piece that will be shared on the last day of class. Instructor: Acting for Young People.

Day: Fridays

Time: 3:30-4:30

Dates: Feb 10 – Mar 16

### **Beading** (Grades: K - 6)

**Fee: \$95**

Students can practice and advance their motor skill, color recognition, get hands on experience using big and small beads, glasses and stones. The class also involves using patterns to reinforce math concepts and letters to spell out cute decorated words. Through these carefully designed classes, students will also practice their shoe laces tying skill by learning the reef knot for bracelets. This is a fun class for both boys and girls.

Instructor: Green Tea Ideas.

Day: Fridays

Time: 3:30-4:30

Dates: Feb 10 – Mar 16

### **Tennis** (Grades: 2 – 4)

**Fee: \$60**

Enrich your life through tennis. Tennis is the ideal sport to help achieve the health and wellness goals of schools. Reston Association offers an introduction not just to tennis but a healthy lifestyle. Our instructors will introduce students to the basic ground strokes, how to keep score and rally with their fellow students. We use the games approach and Quickstart method to teaching tennis that utilizes appropriate sized equipment, court layout and emphasizes fun! (Tennis rackets are provided if the student does not have one.) Instructor: Reston Association.

Day: Fridays

Time: 3:30-4:30

Dates: Feb 10 – Mar 16

### **Chess** (Grades: 2 - 6)

**Fee: \$50**

This class offers a fun environment to play the game of chess and improve strategic thinking skills. The class will cover Chess Game Rules, Tournament Rules, Fundamentals covering Opening, Middlegame and Endgame, Best Board Behavior, Chess Notation, Basic Mates, and core Principles. Class time will include weekly fun competition, following the U.S. Chess Federation conditions and rules, which involve a "chess club ladder" system of competition. We will also consider trying to arrange competition with other schools in the Reston area if possible near the end of the school year. Instructor: Snow's Chess Academy.

Day: Fridays

Time: 3:30-4:30

Dates: Feb 10 – Mar 16

### **Acting II** (Grades: 4 – 6)

**Fee: \$65**

Young actors will explore the basics of acting using theater games and group activities designed to develop the actors' "tools" which include voice, movement, and imagination. Through improvisation, story building and text, each actor will contribute their own unique abilities as they develop characters for a performance piece that will be shared on the last day of class. Instructor: Acting for Young People.

Day: Fridays

Time: 3:30-4:30

Dates: Feb 10 – Mar 16

## Winter 2012 After School Program Registration

*\* Please return this form to the Armstrong office by January 25, 2012 \**

Child's Name \_\_\_\_\_ Teacher \_\_\_\_\_ Grade \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Emergency Phone : \_\_\_\_\_ Home Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

E-mail (repeated for confirmation) \_\_\_\_\_

Does your child have any health problems, special needs or other conditions we should know about? : \_\_\_\_\_

All of the following arrangements must be made by the students' parent/guardian:

\_\_\_\_\_ My child will be picked up by: \_\_\_\_\_ Telephone: \_\_\_\_\_

\_\_\_\_\_ Telephone: \_\_\_\_\_

\_\_\_\_\_ My child will be picked up by daycare: \_\_\_\_\_ (name/# of daycare)

\_\_\_\_\_ My child will be picked up by the SACC staff.

I understand that my child must adhere to the FCPS rules of conduct and will be removed from the program if he/she fails to demonstrate behavior that is conducive to learning.

I also understand that my child must be picked up in the School Lobby on time and will be removed from class after two late pickups.

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Parent signature

Date

**Scholarships are available. Contact the Armstrong office for more information.**

**\*\* Please continue to the other side \*\***

PLEASE WRITE SEPARATE CHECKS FOR EACH CHILD *and* EACH CLASS  
**MAKE ALL CHECKS PAYABLE TO ARMSTRONG PTA**  
 Circle both the class(es) desired and the respective tuition(s).

**WINTER 2012 SESSION**

<b>DAY</b>	<b>GRADES</b>	<b>CLASS</b>	<b>FEE</b>	<b>TIME</b>	<b>DATES</b>
Mon	K - 3	Hip Hop Dance	\$100	1:00-2:00	Feb 6 – Mar 19
Mon	K - 4	Funtastic Fit	\$60	1:00-2:00	Feb 6 – Mar 19
Mon	K - 5	Karate	\$65	1:00-2:00	Feb 6 – Mar 19
Mon	2 - 5	Guitar Club	\$80	1:00-2:00	Feb 6 – Mar 19
Tues	K – 2	Builders	\$70	3:30-4:30	Feb 7 – Mar 13
Tues	K – 6	Cheerleading	\$65	3:30-4:30	Feb 7 – Mar 13
Tues	2 – 4	Spanish	\$95	3:30-4:30	Feb 7 – Mar 13
Tues	2 - 6	Puzzle Piazza	\$85	3:30-4:30	Feb 7 – Mar 13
Wed	1 - 3	Jr. Video Game Design	\$135	3:30-4:30	Feb 8 – Mar 14
Wed	1 - 6	KidArt	\$90	3:30- <b>4:45</b>	Feb 8 – Mar 14
Wed	3 - 5	Mystery Madness	\$80	3:30-4:30	Feb 8 – Mar 14
Wed	3 - 6	Video Game Design	\$135	3:30-4:30	Feb 8 – Mar 14
Wed	3 - 6	Floor Hockey	\$65	3:30-4:30	Feb 8 – Mar 14
Thurs	K - 2	Basketball	\$65	3:30-4:30	Feb 9 – Mar 15
Thurs	K – 4	Arts and Crafts	\$80	3:30-4:30	Feb 9 – Mar 15
Thurs	3 - 5	Comic Creations	\$80	3:30-4:30	Feb 9 – Mar 15
Thurs	4 - 6	Filmmaking	\$135	3:30-4:45	Feb 9 – Mar 15
Fri	K - 3	Acting I	\$65	3:30-4:30	Feb 10 – Mar 16
Fri	K - 6	Beading	\$95	3:30-4:30	Feb 10 – Mar 16
Fri	2 - 4	Tennis	\$60	3:30-4:30	Feb 10 – Mar 16
Fri	2 - 6	Chess	\$50	3:30-4:30	Feb 10 – Mar 16
Fri	4 - 6	Acting II	\$65	3:30-4:30	Feb 10 – Mar 16

**\* Please return this form to the Armstrong office by January 25, 2012 \***