

# THE AFTERSCHOOL CORNUCOPIA

Winter Term - Jan. 4<sup>th</sup> – Mar. 24<sup>th</sup> 2016

Classes at Linwood Howe

Unless otherwise noted in the individual class descriptions, the Winter term classes will begin the week of Monday, Jan. 4 and end on Thursday, Mar. 24, 2016. Classes are held once weekly and this session will be 12 weeks long. Fees and number of classes have been adjusted for the following school holidays: Monday: Jan. 18, Feb. 8 & Feb. 15, Tuesday: Jan. 19.

## Schedule of Classes

### Introduction To Acting

1. (Grades 3–5) Mondays 3:20–4:20

Class meets 9 times ..... \$153

Taught by Mark Hawkins, acting teacher and CCUSD substitute teacher. The class will provide an introduction to acting for the beginner. Voice, movement, and improvisation will also be touched on. Using monologues and light scene work, the course will offer an enjoyable and stress free environment for those just starting out.

### Cartooning

2. (Ages 7–11) Mondays 3:20–4:20

Class meets 9 times ..... \$144

Taught by Brian Clarkson, art teacher, storyteller, street artist and character designer. In this stylistic class, children will learn all about making their imagination appear on paper. The class will include learning basic shapes, stylizing form, drawing Disney and toony characters, designing crazy lettering (fonts) and learning complimentary colors. Students will see books of various artists to grasp an idea of the artist processing and learning the building blocks to producing colorful characters. They will create their own superheroes and monsters and even their own imaginary pets which are unique to every individual. In this class of color and fun, let's get creative!

### Parkour

3. (Ages 6–11) Mondays 3:20–4:20

Class meets 9 times..... \$ 135

Taught by Lorenzo Wright, professional traceur (practitioner of Parkour) and Capoeira teacher. This program will teach children the fundamentals of climbing, crawling, jumping, rolling and vaulting over obstacles like Spider-Man onto foam blocks and cushioned mats. Parkour is about overcoming obstacles mentally and physically in our lives. Students will learn some team building exercises, gain confidence and get an amazing workout. Students should bring bottled water to stay hydrated and be ready to jump around!

### Beginning & Continuing Piano/Keyboard

4. (Ages 5–10) Mondays 3:20–4:20

Class meets 9 times ..... \$ 171

Taught by Musical Minds staff. For students who love music and dream of being in a band, this comprehensive program lets participants learn to play their favorite radio hits from artists such as Taylor Swift and Black-Eyed Peas, as well as movie and television themes like Star Wars, Indiana Jones and Hanna Montana. They can even learn the music of Beethoven and Bach. They'll learn music reading and writing skills with our specially created visual learning tools. Students are introduced to all these musical concepts with fun games and musical learning tools. It's a great way to get students excited about learning music! Keyboards and headphones are provided for all participants, and books and materials are included. Class sizes are no more than 8 students per teacher.

### Woodworking

5. (Ages 5–11) Mondays 3:20–4:20

Class meets 9 times ..... \$ 189

Taught by Sylvia Schorn, woodworking instructor. The combination of woodworking and art encourages concentration, problem-solving skills, fine motor coordination and stimulates creativity. We start with the essentials and learn how to sand, use hammers and nails, screwdrivers and hand drills. After finishing our wood project, we will use our creativity

and embellish our pieces with materials like foam, stickers, pompoms, paper, etc. Kids experience the joy of creative expression, become creative thinkers and develop confidence. Every week we will work on a new project. We will have fun creating a garden ornament, a wild flower, an airplane, a bird, a helicopter, a dog, a bunny, a treasure box and more.

## Young Ninjas

6. (Grades K-3) Mondays 3:20-4:20

Class meets 9 times ..... \$171

Taught by ACE Enrichment staff. Join Young Ninjas USA for the Spider session. By nature, the spider is patient. Young Ninjas will study characteristics of the spider and incorporate this into our session's curriculum. Young Ninjas USA is a non-contact martial arts program, designed to teach kids basic martial arts techniques. Styles will include Tae Kwon Do, Karate, and Kung Fu. Young Ninjas curriculum is designed to meet California State Standards for Physical Education by helping children develop balance, coordination, and refine motor skills through physical challenges and games such as Ninja Dodgeball, Sensei Says and Ninja Obstacle Courses. Young Ninjas are also asked to follow the "Promise of the Ninja" which helps promote teamwork and leadership skills. All new and returning Young Ninjas receive an official YNUSA Headband to wear during class, which recognizes their own level of personal achievement. A personalized certificate of Achievement will be handed out at the end of each completed session. Kiyah!

## Cooking: Passport to the Kitchen

7. (Ages 5-11) Tuesdays 3:20-4:20

Class meets 11 times ..... \$220

Taught by Sylvia Baar-Limon, teacher and chef. Our culinary expedition around the world gets ready for another tour! Welcome new and continuing students. Students will participate in preparing recipes from different countries. We will visit a new country each week and learn how to prepare a delicious dish from foreign lands and then, best of all, taste it! Each student will collect the recipes along the journey as well as design each country's flag for their "Passport to the Kitchen". Students will also learn about geography by locating countries on the world map and other interesting facts like language, art, history & customs, puzzles and games and we will compile a

folder to take home. Materials fee is included in the class price.

## Flag-Football

8. (Grades K-5) ) Tuesdays 3:20-4:20

Class meets 11 times ..... \$198

Taught by ACE Enrichment staff. Ready! Set! Hike! Students will learn flag football fundamentals, develop strategy, and have fun with their friends. Build endurance, develop coordination, and learn how to play as a team! Games will be played each week so that students can apply what they've learned in a fun and safe environment. This is a NON-CONTACT sports class for boys and girls. Proper warm up, sports games, skills, drills, and flag-football fundamentals will be taught. All equipment and materials provided.

## Flatfooting Rhythm & Rhyme

9. (Ages 5-11) Tuesdays 3:20-4:20

Class meets 11 times ..... \$132

Taught by International Bluegrass Museum featured artist and dance instructor, Rebecca Stout. Straight from the mountains of Appalachia this beginner friendly class introduces the student to the funny stories, history, culture, styles, steps and all-out fun of Appalachian percussive step dance through "Rhythm & Rhyme", the rare Appalachian art form of singing and speaking in rhymes using flatfoot rhythms instead of instruments. A precursor to tap-dance, flatfoot dancing requires a wooden floor and hard soled shoes (no taps please). Class will be held on the stage in the cafetorium.

## Self-Discipline & Self-Defense

10. (Ages 5-11) Tuesdays 3:20-4:20

Class meets 11 times .....\$154

Ross Helford is a practitioner and instructor in Kenpo karate with nearly 15 years experience, and has taught the art to children of all ages. Continuing and new students are welcome. Although we all want to make this a safe and peaceful world for our children, reality can sometimes deliver unwelcome surprises, and as adults it is our responsibility to give our children the tools that will help keep them safe in any number of situations and to carry themselves with a confidence and awareness that will steer them away from danger. We will learn the fundamentals of defense, such as environmental awareness, blocks,

kicks, strikes, stances, foot maneuvers, and the all-important KI-YAH! In addition to providing an excellent workout and instilling children with self-confidence, studying the martial arts stresses the value of being a good citizen, being kind to your peers, respectful to your elders, mindful of nutrition and diligent in your studies. Plus it's a whole lot of fun. Students will be working towards the goal of earning a gi (uniform), then belts.

## Sew What!?

11. (Grades 1–5) Tuesdays 3:20–4:20

Class meets 11 times .....\$220

Taught by Maya Grafmuller, designer and sewing enthusiast. In this beginner's class students will learn the basics of sewing, embroidery stitching, the safe use of sewing tools as well as planning and execution. We will do small confidence building projects that take three to four weeks. We will use colorful felt fabrics, trims, embroidery threads and beads to create beautiful items. Projects to choose from include petite shoulder bags, badges, bracelets, 3D cube and stuffed creatures. All materials are included.

## Anti-Bullying Martial Arts

12. (Ages 5–11) Wednesdays 1:50–2:50

Class meets 12 times ..... \$204

Taught by Richard Alonzo, veteran martial arts instructor and member of the Southern California Bully Project. The curriculum is rooted in Tae Kwon Do, HapKiDo and Filipino Martial Arts, and is taught from a child development perspective. With an emphasis on verbal & non-verbal anti-bullying tactics, students will learn specific age-appropriate self-defense techniques, how to behave in ways that discourage teasing, understand their rights to stand up for themselves, and learn to stay calm and manage their anger through mindful meditation practices. Both the cost of the class t-shirt & belt (\$25) and the fee for end-of session testing (\$40) are payable to the instructor.

## Jedi Engineering With Legos

13. (Grades K–5) Wednesdays 1:50–3:20

Class meets 12 times ..... \$264

Taught by Play-Well Teknologies, teaching engineering to students. Create, play, and learn in this 1.5 hour class. The Force Awakens in this engineering course for young Jedi! Discover key engineering

concepts such as gear trains, worm drives, and eccentric motion. Build LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away." This is a hands-on and minds-on class suitable for LEGO™ novices to "maniacs." This class is not affiliated with the LEGO Group. For more information and project photos please visit their website at [www.play-well.org](http://www.play-well.org).

## Magic Workshop 1

14. (Grades K–5) Wednesdays 1:50–2:50

Class meets 12 times .....\$204

Taught by Mark Carapezza, magician and actor. Students will study and practice the skills needed to succeed in the Art of Magic: mental and physical dexterity, improvisation, discipline, patter, costuming, confidence, and of course, a commitment to The Magician's Oath. An original Magic Mark's Art of Harmless Misdirection Magic Kit is included in the class fee; however, students are encouraged to bring in tricks from home for tips and ideas on improvement. There is a relaxed, no-pressure student performance at the last class.

## Magic Workshop 2

19. (Grades 2–5) Wednesdays 2:50–3:50

Class meets 12 times .....\$204

Taught by Mark Carapezza, magician and actor. Continuing students from last term will study and practice the skills needed to succeed in the Art of Magic: mental and physical dexterity, improvisation, discipline, patter, costuming, confidence, and of course, a commitment to The Magician's Oath. Magic 2 will focus on card and coin manipulation. Starting with self-working tricks, the course will lead to beginning prestidigitation. Previous experience in Magic is recommended but not required. Students will receive all materials – cards, coins, sponge balls and, if they have not taken Magic 1, a cigar box for storage. There is a relaxed, no-pressure student performance at the last class.

## Mixed Media Art

15. (Grades K–5) Wednesdays 1:50–2:50

Class meets 12 times .....\$156

Taught by Sarah Thomas, art teacher. In this class students will be using a minimum of 2 media per project. They will learn how to create beautiful works

of art using collage, colored pencils, pastels, crayons and watercolor. Each week we will have guided and themed art projects where the students will use their imagination to choose what media and textures they want to mix.

## Rhythm & Drum

16. (Ages 5–9) Wednesdays 1:50–2:50

Class meets 12 times ..... \$204

Taught by Curtis Madigan, music teacher. Get ready to play drums! Play on beautiful percussion instruments like djembe, cajon, frame drums, congas, and various shakers to learn many world rhythms. Explore the sounds of funk, reggae, samba, rumba, pop and more in an interactive group setting. Our unique method makes understanding and playing grooves easy and fun. Rhythm and fundamental mathematics are unified in this class so you'll learn to groove with enhanced math!

## Singing

17. (Ages 5–11) Wednesdays 1:50–2:50

Class meets 12 times ..... \$144

Taught by International Bluegrass Museum featured vocalist and dancer, Rebecca Stout. This beginner friendly class will include lessons on proper warm-up, care of the voice, ear-training and harmony singing. Singing makes many students less shy and happier, so come join in the fun.

## Soccer

18. (Grades K–5) Wednesdays 1:50–2:50

Class meets 12 times ..... \$192

Taught by Coast 2 Coast Soccer staff, the largest after school soccer program in California. Our coaches are experienced college soccer players. Their passion for coaching will ensure your child will improve skills, build confidence and have fun! The skills and techniques of soccer are taught using our unique age-appropriate curriculum. Students will earn a Coast 2 Coast wristband and certificate.

## Acting Out Yoga

20. (Ages 5–8) Thursdays 3:20–4:20

Class meets 12 times ..... \$204

Taught by Zooga Yoga staff, yoga teachers. Our philosophy is simple... yoga should be fun! Tame your wild child with Zooga's playful approach to kids yoga that fosters confidence, creativity and fun! Yoga helps

modern kids achieve calm & balanced minds, while they build strong & flexible bodies. In this class, kids will learn fun breathing and visualization techniques while they improve focus, strength, flexibility and coordination. Kids will also learn basic acting techniques through fun, improv acting games. Our teachers take the kids on exciting adventures around the world, while "acting out" creative yoga poses and games and more! Zooga yoga is designed specifically for kids and uses age appropriate games, music, songs and animal poses to make yoga and acting fun and easy. Class is encouraged for kids in sports! We provide yoga mats.

## Superhero Training

21. (Grades K–5) Thursdays 3:20–4:20

Class meets 12 times .....\$180

Taught by by Anas Sahibi, coach and comic book expert. Superhero Training uses a game-based approach to fitness: developing coordination, strength, endurance, and flexibility while building confidence and sportsmanship. Athletics are themed to build the skills of students' favorite heroes. As students progress through Superhero Training, they will learn how to apply the skills they've learned and be "everyday heroes" in class and at home.

## Tennis

22. (Ages 5–11) Thursdays 3:20–4:20

Class meets 12 times ..... \$ 192

Taught by Georgie Dinham, tennis pro. This class brings fun, fitness, fundamentals and friends all together on the tennis court. Tennis develops and improves children's general physical fitness skills (gross motor skills, hand eye coordination, strength and endurance) and also builds sportsmanship, self esteem and personal character. We provide the simulated nets, racquets and balls making it easy and convenient to accommodate the needs of schools, and ensure the safety of the children and the facility. Note: classes will be cancelled on rainy days.

## Dino-Robotics

23. (Grades K–3) Fridays 3:20–4:20

Class meets 11 times .....\$220

Taught by H.M. Logi staff, robotics teachers. In this unique course, developed by H.M.Logi's team of experts, kids will enter the fascinating Jurassic world while building challenging robot models of

dinosaurs. Building these one of a kind dino-robots will introduce students to the fundamentals of robotics. As kids use infra-red remote controls, transmission gears and other electronic tools, they will develop thinking strategies, motor skills and dedication. Students will also have the chance to experiment in archeological digs, in which they will study fossils of a variety of dinosaurs. Join us in an amusing and engaging journey into the past and the future! Kids will take home every model built throughout the course!

## Fantasy Drawing

24. (Grades 1-5) Fridays 3:20-4:20

Class meets 11 times ..... \$ 132

Taught by Angela Davis, art teacher and student. The class will focus on drawing scenes of nature, made up kingdoms, and distant galaxies. We will be developing the skills from basic shapes and forms of people, landscapes and buildings. Each week will be a different themed scene. Kids can let their imagination run wild in the jungle or on a boat voyage. Our materials will consist of mainly pencil, paper and markers. We will look through surreal books of fantasy and adventure. All the drawings will be put together into a portfolio.

## Fencing

25. (Ages 8-11) Fridays 3:20-4:20

Class meets 11 times ..... \$198

Taught by Avant-Garde Fencers Club staff (Daniel Costin has trained several Olympic saber champions). Students will learn the basics of the sport through games and fun activities. While learning an Olympic and NCAA sport, students will discover a strong sense of empowerment, self confidence and leadership. Students will discover a sport that is both centuries old and completely contemporary. Students will learn tactics, technique and the rules. Techniques include counter-riposte, compound attacks, feints and direct attacks. Use of full protective gear, self-discipline and a strong emphasis on safety have made fencing one of the safest sports in the world. Tuition includes all equipment rentals. Athletic attire and tennis shoes are required.

## Painting

26. (Grades 1-5) Fridays 3:20-4:20

Class meets 11 times ..... \$ 132

Taught by Jack McGuinn, art teacher and student.

Students will explore the joy of painting in various media: watercolor, acrylic and resist. We will tackle various styles of painting from realism to abstract. Paint can get messy, so leave the fancy clothes at home. We'll have a lot of fun and make some art to express our creativity.

## Vehicle Robotics

27. (Grades 4-5) Fridays 3:20-4:20

Class meets 11 times .....\$270

Taught by H.M. Logi staff, robotics teachers.

Join H.M.Logi in an adventure that will supply children with the tools necessary to understand the technology behind the buttons they push everyday. In this course, students will build functioning robot model vehicles and take their first steps into the world of technology, engineering and computer programming. They will use programming kits which work with most Bluetooth smartphones to determine each robot's movements and reactions. Students will be equipped with the tools to develop troubleshooting, strategic thinking and motor skills in a fun and fascinating way. Kids will take home every model built throughout the course! The \$50 cost of the electronic (programming) kit is included in the class fee. See the website for images: [www.hmlogi.com](http://www.hmlogi.com)

## Zoology

28. (Grade K-5) Fridays 3:20-4:20

Class meets 11 times ..... \$ 176

Taught by Reptacular Animals staff, animal handlers and instructors. We offer a one-hour, hands-on class with live, kid-friendly animals. Each week, students handle a new animal or animals, including reptiles, furry critters, farm animals and birds. In this fun and gentle learning environment, students learn about the featured animal through a variety of ways, including stories, games, or a related arts/craft project.

## How Do I Enroll?

Registration is on a first-come-first-served basis. There are 2 ways to enroll:

1. Mail in registration begins on Dec. 14th. Complete the registration form and mail to AFTERSCHOOL CORNUCOPIA, P.O. BOX 2734, CULVER CITY CA 90231-2734.

2. Drop-off registration for classes in the Cornucopia box in the school office.

Payment can be made by check, cash, money order, or PayPal. Payment Plan: if you cannot pay all the tuition at once, you can split the payment into two checks – one dated 1/4/16 and the other dated 2/1/16. Enclose both checks with your registration, otherwise a late payment fee of \$15 will be charged. If you have any questions, call **Judy Richter** at (310) **890-2103** or email [judyrichter@earthlink.net](mailto:judyrichter@earthlink.net).

All our classes meet on campus at Linwood Howe.

### **Absences**

If you cannot attend a class, you can attend another class offered on a different day as a make-up. Please contact **Judy Richter** at (310) **890-2103** or email [judyrichter@earthlink.net](mailto:judyrichter@earthlink.net) to arrange a make-up.

### **Refunds**

If you withdraw from a class within the first four weeks of the session, we will refund a prorated portion of your fee.

### **Students in Aftercare**

If your child is in aftercare at Linwood Howe, our site supervisors will bring the enrolled children from the aftercare rooms (KIK, SACC, Club 27, etc.) to our classes and we will also take them back to aftercare. Be sure to advise the aftercare staff that your child is participating in our classes by completing their waiver.

# The Afterschool Cornucopia

## Winter 2016 Registration Form

Parents' Names: \_\_\_\_\_

Email: \_\_\_\_\_

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

Work: \_\_\_\_\_

Cell: \_\_\_\_\_

Address: \_\_\_\_\_

### 1. Child's Name:

Child's School: \_\_\_\_\_

Room #: \_\_\_\_\_ Child's Grade: \_\_\_\_\_

Attends After School Care? No Yes room#\_

Does your first child have any special needs or health issues?

Enroll my first child in (underline/circle the class(es) on the table at the right or list below):  
Class # Day Class Name \$

First Child Total enclosed: \$

### 2. Child's Name:

Child's School: \_\_\_\_\_

Room #: \_\_\_\_\_ Child's Grade: \_\_\_\_\_

Attends After School Care? No Yes room#\_

Does your second child have any special needs or health issues?

Enroll my second child in (list below):

Class # Day Class Name \$

Second Child Total enclosed: \$

Who will pick up your child after our class?

What phone number should we call if you are late for pick up? \_\_\_\_\_

Please make checks payable to: **Afterschool Cornucopia**, and mail to

P.O. Box 2734, Culver City, CA 90231-2734

Or if you are running late, email registration to judyrichter@earthlink.net or call-in registration to Judy Richter at (310) 890-2103.

### Classes Listed by Days & Times

	Day	Time	Class Name	Fee
1	Mon.	3:20	Acting (gr. 3-5)	\$153
2	Mon.	3:20	Cartooning	\$144
3	Mon.	3:20	Parkour	\$135
4	Mon.	3:20	Piano	\$171
5	Mon.	3:20	Woodworking	\$189
6	Mon.	3:20	Young Ninjas	\$171
7	Tue.	3:20	Cooking	\$220
8	Tue.	3:20	Flag Football	\$198
9	Tue.	3:20	Flatfoot Dance	\$132
10	Tue.	3:20	Self Defense	\$154
11	Tue.	3:20	Sew What	\$220
12	Wed.	1:50	Anti-Bullying Martial Arts	\$204
13	Wed.	1:50	Jedi Engineering w Legos	\$264
14	Wed.	1:50	Magic Workshop 1	\$204
15	Wed.	1:50	Mixed Media	\$156
16	Wed.	1:50	Rhythm & Drum	\$204
17	Wed.	1:50	Singing	\$144
18	Wed.	1:50	Soccer	\$192
19	Wed.	2:50	Magic Workshop 2	\$204
20	Thu.	3:20	Acting Out Yoga	\$204
21	Thu.	3:20	Superhero Fitness	\$180
22	Thu.	3:20	Tennis	\$192
23	Fri.	3:20	Dino-Robotics (K-3)	\$220
24	Fri.	3:20	Fantasy Drawing	\$132
25	Fri.	3:20	Fencing	\$198
26	Fri.	3:20	Painting	\$132
27	Fri.	3:20	Vehicle Robotics (4-5)	\$270
28	Fri.	3:20	Zoology	\$176