

Middle School Enrichment Classes

Our Winter Session of enrichment classes for Middle School students offers some old favorites and some exciting new classes! In order for students to attend tutorials and sports practices, the classes begin at 4:30 and are over at 5:30.

REGISTRATION

Please indicate below which classes your student would like to take and return the form to their teacher. All classes have a student limit, so get your form in as soon as possible. The forms are due by January 11.

You will not need to send payment as you will be billed through the business office. You will be sent confirmation of your child's class/classes through e-mail or phone call. Please e-mail Carol Deaton at cdeaton@athensacademy.org with any questions or concerns.

Child's name _____

Grade/Teacher _____

Monday

LS/MS Twirling _____ \$90.00

Tuesday

Science Experiments _____ \$90.00

Wednesday

Upcycle Couture _____ \$90.00

Thursday

Yoga _____ \$90.00

M, m, m Good Cooking _____ \$90.00

Total number of classes: _____

Total Cost: _____

Parent's Signature _____

Parent's email _____

Middle School Enrichment Classes

4:30 – 5:30

Monday

LS/MS Twirling

Instructor: Julie Hayes (Former Redcoat Twirler and instructor)

Cost: \$90.00

Eight Weeks: January 23-March 26 (no class February 20)

Come with your friends to learn basic twirling skills and patterns. You will learn tosses, fidgetwirls, and a dance-twirl too! Twirling will help you develop hand-eye coordination, flexibility, and poise all while having a lot of fun. If you have done this before, come develop and add new skills!

Tuesday

Science Experiments

Instructor: Dena Mehalakes

Cost: \$90.00 **Limit:** 10 Students

Eight Weeks: January 17-March 6

Do you like experiments? Are you curious about how things work? In this class, we will try some fun experiments and look at the different variables that affect them.. We will try the Mentos/Diet Coke geyser, growing bacteria, and walking on eggshells among others! Come see what happens!

Wednesday

Upcycled Couture

Instructor: Bobbi Jo Imbrogno

Cost: \$90.00 **Limit:** 10 Students

Eight Weeks: January 18-March 7

Make your own upcycled couture! Participants in this class will learn the basics of hand stitching, as well as how to make beautiful and unique clothing and accessories from recycled cotton t-shirts. Using the "Alabama Stitch Book" by Natalie Chanin, we will make a rag boa scarf, a reverse-applique bandana, and a stenciled appliqué/reverse appliqué t-shirt. Please bring 3 men's XL t-shirts.

THURSDAY

Yoga

Instructor: Rachel Greb
(Certified Yoga Instructor)

Cost: \$90.00 **Limit:** 10 Students

Eight Weeks: January 19-March 8

Stretch your mind and body to new possibilities. Empowering students with self-confidence as well as the tools necessary to cope with stress, this yoga practice will enhance physical performance needed in all sports, dance, or martial arts. The class is lighthearted and will consist of learning yoga poses, breath work, yoga games, inversions and more. You can develop strength and flexibility, improve concentration and enhance self-control.

M, m, m Good Cooking

Instructor: Jennifer Brugh
(Cake Pop expert & Home Ec. teacher)

Cost: \$90.00 **Limit:** 10 Students

Eight Weeks: January 19-March 8

If you are tired of the same old snacks, this is the class for you! In addition to great snacks you will learn to prepare other nutritious and delicious foods.

Kitchen safety and table etiquette will also be a part of your fun afternoon with friends!