

# **2018 FALL** **AFTER SCHOOL ENRICHMENT**

## **REGISTRATION DATES:**

**Tuesday, September 4<sup>th</sup> thru Sunday, September 9<sup>th</sup>**

**NO LATE REGISTRATIONS.**

## **TO ENROLL:**

Enroll at [www.stluke.org](http://www.stluke.org) (see details below).

## **FALL SESSION DATES:**

**September 17<sup>th</sup> thru December 20<sup>th</sup>**

Please see below for class descriptions, days classes are offered, and prices. The class price is listed for those who have paid their PTO DUES for this school year. For families who have not paid their PTO DUES, please add \$5 to the cost of the class or visit [www.stluke.org](http://www.stluke.org) to pay your dues.

You will receive a confirmation email a few days after registration is closed detailing the registration and class. If a class does not fill to the minimum requirement it may be cancelled.

Financial Aid is available for all Arts and Enrichment After School Classes. If you have any questions or would like to apply for assistance, please contact Sue Reynolds in the Parish Office at 259-4373 ext. 217.

Please contact Emi Osterhaus at [eosterhaus1980@gmail.com](mailto:eosterhaus1980@gmail.com)  
or 317.727.6765 with any questions.

***Please note that these classes are not for babysitting. If your child is continuously disruptive, the instructor has the right to remove your child from the class and no reimbursement will be given.***

## REGISTRATION INSTRUCTIONS

- Go to [www.stluke.org](http://www.stluke.org) and click on OUR SCHOOL at the top of the page.
- Select the PARENT RESOURCES tab and then Select PTO After School Enrichment from the drop down menu
- Select the After School Enrichment box.
- Scroll down to read class descriptions and click on the class for which you want to enroll.

NOTE: This will bring you to the login page for your St. Luke account. If you do NOT already have a St. Luke account for your family, please create an account (directions below).

To create a St. Luke's account:

- On the login page, click on "Create an Account" on the right side of the page.
- Follow outlined steps, adding each child in the family to the account, even if they are not participating in ASE at this time.

You should receive a confirmation email after you have set up your family account.

**IT MAY TAKE UP TO 24 HOURS FOR YOUR ST. LUKE ACCOUNT TO BECOME ACTIVE. PLEASE FACTOR THAT TIME IN WHEN REGISTERING FOR CLASSES.**

Please contact Sue Reynolds in the Parish Office with any difficulties with your online account at 317-259-4373 ext. 217.

# **MONDAY CLASSES**

## **Chess (Lunch-time/Recess class)**

Do your kids like chess or do you think they would? Chess is a great tool to teach decision making mathematics and logic. Taught by the Indiana famous Learning Through Games Group that is known for their child friendly style! Come learn techniques that helped previous students become the 2011 and 2012 Indiana Primary Chess Champions. This class is for all skill levels and ages and is taught in a kid friendly way. This class will be during your child's recess and lunch time on Mondays.

Instructor: Aaron Dean - Head Teacher @ Learning Thru Games  
Grade Levels: All (class will be broken down into groups, if needed)  
Time: 10:30 – 12:50pm  
Sessions/Dates: 13 Mondays:  
September 17, 24  
October 1, 8, 15, 22  
November 5, 12, 19, 26  
December 3, 10, 17  
Cost: \$125

## **WEAVING**

Is your child creative? Does your child like hand's-on activities? If so, this is the class you need to sign up for! In this beginning weaving class, students will create a variety of patterns on burlap with yarn. They will learn to make simple designs with lines as well as more specific shapes and creatures. The kids will create several different designs and be encouraged to make each one their own personal creation! This class is appropriate for all ages. However, please keep in mind we will be working with needles (large plastic ones for children) and the kids will need to be able to sit and focus on the task at hand. We will be actively engaged, but not up moving about during this class. Any questions please contact [krees@stluke.org](mailto:krees@stluke.org).

Instructor: Kelly Rees  
Grade Levels: K-8th  
Time: 3:15-4:15pm  
Sessions/Dates: 13 Mondays:  
September 17, 24  
October 1, 8, 15, 22  
November 5, 12, 19, 26  
December 3, 10, 17  
Cost: \$163  
Max number of students is 14.

## **CROSS FIT**

In the NapTown Kids CrossFit Club, we will play games, learn fitness skills, and do workouts that will help the kids learn bodily awareness and confidence while gaining strength, agility, flexibility, and coordination. It is the perfect club for kids who want to get better at any sport they love, or for kids who enjoy other activities but need to get some movement in on a regular basis. With strength-building twists on classic games (like tag) the kids will increase their physical fitness while having an absolute blast! We will incorporate gymnastics, cardio, and strength training and practice teamwork, perseverance, and positivity to help enrich your children's lives!

Instructor: Hillary Ward  
Grade Levels: K-5th  
Time: 3:15-4:15pm  
Sessions/Dates: 13 Mondays:  
September 17, 24  
October 1, 8, 15, 22  
November 5, 12, 19, 26  
December 3, 10, 17  
Cost: \$163  
Min: 5/Max: 10

## **MINI-RAMS CHEERLEADERS!**

This class is designed to improve self-confidence, physical health, and teamwork skills all while having a ton of fun! Learn and perfect arm movements, cheers, chants, and choreography that are full of excitement and energy. Please note: this is not a tumbling class.

Instructor: Shoshanah Riley: Owner of Sho'time Dance Company 2004-present; Indiana Pacemate 1999-2004; Former Ball State University & Carmel High School cheerleader.

Grade Levels: K-5th  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 13 Mondays:  
September 17, 24  
October 1, 8, 15, 22  
November 5, 12, 19, 26  
December 3, 10, 17  
Cost: \$136  
Min: 10/Max: 15

## **Relax, Its Just Yoga!**

Join us on Tuesdays for Yoga! This class is a great way to build inner strength and outer flexibility while increasing breath awareness and movement. A beginner yoga class that will work towards more physically challenging postures and flowing sequences. This class will promote self-confidence, awareness, and control.

Instructor: Ashley Dirks  
Grade Levels 3rd – 8<sup>th</sup> grade  
Time: 3:15-4:15pm  
Sessions/Dates: 13 Mondays:  
September 17, 24  
October 1, 8, 15, 22  
November 5, 12, 19, 26  
December 3, 10, 17  
Cost: \$136  
Min: 5/no max

## **TUESDAY CLASSES**

### **FUN! FUN! FUN!**

Your child will have fun, fun and more fun participating in an hour of active games and activities. This class encourages cardiovascular fitness and positive interactions with others. Duck-Duck-Goose, Sharks and Ships, Red Light-Green Light, What Time is it Mr. Fox, One-Headed Monster, Sharks and Minnows, Doctor Dodge Ball, Dodge Ball games, Army, Navy and Marines, Octopus, Spider and Flies, Parachutes games, relays, tag games, Steal the Bacon, Pac Man, Poison Stick, Dog Catcher, Capture the Flag, etc....And let's not forget about the Treasure Hunt!

Instructor: Mrs. King – Physical Education Teacher  
Grade Levels: K-5<sup>th</sup>  
Location/Time: Gym/3:15-4:15pm  
Sessions/Dates: 14 Tuesdays:  
September 18, 25  
October 2, 9, 16, 23, 30  
November 6, 13, 20, 27  
December 4, 11, 18  
Cost: \$44  
Max number of students is 35

### **LITTLE SCHOLARS: DESIGN THE RUNWAY**

Design your very own fashion line with us! Budding designers will create a fashion portfolio, create a one of a kind piece with recyclable goods and end the week with a Runway Show to stop Fashion Week! We will participate in several design challenges too. Come design the runway with us!

Instructor: Little Scholors  
Grade Levels: 3<sup>rd</sup> – 6<sup>th</sup> grade  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 14 Tuesdays:  
September 18, 25  
October 2, 9, 16, 23, 30  
November 6, 13, 20, 27  
December 4, 11, 18  
Cost: \$191 \*\*includes \$15 supply fee\*\*  
Min: 10 Max: 15

## **LITTLE SCHOLARS: ART FACTORY**

Our D-I-Y class is for all you artsy- craftsy kids who love to express yourselves with one-of-a-kind masterpieces like canvas art, bead making, and watercolors. Find your inner artist and keep your creativity sharp this school year as we design many mementos to be treasured.

Instructor: Little Scholars  
Grade Levels: K – 2<sup>nd</sup> grade  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 14 Tuesdays:  
September 18, 25  
October 2, 9, 16, 23, 30  
November 6, 13, 20, 27  
December 4, 11, 18  
Cost: \$175  
Min: 10 Max: 15

## **SAFE SITTER (NOTE: TWO 7 WEEK SESSIONS AVAILABLE)**

Safe Sitter Basics, an up-to-date and well-rounded youth development program with a medical basis, teaches young teen babysitters everything they need to know to keep themselves and the children in their care safe. The nationally-recognized, pediatrician developed program includes child care techniques, basic first aid, rescue (such as choking infant and child rescue), babysitting as a business and online and cell phone safety. The program is for young teens, ages 11 and up. Parents are invited to the last class to receive information.

Instructor: Nurse Toni Gillig  
Ages: 11+  
Time: 3:15 to 4:15pm  
Min: 5 Max: 8

### **SESSION ONE:**

Sessions/Dates: 7 Tuesdays:  
September 18, 25  
October 2, 9, 16, 23, 30  
Cost: \$58

### **SESSION TWO:**

Sessions/Dates: 7 Tuesdays:  
November 6, 13, 20, 27  
December 4, 11, 18  
Cost: \$58

## **WEDNESDAY CLASSES**

### **MINI-Med School:**

Is there a doctor in the school? Join us as we bring Mini Med School to your school! Our little doctors will use stuffed animal patients to take blood pressure readings, give "stitches", put on a cast, and make their own first aid kit, all while learning lots about what doctors, dentists, EMTs, and other medical professionals do on a daily basis.

Instructor: Little Scholars  
Grade Levels: K – 2<sup>nd</sup> grade  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 12 Wednesdays:  
September 19, 26  
October 3, 10\*, 17, 24  
November 7, 14\*, 28  
December 5, 12\*, 19  
\* Spirit Days are 10/10, 11/14, 12/12. Class will run from 2-3 pm those dates.  
Cost: \$150  
Min: 10 Max: 15

### **LEGO BRICK City Engineers**

At Bricks 4 Kidz- We Learn, We Build, We Play...with LEGO bricks!

Students will complete a new building challenge each week. They will use special LEGO Tech bricks, gears, axles, and motors to create moving models while learning about the science and technology behind each creation! Each lesson introduces key terminology related to each model build as well as reinforces S.T.E.M. concepts. Students have the opportunity to enjoy creative LEGO exploration time upon completion of the day's build.

\*Every student builds a custom LEGO® mini-figure to keep at the end of the session!

Instructor: Bricks 4 Kidz  
Grade Level: K – 5<sup>th</sup>  
Time: 3:15 – 4:15 pm  
Sessions/Dates: 12 Wednesdays:  
September 19, 26  
October 3, 10\*, 17, 24  
November 7, 14\*, 28  
December 5, 12\*, 19  
\* Spirit Days are 10/10, 11/14, 12/12. Class will run from 2-3 pm those dates.  
Cost: \$130  
Min:10/Max: 20



## **Karate**

Join us for karate in a fun environment. This class will teach basic karate knowledge. Skills developed include self-defense, coordination, patience, respect, self-confidence, kicking, blocking, and rolling. Students from other programs or with prior training are welcome to attend. Fee includes a belt. Uniforms are optional and are available for an additional \$25 from the instructor.

Sensei Vince Hernly is a 4th degree black belt in Shorei Goju Ryu. He has been training since 2006 and teaches at several after school programs. He and his family operate Hernly Family Karate, find him on Facebook!

Ages: 1<sup>st</sup> and up  
Sessions/Dates: 12 Wednesdays:  
September 19, 26  
October 3, 10\*, 17, 24  
November 7, 14\*, 28  
December 5, 12\*, 19  
\* Spirit Days are 10/10, 11/14, 12/12. Class will run from 2-3 pm those dates.  
Cost: \$125  
Min: 2/Max: 20

## **THURSDAY CLASSES**

### **FUN! FUN! FUN!**

Your child will have fun, fun and more fun participating in an hour of active games and activities. This class encourages cardiovascular fitness and positive interactions with others. Duck-Duck-Goose, Sharks and Ships, Red Light-Green Light, What Time is it Mr. Fox, One-Headed Monster, Sharks and Minnows, Doctor Dodge Ball, Dodge Ball games, Army, Navy and Marines, Octopus, Spider and Flies, Parachutes games, relays, tag games, Steal the Bacon, Pac Man, Poison Stick, Dog Catcher, Capture the Flag, etc....And let's not forget about the Treasure Hunt!

Instructor: Mrs. King – Physical Education Teacher  
Grade Levels: K-5<sup>th</sup>  
Location/Time: Gym/3:15-4:15pm  
Sessions/Dates: 11 Thursday:  
September 20, 27  
October 4, 11  
November 1, 8, 15, 29  
December 6, 13, 20  
Cost: \$35  
Maximum number of students is 35

### **LITTLE SCHOLARS: TASTES AROUND THE WORLD**

Come explore the tastes of the world by visiting Italy to make tiramisu, sailing to Mexico to create salsa, and cruising to France to bake crepes. Pack your bags because this is an adventure that you do not want to miss! Our chefs will cook and craft the classes away!

**\*\*CLASS USES FOOD\*\***

Instructor: Little Scholars  
Grade Levels: K-6<sup>th</sup>  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 11 Thursday:  
September 20, 27  
October 4, 11  
November 1, 8, 15, 29  
December 6, 13, 20  
Cost: \$153 **\*\*includes \$15 supply fee\*\***  
Min: 8/Max: 20

## **SPAIENCE:**

The Spaience Lab is a STEM/STEAM based science enrichment program.

The Spaience Lab is a hands-on, engaging and interactive science enrichment program for kids. It incorporates all elements of STEAM into a fun -filled workshop/camp where students get to learn science concepts, conduct engaging experiments, apply creative STEM/STEAM activities and make a variety of fun body care products such as lip balms, soaps, bath fizzies. etc. It includes all materials and facilitators and our brand Spaience Lab Coats for use during the workshop by each participant. Students are provided with workshop handouts and worksheets that foster effective learning and the opportunity for involved and creative learning. The workshops include discussions, hands-on projects, presentations and a variety of fun activities.

As our tagline says, The Spaience Lab is truly is a Spabulous Place to learn Science.

We refer to our participants as "Spaiencists Today - Scientists Tomorrow"!

Instructor:	Spaience
Grade Levels:	1 <sup>st</sup> – 6 <sup>th</sup> grade
Location/Time:	3:15-4:15pm
Sessions/Dates:	11 Thursday: September 20, 27 October 4, 11 November 1, 8, 15, 29 December 6, 13, 20
Cost:	\$150
Min: 8/Max: 20	

## **HIP HOP- The Sho'time Dance Company**

All levels of hip hop offer dancers of all ages the opportunity to discover what the hip hop dance craze is all about. Class members learn the very latest hip hop/street style moves to today's hottest dance music. If you've seen it on TV, you'll learn it in this class. No prior dance experience needed. Levels are grade based and music is age appropriate.

The Sho'time Dance Company Philosophy: At Sho'time we believe that to be a dancer all you need is a passion for dance. We work with each child to discover their strengths through our dance instruction. At Sho'time we are more than just a team-we are a family. Through our dance program we teach respect for others, encouragement, perseverance and dedication. At Sho'time, no prior dance experience is required no matter what your age. We will help you develop your dance skills and provide you the opportunity to learn about all the dance disciplines and then perform what you have learned. Our main objective at Sho'time is FUN!

Shoshanah Riley (Sho) has been performing since the age of three. A Carmel native, Sho has studied at various dance and gymnastics schools over the years including competitive dance programs with Barb & Company and at Carmel Dance Center as an Indiana Dance Ambassador. Sho has served as head instructor and co-director of Indiana Cheer Camps (ICC) and has coached competitive dance and cheer for schools/teams throughout Indiana. Sho'time Dance Company has been established since 2004.

Grade Levels: K-8th  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 11 Thursday:  
September 20, 27  
October 4, 11  
November 1, 8, 15, 29  
December 6, 13, 20  
Cost: \$115  
Min: 10/Max: 20

## **FRIDAY CLASSES**

### **Tennis Fun with Mrs. King**

Join Mrs. King for a mini-session to play fun tennis related games to enhance skill development. Correct technique, form and having tennis fun are the main emphasis of the class. Tennis racquets and balls will be provided.

Grade Levels: K-5<sup>th</sup>  
Location/Time: 3:15-4:15pm  
Sessions/Dates: 5 Fridays:  
September 21, 28  
October 5, 12  
November 2  
Cost: \$35  
Maximum number of students is 16

Thank you,  
PTO  
Arts and Enrichment Committee  
Emi Osterhaus, Mary Peterman, Liz Held, Katie Martin, Laurie McQueen