



Fall 2024 Enrichment Class Descriptions

Fall 2024 Enrichment

September 23 - December 13

Enrichment Class Overview

The Children's School believes that learning is doing. Our enrichment classes play a vital role in encouraging children to become active members of a community of lifelong learners.

- We offer three sessions of enrichment classes each school year, during the fall, winter and spring. A new class schedule is distributed each session.
- For an exact list of dates and times for each class, please see the posted class schedule on our enrichment website at www.tcslj.org/enrichment.
- To register, please visit the enrichment and summer registration page, found at www.tcslj.org/enrichment. You will use Camp Brain to complete your registration. You will need to create an account the first time you use the TCS Camp Brian portal.
- You may pay online by credit card. Registration is not complete until payment is received in full.
- To make changes to classes for which you have already registered, please contact Julia Dale, Director of Special Programs, at jdale@tcslj.org or 858-454-0184. There will be a \$20 processing fee for any schedule changes after registration form is submitted. **Class fees are non-refundable.**
- The Children's School reserves the right to cancel classes due to insufficient enrollment at our discretion. If TCS cancels a class, families will receive a full refund.
- The Children's School will do our best to accommodate makeup classes for classes that are canceled due to rain or instructor illness. If we cannot fit a makeup class into the schedule, TCS will refund families the price of that class.

For more information, please contact Julia Dale at jdale@tcslj.org or 858-454-0184.

Mondays

JUNIOR OLYMPICS

Grades: PK - K

Time: 3:15 - 4:00

Dates: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 Monday classes)

Instructor: San Diego Active Kids Coach

Fee: \$225

Location: Grass Field

Is your child ready to be introduced to the world of track and field? Here in our Junior Olympics class, we'll get kids ready with an introduction to most of the events seen at Olympic and track and field meets. From short and long distance running, to team relay and even throwing events, your child will run, jump and throw their way to Olympic glory! Come out and learn the basics with which every Olympic champion begins their journey, along with a heavy dose of fun in the mix. Get ready to lace 'em up and get active!

ANIMALS A TO Z

Grades: PS-K

Time: 3:15 - 4:00

Dates: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 Monday classes)

Instructor: TCS Preschool Rm. 1 Assistant Teacher Kaylin Greisen

Location: Preschool Rm. 1

Fee: \$240

Join Kaylin for a fun adventure learning about animals from A to Z! Each week, students will explore a different animal and learn fun facts about the animal and its habitat. Students will also learn about environmental conservation and protecting animals. This class will include hands-on activities and craft projects.

TENNIS WITH BRYCE

Grades: 1st - 2nd

Time: 3:15 - 4:15 or 4:15 - 5:15

Dates: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 Monday classes)

Instructor: Tennis Coach Bryce Bettwy

Fee: \$335

Location: Earthtop

Now serving...Tennis at The Children's School! This class is taught by Coach Bryce Bettwy. Bryce's only request is that all players are smiling and having fun in a safe environment. Also, please bring your own tennis racquet... aka "warrior wand." Coach Bryce will bring the rest! Maximum enrollment, 6 students per class.

YOGA & MINDFULNESS

Grades: 1st - 5th

Time: 3:15 - 4:15

Dates: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 Monday classes)

Instructor: TCS 4th Grade Teacher Sophie Edwards

Fee: \$230

Location: Sophie's Classroom

Unlock the power of your inner calm! Not only can yoga and mindfulness help children with balance, endurance, and strength, but it can also help improve focus, memory, self-esteem, and even help reduce anxiety and stress. Join us in this fun and engaging class where we will learn a variety of yoga poses, breathing techniques and mindfulness strategies through the use of books, crafts, and games. Sign up now and watch your child flourish as they stride confidently towards a bright, balanced future!

Please note: Your child will need to bring their own yoga mat to this class.

UKULELE

Grades: 2nd - 8th

Time: 3:15 - 4:00

Dates: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 Monday classes)

Instructor: TCS Music Teacher Lauren Karkenny

Fee: \$235

Location: Music Lab

Calling all ukulele lovers!! This class is taught by Lauren, our own TCS music teacher. Beginners to more experienced ukulele players of all levels are welcome! This class will focus on learning ukulele chords, strumming, strum patterns as well as applying this knowledge to our favorite songs. Students will not need their own ukulele in order to participate.

FROSTING TECHNIQUES

Grades: 4th - 8th

Time: 3:15 - 4:15

Dates: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 Monday classes)

Instructor: TCS 5th Grade Teacher Rose Peters

Fee: \$255

Location: Rose Peters' classroom

Take your cookie and cake decorating to the next level with this class focused on learning to use piping tips to make ruffles, shells, flowers and more. Cake artists will leave the class with their own set of piping tips and photos of all the techniques they learned.

Tuesdays

PRESCHOOL SOCCER WITH COACH JACK

Grades: PS Rooms 1 & 2

Time: 12:15 - 1:00

Dates: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (11 Tuesday classes)

Instructor: Coach Jack

Fee: \$330

Location: Under the Big Tree

Welcome to Preschool Soccer, where fun, engagement, and creativity are at the heart of every game and adventure! Coach Jack's innovative approach combines the joy of soccer with essential child development benefits. Our interactive adventures take children on thrilling journeys, fostering their skills and experiences along the way.

Key Benefits:

- Balance, Agility, and Coordination
- Technical Skills Development
- Gross Motor Skills Enhancement
- Physical Development
- Social Skills Building
- Boosted Self-Confidence
- Improved Communication
- Fostering Teamwork

FAIRY FRIENDS & MERMAID MAGIC

Grades: PS - K

Time: 3:15 - 4:00

Dates: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (11 Tuesday classes)

Instructor: TCS Preschool Rm. 1 Assistant Teacher Kaylin Greisen

Location: Preschool Rm 1

Fee: \$290

Come join Kaylin for this mystical adventure into the world of makebelieve! Students will have the opportunity to explore all things fairy and mermaid! This class will include magical crafts, costumes, books, and songs.

IMPROV(E) YOURSELF

Grades: K - 5th

Time: 3:15 - 4:15

Dates: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (11 Tuesday classes)

Instructor: TCS EC Art/Music Teacher Zoe Kolari

Fee: \$275

Location: Garden Classroom

Join us for an exciting introduction to theater for kids in grades K - 5! The children will learn how to listen to stories and create characters with bravado, intrigue and energy that encourages teamwork and listening skills. The use of stories, props and musical scores to learn about characters and emotion allows the young child to contribute their creative ideas to change everyday fairy tales and familiar stories into something new and wonderful.

Each child begins to “try on” different characters every week and feels empowered to use their voice and create original characters like humans, animals or aliens! The ability to collaborate and create original “story dramas” is a magical experience that builds their self-esteem and confidence - the best feeling ever!

AFTER SCHOOL CHESS CLUB

Grades: K - 5th

Time: 3:15 - 4:15

Dates: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (11 Tuesday classes)

Instructor: After School Chess Club Coach

Fee: \$265

Location: Elementary Lunch Area

Chess helps students do better in school by practicing and improving focus, patience, critical thinking, and more! Chess is a great skill every student should learn. Our dynamic teaching style introduces the FUNdamentals and advanced strategies of chess by using songs, stories, and even dances so that each class is exciting and educational for all ages and skill levels. Advanced students are taught with master analysis, end-game theories, and more enticing strategies by the most passionate and highly trained chess enthusiasts as coaches.

NI HAO: AN INTRODUCTION TO CHINESE CULTURE, FOOD & LANGUAGE

Grades: 2nd - 4th

Time: 3:15 - 4:15

Dates: 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (11 Tuesday classes)

Instructor: TCS 2nd Grade Teacher Alison Lo

Fee: \$295

Location: Alison's room

Come and learn about Chinese culture and cuisine with Alison! Together, we will explore holidays and traditions as well as make and taste foods from China. Students will also have the opportunity to learn some basic phrases and words in Mandarin. We will practice reading and writing simple characters to immerse ourselves in the language!

Wednesdays

YOGA FOR KIDS

Grades: PS - K

Time: 3:15 - 4:00

Dates: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 (11 Wednesday classes)

Instructor: Roberta Rogers

Fee: \$330

Location: TBD

Children get enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that beautiful inner light that all children have to the surface. Sign up for a fun, playful, activity filled yoga class with music, games, stories and more for your child.

Please note: Your child will need to bring their own yoga mat or beach towel to this class.

JUNIOR OLYMPICS

Grades: 1st - 2nd

Time: 3:15 - 4:00

Dates: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 (11 Wednesday classes)

Instructor: San Diego Active Kids Coach

Fee: \$275

Location: Grass Field

Is your child ready to be introduced to the world of track and field? Here in our Junior Olympics class, we'll get kids ready with an introduction to most of the events seen at Olympic and track and field meets. From short and long distance running, to team relay and even throwing events, your child will run, jump and throw their way to Olympic glory! Come out and learn the basics with which every Olympic champion begins their journey, along with a heavy dose of fun in the mix. Get ready to lace 'em up and get active!

TENNIS WITH BRYCE

Grades: 3rd - 6th

Time: 3:15 - 4:15 (3rd - 4th grade) or 4:15 - 5:15 (5th - 6th grade)

Dates: 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 (11 Wednesday classes)

Instructor: Tennis Coach Bryce Bettwy

Fee: \$410

Location: Earthtop

Now serving...Tennis at The Children's School! This class is taught by Coach Bryce Bettwy. Bryce's only request is that all players are smiling and having fun in a safe environment. Also, please bring your own tennis racquet... aka "warrior wand." Coach Bryce will bring the rest!

Thursdays

PLANT AND HARVEST

Grades: PS-K

Time: 3:15 - 4:00

Dates: 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 (10 Thursday classes)

Instructor: TCS Preschool Rm. 1 Assistant Teacher Kaylin Greisen

Location: Preschool Rm. 1

Fee: \$265

Join Kaylin in this fun class where students will have the opportunity to explore the seasons and plant fruits and veggies that can be harvested for fall and winter. The class will learn about each plant's journey from seed to mature plant. Get ready to plant, harvest, bake and eat in this hands-on class!

ANIMAL ART WITH OPEN MINDS

Grades: PS - 1st

Time: 3:15 - 4:00

Dates: 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 (10 Thursday classes)

Instructor: Open Minds Instructor

Fee: \$260

Location: TBD

In this class students explore art around the theme "Animal Art." Students will build art skills, work with a wide variety of mediums, and have fun experimenting with different art tools while they create a collection of unique and interesting animals. Each class weaves in a life skill discussion which is tied to the class theme for that day, helping the students to explore both art and life through that topic. This class is designed to increase artistic expression, self-awareness and social skills. Great for students of all ages.

BUDDING BAKERS

Grades: K - 2nd

Time: 3:15 - 4:30

Dates: 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 (10 Thursday classes)

Instructor: TCS 1st Grade Teacher Keri Brigham Corn

Fee: \$275

Location: Kitchen Classroom

You are never too young to be a baker! Baking not only promotes confidence and creativity in kids, it also incorporates important STEM elements that are fundamental for learning. In this class, students will embark on a baking adventure as they learn the basics of kitchen safety,

measurement, ingredient selection and baking techniques- all sprinkled with fun! Each class will focus on a different recipe as students work together to create a delicious treat to enjoy. Join us for this sweet and savory baking experience!

MINECRAFT @ TCS

Grades: 1st - 8th

Time: 3:15 - 4:15

Dates: 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 (10 Thursday classes)

Instructor: TCS Director of Technology Jon Russo

Fee: \$255

Location: Tech Lab

Minecraft is a video game that encourages imagination and creativity through building using virtual blocks and materials. This session will focus on 3D design. Students will complete design challenges and get to bring out their creative side by building elaborate buildings, homes, and even parkour courses, all within Minecraft. This class is designed to reflect The Children's School's educational environment, providing fun, exploratory learning in a setting that helps foster social skills and friendships. All play takes place on TCS computers and servers, to ensure internet safety.

ART WITH CARRIE

Grades: 2nd - 4th

Time: 3:15 - 4:15

Dates: 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 (10 Thursday classes)

Instructor: TCS Elementary Art Teacher Carrie Difini

Fee: \$260

Location: Elementary Art Room

Join Carrie for an after school art class this fall! Students will explore and create original works of art while using a variety of mediums from acrylic paint to model clay to found objects. Children will be encouraged to add their own ideas and detail to works of art.

Fridays

PRESCHOOL SOCCER WITH COACH JACK

Grades: PS Rooms 1 & 2

Time: 12:15 - 1:00

Dates: 9/27, 10/4, 10/11, 10/18, 10/25, 11/8, 11/15, 11/22, 12/6, 12/13 (10 Friday classes)

Instructor: Coach Jack

Fee: \$300

Location: Under the Big Tree

Welcome to Preschool Soccer, where fun, engagement, and creativity are at the heart of every game and adventure! Coach Jack's innovative approach combines the joy of soccer with essential child development benefits. Our interactive adventures take children on thrilling journeys, fostering their skills and experiences along the way.

Key Benefits:

- Balance, Agility, and Coordination
- Technical Skills Development
- Gross Motor Skills Enhancement
- Physical Development
- Social Skills Building
- Boosted Self-Confidence
- Improved Communication
- Fostering Teamwork

MURPHY'S SOCCER PROGRAM FOR 2ND - 5TH

Grades: 2nd - 5th

Time: 3:15 - 4:15

Dates: 10/11, 10/18, 10/25, 11/8, 11/15, 11/22, 12/6, 12/13 (8 Friday classes*)

***Please note: This class starts 2 weeks later than other Fall Enrichment Classes.**

Instructor: Coach Jack

Fee: \$240

Location: Grass Field

Our specialized program is tailored to provide a comprehensive experience, focusing on essential skills such as dribbling, passing, shooting, and tactical play. Led by Coach Jack, a club coach with 9+ years of experience and a passion for soccer, our sessions are designed to challenge and inspire players to reach their full potential. But don't worry, we haven't forgotten the fun! Each session has dynamic activities to enhance performance while keeping the excitement levels high.

Key Focus Areas:

- Dribbling Techniques
- Passing Accuracy and Control
- Shooting Skills and Precision
- Tactical Understanding of the Game
- Fun Drills to Enhance Performance