



McKinley Elementary School



	Monday	Tuesday	Wednesday	Thursday	Friday
Grade: Kindergarten 1:50-2:50 PM	Books for Cooks Kitchen Kid 4504.316	Academic Chess Academic Chess 4504.302	Creative Play Virginia Ave. Project 4504.326	Pre-School of Rock Bennett Stein 4504.303	Tiny Tiger Kicks United Studios of Self Defense 4504.325
Grade: Kindergarten 1:50-2:50 PM	"J" is for Jump The Jump Squad 4504.323	Yoga Buddies Jr. Yoga Buddies 4504.358	Spanish Berlitz 4504.305	Kids Beat! Groove Kids 4504.312	
Early Dismissal Grade: 1st-5th 1:55-2:55 PM			Learn to Golf with TGA! Total Golf Adventures 4504.355		
Grade: 1st-5th 3:10-4:10 PM	All in Together: Double Dutch! The Jump Squad 4504.354	Academic Chess Academic Chess 4504.333	Spanish Berlitz 4504.336	Rock Star Guitar Bennett Stein 4504.334	Dragon Kids United Studios of Self Defense 4504.356
Grade: 1st-5th 3:20-4:20 PM	Global Eats Kitchen Kid 4504.345	Yoga For Kids YogaBuddies 4504.358		Kids Beat! Groove Kids 4504.344	

Monday, October 5-November 30 (NO CLASS: November 23)

Books for Cooks

Instructor: Kitchen Kid
 Cost: \$130/\$120 with Full time
 CREST Childcare
 Kindergarten Session Number:
 4504.316 meets @ 1:50-2:50 PM

Reading has never tasted so good! In this class, your kindergartener will listen to a favorite children's book and create a tasty treat inspired by the story. This beginning-to-cook class is a perfect way to quench your young chef's thirst for culinary adventure and develop his or her appetite for nutritious nibbles. Books are chosen to reinforce academic and social skills, and to support diverse cultural values. Healthy recipes may include *Very Hungry Caterpillar* snacks, *Stone Soup*, and *Wild Things* bagel faces. **Please inform instructor in writing of any food allergies your child may have.**

"J" is for JUMP!

Instructor: The Jump Squad
 Cost: \$90/\$80 with Full time
 CREST Childcare
 Kindergarten Session Number:
 4504.323 meets @ 1:50-2:50 PM

~~Jump in "K" Jumpers! Learning "the ropes" is fun and exciting in this creative jump rope class! Jumpers will learn basic to advanced jump rope techniques in a positive, supportive and energetic environment. Set to the tempo of rope turning, jumpers learn new songs and perform cool tricks. The "J" is for JUMP class improves skill and agility, promotes self confidence, and encourages effective teamwork. Students of all skill-levels and experience are encouraged to participate.~~

All in Together: Double Dutch!

Instructor: The Jump Squad
 Cost: \$90/\$80 with Full time
 CREST Childcare
 1st-3rd Grade Session Number:
 4504.354 meets @ 3:10-4:10 PM

~~Learning "the ropes" is fun and exciting in this creative jump rope class! New jumpers engage in basic jump rope techniques while continuing students learn new and advanced double dutch routines in a positive and energetic environment. The rhythm of the ropes sets the tone for artistic movement in a sport that improves skill and agility, promotes self confidence, and encourages effective teamwork. Students of all skill-levels/experience are encouraged to participate. It's just a hop, skip and a jump to all the fun...~~

Global Eats

Instructor: Kitchen Kid
 Cost: \$130/\$120 with Full time
 CREST Childcare
 1st-5th Grade Session Number:
 4504.345 meets @ 3:20-4:20 PM

Come travel the world... of food! We'll stamp our passports and explore wonderful cuisines from around the globe! Through the delicious lens of cooking, our lessons emphasize geography, culture, language, history, and music! Students learn fundamental culinary skills and nutrition education while building self-esteem and exploring their creativity. Students design a multi-cultural cook-booklet filled with recipes and maps. Tasty recipes may include Italian salad, homemade tortillas and more! **Please inform instructor in writing of any food allergies your child may have.**

Tuesday, October 6-December 1 (NO CLASS: November 24)

Academic Chess

Instructor: Academic Chess
 Cost: \$130/\$120 with Full time
 CREST Childcare
 Kindergarten Session Number:
 4504.302 meets @ 1:50-2:50 PM
 1st-5th Grade Session Number:
 4504.333 meets @ 3:10-4:10 PM

Using songs, stories, and dance, Academic Chess teaches chess in a fun and exciting way! One class includes a 30-minute lesson and 30 minutes of playing time. Students will learn how the pieces move, check and checkmate, and fundamental chess principles and strategies. Both beginners and advanced students will experience the fun of playing chess while enhancing their critical thinking skills, focus, and problem solving.

Tuesday, October 6-December 1 (Continued from the front)

YogaBuddies Jr.

Instructor: YogaBuddies
Cost: \$90/\$80 with Full time
CREST Childcare
Kindergarten Session Number:
4504.327 meets @ 1:50-2:50 PM

Yoga classes tailored to kids from 3 to 6 years old. In YogaBuddies Junior, students will learn more yoga poses and experience benefits such as improved focus, increased strength and flexibility, and heightened self-esteem. Students will have FUN learning new breathing techniques and more yoga games and leave class feeling peaceful and relaxed. ***Required: Bring a yoga mat or buy an environmentally-friendly yoga mat from YogaBuddies for \$20.**

Yoga for Kids

Instructor: YogaBuddies
Cost: \$90/\$80 with Full time
CREST Childcare
1st-5th Grade Session Number:
4504.358 meets @ 3:20-4:20 PM

YogaBuddies creative curriculum includes yoga poses, character building lessons, breathing techniques, checking in with emotions, and fun yoga games. Students who participate and enjoy these classes experience benefits such as improved focus, increased strength and flexibility, and heightened self-esteem – all while having FUN! Students leave class feeling peaceful and relaxed. ***Required: Bring a yoga mat or buy an environmentally-friendly yoga mat from YogaBuddies for \$20.**

Wednesday, October 7-December 16 (NO CLASS: November 11 & 18 & 25)

Creative Play

Instructor: Virginia Ave. Project
Cost: \$90/\$80 with Full time
CREST Childcare
Kindergarten Session Number:
4504.326 meets @ 1:50-2:50 PM

Creative Play introduces children to the experience of being on stage. Through theatre games, mime and acting exercises children discover how to communicate with their voices, bodies, and imaginations. In addition, they experience the discipline that comes with the creative process and the respect that comes with success – theirs as well as the success of their peers. (When the children are comfortable using their voices, and confident in their mastery of the exercises they've participated in, they graduate to Creative Play 2.)

Spanish

Instructor: Berlitz Kids
Cost: \$90/\$80 with Full time
CREST Childcare
Kindergarten Session Number:
4504.305 meets @ 1:50-2:50 PM
1st-5th Grade Session Number:
4504.336 meets @ 3:10-4:10 PM

"Hola!" Students learn a new language the same way they learn to speak in their native tongue, by listening, repeating, and speaking. The Berlitz Method, an immersion technique, is a communicative approach that focuses on oral proficiency, while incorporating age-appropriate activities in the target language to promote language learning in context. Students are motivated to use language accurately, appropriately, and coherently, by participating in practice activities according to their age level. Students are able to produce creative writings, sing songs, act out role-plays, play games and perform skits in the target language.

Learn to Golf with TGA!

Instructor: Science Adventures
Cost: \$90/\$80 with Full time
CREST Childcare
1st-5th Grade Session Number:
4504.355 meets @ 1:55-2:55 PM

TGA is bringing the golf course to your school. You'll learn all aspects of golf, from swing fundamentals to the game's rules, etiquette and life values, while advancing through a 5 Level Program. TGA provides all equipment so students won't need to bring anything but a smile to each class. Learn to golf with TGA and see how much fun playing golf can be!

Thursday, October 8-December 3 (NO CLASS: November 26)

Pre-School of Rock

Instructor: Bennett Stein
Cost: \$90/\$80 with Full time
CREST Childcare
Kindergarten Session Number:
4504.303 meets @ 1:50-2:50 PM

Kindergartners will embrace music making in this class that will teach them to play guitar, percussion instruments and sing—all with the oomph of a junior rock star. This unique class gets kids performing age-appropriate rock, folk, punk and country tunes from Day 1 building concentration, confidence, joy and a fearlessness in performance that will last a life time. For tiny gladiators about to rock, we salute you.

Kids Beat!

Instructor: Groove Kids
Cost: \$90/\$80 with Full time
CREST Childcare
Kindergarten Session Number:
4504.312 meets @ 1:50-2:50 PM
1st-5th Grade Session Number:
4504.344 meets @ 3:20-4:20 PM

Groove Kids is an upbeat dance class where students learn coordination, confidence, and rhythm through exciting exercises. Groove Kids is offering our most popular dance class: **Kids Beat!** This 60 minute dance class is filled with energetic routines that enhance students' enthusiasm for dance and focuses on counting music, memorization of dance steps, and choreography. Students will learn the latest dance moves!

Rock Star Guitar

Instructor: Bennett Stein
Cost: \$90/\$80 with Full time
CREST Childcare
1st-5th Grade Session Number:
4504.344 meets @ 3:10 –4:10 PM

Students will embrace music-making in this class that teaches the art of guitar playing while singing, combined with the basics of showmanship. This unique class gets kids performing age-appropriate rock, folk, punk and country tunes from Day 1 building concentration, confidence, joy and a fearlessness in performance that will last a life time. For young gladiators about to rock, we salute you.

Friday, October 9-December 4 (NO CLASS: November 27)

Tiny Tiger Kicks

Instructor: United Studios of Self Defense
Cost: \$130/\$120 with Full time
CREST Childcare
Kindergarten Session Number:
4504.325 meets @ 1:50-2:50 PM

Would you like to learn to harness the strength of the Tiger and the Grace of the Crane? In this course we learn kicks, punches, blocks, jumping, rolling and footwork with confidence, discipline, coordination and fitness in a safe and exciting environment. Returning students will continue their Martial Arts Journey as they learn new techniques while enhancing previous ones.

Dragon Kicks

Instructor: United Studios of Self Defense
Cost: \$130/\$120 with Full time
CREST Childcare
Kindergarten Session Number:
4504.356 meets @ 3:10-4:10 PM

In this course we will learn to harness the powerful Chi of the Dragon. From Tiger Kicks to Crane Hops, students will improve their agility, balance and concentration through Martial Arts kicks, punches, stances, and footwork all based on the movements of the Shaolin Animals. Learn the secrets to the Magical World of the Martial Arts, where confidence and discipline are enhanced.