



## Winter After School Activities

### **Mondays 1/7 – 3/18**

#### **Joy of Dance Pre Primary I Monday 345-430**

Grade(s): PS

Price: 200.00

Little dancers love this enchanting adventure in dance exploration. Children develop rhythm, grace, poise, coordination, and musicality through pre-primary classical ballet, beginning tap skills, tap routines, and improvisations with magical props and adorable costumes. Our dance class enriches your child in five areas of development: physical, creative, social, cognitive, and emotional. Children receive a gift that lasts a lifetime, the joy of dance! This class will conclude with a parent watch day!

#### **Joy of Dance Pre Primary II Monday 430-515**

Grade(s): JK

Price: 200.00

Young dancers are introduced to a beautiful pre-primary classical ballet syllabus which incorporates magical variations and dance class etiquette. Cognitive skills of counting, sequencing, spatial awareness, and immersion in a second language (French), are introduced in this class. Dancers learn tap technique and delightful song and tap routines which develop coordination, rhythm, timing and stage presence. This class will conclude with a parent watch day!

#### **Joy of Dance HIP HOP Dance Class Monday 515-600**

Grade(s): K to 2

Price: 200.00

In this class, young hip-hop artists will begin with the building blocks of jazz technique. This class develops increased body awareness, coordination, strength, and flexibility through jazz technique exercises, isolations, stretching, progressions, and combinations. This is a fun, fast-paced class filled with hip-funky moves to the latest kids' rock and hip-hop tunes.

#### **Fun with Fossils Monday 345-430 and 430-515**

Grade(s): PS to K

Price: 125.00

Unearth your inner paleontologist and discover a whole new world hidden right underneath our feet! Figure out how fossils were formed, why different fossils are found where they are found around the world, and set up an excavation site to dig up the history of the footprints, plants, gems, and animal species preserved throughout time, and take home your own real fossilized dinosaur bones. Taught by our very own Ms. Brenna!

### **Minecraft Monday 345-445**

Grade(s): 2 to 8

Price: 125.00

Design and build a world of your own in this class that offers an introduction to the exciting universe of Minecraft. Intro to Minecraft offers students a structured environment to experiment and explore while they create characters, buildings, and worlds. Students will also develop an understanding of the underlying ideas and mechanics that power the game, as well as an appreciation for architecture and design.

### **Tuesdays 1/8 – 2/ 26**

#### **Awesome Art Tuesday 345-430 and 430-515**

Grade(s): PS to JK

Price: 125.00

We are very excited about this class led by our very own Ms. Rice! Come explore your inner Jackson Pollock as we dive into the awesome world of art. This might get a little messy as we explore drip painting and other styles of abstract art. Who knows? We may even have to throw some paint!

#### **Congressional Cheer Tuesdays 400-500**

Grade(s): 1 to 4

Price: 125.00 or 175.00

We are really excited about this activity with Ms. Gabi! Come celebrate Congressional spirit with us and learn the basic skills to advance in the sport of cheerleading. Students will memorize cheers and learn proper technique. They will have the chance to perform at home games and maybe even Homecoming!

#### **Chess Wizards Tuesdays 345-445**

Grade(s): K to 5

Price: 165.00

Learn the game of chess in a friendly, hands-on environment. Our instructor will teach your student everything they need to master the game, from rules and piece movements to opening and end game strategies. Students will have the opportunity to play games against one another and their instructors to further hone their skills.

### **Wednesdays 1/9 – 2/27**

#### **Fitkids Gymnastics Wednesday 345-430 and 430-515**

Grade(s): PS to K

Price: 125.00

This concentrated instruction on floor exercises, mat work, and stretches provides an exciting challenge for both boys and girls. Tumbling helps children develop self-confidence, body awareness, coordination, muscle strength, and discipline. Various rolls, cartwheels, tripods, and headstands will be covered.

Fitkids

### **Snowy Soccer Wednesday 345-430**

Grade(s): 1 to 4

Price: 125.00

Bring your hat and gloves and join Mr. O'Neil for this once a week soccer class on the field and sport court this winter. With a mix of foot skills training and fun games we will have a blast while getting some fresh air this winter season.

### **Forts, Foraging and Footprints Wednesday 330-415**

Grade(s): 2 to 4

Price: \$125.00

Wanna learn how to survive in the wild, track game and build a shelter. This class is for you! Come join Mr. Gene where we will spend every Wednesday afternoon outside rain or shine. Students will learn to identify animal tracks and tell the direction they are headed. Build a shelter able to survive the cruel conditions of winter and forage the woods for food. Everyone will get a survival kit to use for class! What could be cooler...we might even add fire to the mix!

### **Thursdays 1/10 – 3/7**

#### **Fitkids Soccer Thursday 345-430 and 430-515**

Grade(s): PS to K

Price: 125.00

Fit Kids™ soccer is designed for preschool children. Learning the basic skills of soccer develops motor skills, cognitive abilities and social interactions and relationships. This class provides fun, fast-paced series of games and activities. This clinic covers trapping, dribbling and shooting concepts.

#### **Art Brains Thursday 345-445**

Grade(s): K to 5

Price: 175.00

Using themes such as fossils, time travel, animals, music, outer space, maps, shadows, invented worlds and more, Art Brains kids continue to expand their minds and abilities after the normal school day has ended with an imaginative new project each class day. Art Brains runs in three sessions each school year - Fall, Winter, and Spring. Each season brings an all new set of projects that use a variety of materials. Students typically draw, paint, sculpt, fabricate, write and more throughout the course of a session, and some sessions have included video and performative projects as well.

#### **Russian Language Class Thursday 345-445**

Grade(s): K to 4

Price: 150.00

We are excited to offer a Russian class this winter for K-4 students. In a dynamic and play-based environment we will start with learning the alphabet, sound production, basic words and phrases. We will focus on communicative skills (speaking and listening) and learn to have a simple conversation. Children will be introduced to Russian culture through fairy tales, traditional games and classic stories. The class is taught by Sofia Kasmeridi, mother of Anna and Rafaella Lenco. Ms. Kasmeridi has over 10 years of experience teaching Russian in the DC area to kids and adults and is excited to share the language and culture with our students. She currently teaches Russian at the Department of State." If your child is outside of the K-4 age range but interested in this class please let us know.

## **Fridays 1/11 – 3/8**

### **Rosie Riveters Friday 345-445**

Grades(s): JK-1

Price: 225.00

Rosie Riveters is a registered 501 c3 that provides a fun space for girls ages 4-14 to imagine, create and play while developing their skills in science, technology, engineering, and mathematics (STEM). Our goal is to equip and empower girls to be strong, confident, and competent in the fields of STEM through hands on projects and mentorship programs. Let's teach girls to delete the words "I can't" from their vocabulary and inspire them to always be confident enough to try. By sharing relevant, stimulating content, conducting hands-on experiments, and introducing role models from various fields, Rosie Riveters strives to encourage girls to engage with STEM and see possibilities for their future careers.

### **Little Colts Academy Friday 345-445**

Grade(s): 1 to 4

Price: 150.00

This program offers Congressional students in grades 1st- 4th grade the opportunity to enhance their skills in various sports throughout the year. The Little Colts Academy main focus will be to develop a solid foundation of basic skills of basketball in each student in attendance. Each day will begin with small group skill development stations to improve on essential skills needed to participate with confidence and will end with small sided games. Older students will expand their knowledge of the game by learning both offensive and defensive strategies. Each student will receive a Little Colts Academy uniform and should wear it during each practice/game day.

### **Fencing Friday 345-445**

Grade(s): K to 4

Price: 175.00

*En Garde! Ready? Fence!* Join us for this awesome experience with NOVA fencing Club. We teach fencing using fun games and drills. Our students learn basic footwork and blade work skills from experienced coaches, who have developed both national and international competitors and several current Junior Olympians.