

Spring After School Activities

Mondays April 1st to June 3rd

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 recital on June 4th.

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 recital on June 4th.

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. This class will conclude with a recital on June 4th.

Playground Science Monday 345-430 and 430-515

Grade(s): PS to K

Price: 125.00

Come join Ms. Ponting for this awesome new class! We will talk about basic physics concepts such as gravity, motion, energy, friction and push and pull. We will be trying them on the playground and building structures such as model slides and swings to demonstrate these concepts.

Virtual Reality and Minecraft 345-445

Grade(s): 2 to 8

Price: 175.00

Come join Mr. Tony as we dive into the awesome world of Virtual Reality. Jedi Challenges Oculus Go and the HTC Vive, we have them all! Please join us for this exciting new After School Activity. Students will supplement their time by working on their Minecraft account when it is not their turn with the VR equipment.

Tuesdays April 2nd to May 28th

Book Worms with Ms. Rice Tuesday 345-430 and 430-515

Grade(s): PS-JK

Price: 125.00

A junior book club with adventure! Each week we will read a Caldecott Medal award winning children's book together (with our reading glasses) and then take on a fun activity that relates to the book! One day we might be making oobleck, slime and putty after reading *Bartholomew and the Oobleck* by Dr. Seuss, another day we will go on a campus adventure after reading *Where the Wild Things Are*, and one day we could be pizza making after reading *In the Night Kitchen* by Maurice Sendak. Books open up new worlds for children, and it will be an adventure a week in our book club! -8 weeks, 8 different books, activities range from cooking, art, acting, "hiking," outdoor time, dancing...everything that fits in with the book that week!

Chess Wizards Tuesdays 345-445

Grade(s): K to 5

Price: 165.00

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.

Wednesdays April 3rd to May 29th

Sports Mix Wednesday 345-430

Grade(s): PS-K

Price: \$125.00

During this class, the time will be split between 4 weeks of Basketball and 4 weeks of T-ball. Basketball: March Madness!!! During this session, the children will learn all about the game of Basketball. Emphasis is placed on fundamentals including ball handling, passing, rebounding, shooting, and defensive skills. Players will also build on teamwork and sportsmanship. All equipment is provided. Other sports skills might be included such as relay races and agility skills with the training ladder and hurdles. T-Ball: This clinic introduces kids to the basics of T-Ball. Hitting, stance, fielding, throwing, and catching are only a few of the basics covered. Bring a glove if you have one, otherwise all the equipment will be provided such as Velcro catch gloves, foxtails, bats, tees, bases, and More!

Rosie Riveters Wednesday 345-515

Grades(s): 2 to 5

Price: 250.00

Doing is how you learn. When you let children solve problems on their own, they learn to be more independent. With the confidence to fail, you arm yourself with the tools to win! Rosie Riveters is a non-profit organization that develops participants confidence, problem solving and critical thinking skills through our hands-on and interactive STEM (science, technology, engineering and math) projects. During this 6 week after-school program participants will explore everything from hydraulics and circuits to polymers and biomechanics. In addition to an educational overview of a STEM concept, participants will engage in an interactive and hands-on building project that explores that concept. The program will conclude with a team challenge and presentation that showcases both the hard and soft skills learned throughout the program.

UNITY IN DIVERSITY Wednesday 345-430

Grades(s): JK to K

Price: 150.00

Mooshee and Mrs. Razi are opening doors to a new language - come explore; play some, learn some and learn to love some - in FARSI.

Thursdays April 4th to May 30th**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 camp 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

The ART BRAINS program moves far beyond the average arts and crafts hour, inspiring kids to think independently, creatively problem-solve, and expand on their ideas in an atmosphere of high imagination and empowered experimentation. We know that kids engaged in the arts gain academic and problem-solving ability, confidence, interpersonal skills and empathy, and our creative curricula are designed with these qualities in mind. Art Brains kids create within our thoughtful projects considering themes of science, history, anthropology, nature, story-telling and magic! They always experiment with a variety of materials, and will draw, paint, sculpt, build, write, and more in a single session. Some sessions include video, music, and performative projects too.

Join us this spring and activate your *art brains*! Students will: invent their own hieroglyphs, make valentines for the natural world, create exotic pet monsters, fabricate tiny houses, create mixed media poem collages, accessories for invented superheroes, and more! See our website for more info, photos, and parent testimonials: www.artbrainskids.com

Russian Language Class Thursday 345-445

Grade(s): K to 4

Price: 150.00

We are excited to offer a Russian class this spring 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 April 5th to May 31st**Rocks, Puddles and Soil Friday 345-430 and 445-530**

Grade(s): PS to JK

Price: 100.00

Every young explorer's dream! Come join Mr. Gene as we investigate all the cool outdoor opportunities our campus has to offer. No stone will go unturned and we will make sure to jump in every puddle. This will get messy!

Little Colts Academy-Soccer- Friday 345-445

Grade(s): 1 to 4

Price: 195.00

This 8 week program offers Congressional students in 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 soccer 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. This class will be taught by our very own Coach B and Coach Kim!

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.

Congressional Riding Academy

Join Congressional's fuzzy friends for horse riding lessons Monday-Friday after school. Our goal is to grow confident equestrians in a safe, fun, rider-centered environment. The Congressional Riding Academy helps students grow riding skills from beginner through intermediate levels, gain horsemanship knowledge, and develop friendships with two and four-legged friends. We believe working with horses builds on the school's core values of integrity, kindness, perseverance, respect, and responsibility.

Foal Program (Grades K-2): 30-minute lessons that focus on building confidence and comfort around equine friends. Strong focus on age-appropriate games and activities that are fun and dismantle the "fear" of horses and riding. Foals can expect to spend about half of the lesson working on the ground (learning to handle, groom, and tack their horse) and half of the lesson in the saddle (practicing riding skills). As riders master ground skills, they'll spend more and more time in the saddle.

- Private lessons: \$320/30-minute lessons

Lesson Program (Grades 2+): 45-minute lessons to build confidence and skill in the saddle. Riders progress through skill levels from "I've never touched a horse," to "I'm preparing to compete." Riders that can groom and tack their horse independently may arrive early to prepare their horse before the lesson and may stay late to untack and put away their horse. Otherwise riders will prepare their horse and untack their horse during the lesson. Private lessons include customized instruction and skill progression. In group lessons, students may choose to ride with another student in their level. Parents of previous riders will receive an email reminder of their rider's level before registration opens. If students are not yet assigned a level, they must sign up for private lessons.

- Private lessons: \$600/45-minute lessons
- Group lessons (3 riders max): \$440/45-minute lessons