

All About Our After-School Activities

At Congressional School, our after-school activities are designed to extend learning, foster creativity, and encourage personal growth in a safe, supportive, and engaging environment. These programs give students the opportunity to explore new interests, build skills, and connect with peers across grades. Whether your child loves sports, arts, science, or hands-on projects, our after-school programs provide something for everyone. Activities are structured to balance skill development, teamwork, and fun, ensuring each student leaves feeling accomplished and excited for the next session.

How It Works:

- **Variety of Offerings:** Students can choose from a wide range of activities, including athletics, visual and performing arts, STEM, outdoor exploration, and creative projects.
- **Grade-Specific Programs:** Activities are tailored to different age groups to ensure developmentally appropriate learning and engagement.
- **Flexible Scheduling:** Programs run either from 3:45-4:30 or 4:30-5:15. Students are welcome to join EHP on the day of the activity, either before or after it begins. We also have morning sessions that you can sign up for from 7-7:55!
- **Expert Instructors:** Our programs are led by trained professionals who are passionate about their craft and dedicated to helping students grow.
- **I'm SOLD! When can I sign up?:** In connections, it will tell you the date and time that registration opens. It sells out fast, so make sure you log in quickly!

By participating, students not only gain knowledge and skills but also discover new passions and make lasting memories. Our after-school programs are more than just an extension of the school day—they're an opportunity to explore, create, and thrive.

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Winter **BEFORE** School Activities SY25/26

Tuesday Mornings -

Dates: 1/6 -3/8

- **Volleyball Skills!**

- **Teacher:** Coach B
- **Grade(s):** 4th- 8th
- **Time(s):** 7:00-7:50
- **Price:** \$225
- **Description:** Start your morning with a serve! Morning Volleyball is a fresh opportunity for students to learn and practice the fundamentals of volleyball before the bell rings. Through energizing drills, skill-building exercises, and team play, this club gets the body moving and the mind ready for the day—all while having fun with friends on the court!

Winter **AFTER** School Activities SY25/26

Mondays

Dates: 1/5 -3/9

- **Little Picassos-**

- **Teacher:** Ms. Melnik
- **Grade(s):** K
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Unleash your child's creativity with paint, crayons, and imagination! Little Picassos explores colors, shapes, and artistic techniques in a playful and inspiring setting. Kids will create their own masterpieces while developing fine motor skills and self-expression.

- **Puzzles and Logic-**

- **Teacher:** Ms. Paradis
- **Grade(s):** K
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Put your brain to the test with mind-bending challenges and fun logic games! This program encourages critical thinking, problem-solving, and strategic planning through hands-on activities. Perfect for curious minds who love solving riddles and cracking codes!

- **Ball Hockey**

- **Teacher:** Hurricanes Sports
- **Grade(s):** 2nd-5th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Bring the excitement of hockey indoors with fast, action-packed games! Players develop hand-eye coordination, teamwork, and agility while learning passing, shooting, and game strategy. Everyone gets a chance to play, score, and have fun in a high-energy environment.

- **Sewing for Beginners**

- **Teacher:** Mrs. Gong
- **Grade(s):** 2nd-4th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Start your sewing journey with hands-on projects that build skills and confidence! Learn basic stitches, patterns, and techniques while creating fun, wearable, or decorative items. This is the perfect way to combine creativity with practical skills.

- **Cheer/Dance**

- **Teacher:** Ms. Anderson
- **Grade(s):** 2nd-5th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Jump, twirl, and cheer your heart out in this energetic program! Students learn rhythm, coordination, and team spirit while performing exciting routines. It's a high-energy, confidence-building experience that combines dance, cheer, and fun.

- **Creating Sculptural Art**

- **Teacher:** Mrs. Hawkins
- **Grade(s):** K-2nd
- **Time(s):** 4:30-5:15
- **Price:** \$225
- **Description:** Transform your ideas into three-dimensional works of art! Using clay, wire, and mixed media, students explore texture, form, and creativity. Each project encourages imagination, problem-solving, and hands-on artistic expression.

Tuesdays

Dates: 1/6 -3/8

- **Forts, Foraging, and Footprints**

- **Teacher:** Mr. Gene
- **Grade(s):** 3rd
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Explore the great outdoors and become a junior adventurer! Students will build forts, forage for natural treasures, and uncover animal tracks while learning about nature. It's a hands-on program that encourages curiosity, teamwork, and outdoor exploration.

- **Robotics!**

- **Teacher:** Snapology
- **Grade(s):** 2nd-4th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Take your robotics skills to the next level! In Advanced Robotics, students will dive deeper into coding and engineering, designing more complex builds and exploring advanced programming concepts. With team challenges and creative projects, this club encourages critical thinking, collaboration, and innovation for young tech enthusiasts ready to level up!

- **Robotics!**

- **Teacher:** Snapology
- **Grade(s):** K-1st
- **Time(s):** 4:30-5:15
- **Price:** \$225
- **Description:** Get ready to build, code, and create! In Beginner Robotics, students will explore the exciting world of robotics using fun, hands-on activities with easy-to-use kits and block-based coding. From building simple robots to making them move and react, this club builds problem-solving skills, creativity, and a love for technology, no experience needed!

- **Studio Impressions**

- **Teacher:** Ms. Melnik
- **Grade(s):** 1st-2nd
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Dive into the world of visual art with exciting materials and techniques! Students explore color, texture, and composition while creating unique artwork. This program encourages self-expression, artistic skill-building, and confidence in every brushstroke.

- **Zumba and Latin Dances**

- **Teacher:** Ms. Gomez and Ms. Mio
- **Grade(s):** K-5th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Move to the beat and feel the rhythm in this energetic dance program! Students will learn Latin dance steps and Zumba routines while improving coordination, fitness, and confidence. It's fun, upbeat, and perfect for anyone who loves music and movement.

- **Readers Theater**

- **Teacher:** Ms. Paradis
- **Grade(s):** 3rd-6th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Bring stories to life through voice, expression, and performance! Students develop reading fluency, confidence, and teamwork as they act out engaging scripts. It's a fun way to combine literacy, creativity, and dramatic arts.

- **Colts Cotillion**

- **Teacher:** Ms. Limberg
- **Grade(s):** 2nd-4th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Learn etiquette, confidence, and social skills in a fun, interactive setting! This program combines manners, poise, and engaging activities that prepare students for social situations. It's a unique opportunity to build character while having a great time.

- **Crazy Contraptions**

- **Teacher:** Ms. A
- **Grade(s):** 4th-6th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Invent, tinker, and let your imagination run wild! In this program, students design and build their own machines, gadgets, and creative devices. It's a hands-on experience that encourages innovation, engineering skills, and out-of-the-box thinking.

- **Bullet Journaling**

- **Teacher:** Ms. Frezza
- **Grade(s):** 4th-8th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Organize your life and spark your creativity with personalized journals! Students will design layouts, track goals, and create stylish spreads while expressing themselves. It's a perfect blend of planning, art, and self-expression.

Wednesdays

Dates: 1/7- 3/4

- **Chess with Silver Knights Chess Academy!**
 - **Teacher:** Silver Knights
 - **Grade(s):** K-2nd
 - **Time(s):** 3:45-4:15
 - **Price:** \$225
 - **Description:** This program is designed to help students sharpen their strategies, think critically, and take their game to the next level. Whether your child is a beginner or an experienced player, they'll receive expert instruction, develop key skills, and have fun competing with their peers. Get ready for an exciting season of chess mastery!

- **Advanced Chess with Silver Knights Chess Academy!**
 - **Teacher:** Silver Knights
 - **Grade(s):** 3rd-8th
 - **Time(s):** 4:30-5:15
 - **Price:** \$225
 - **Description:** This program is designed to help students sharpen their strategies, think critically, and take their game to the next level. Whether your child is a beginner or an experienced player, they'll receive expert instruction, develop key skills, and have fun competing with their peers. Get ready for an exciting season of chess mastery!

- **Spanish with Games**
 - **Teacher:** Ms. Mio
 - **Grade(s):** 1-4
 - **Time(s):** 3:45-4:30
 - **Price:** \$225
 - **Description:** Learn Spanish in a fun, interactive way through games and activities! Students will practice vocabulary, phrases, and conversational skills while playing and exploring. It's an exciting program that combines language learning with play.

- **French with Games**
 - **Teacher:** Ms. Gomez
 - **Grade(s):** 3rd-6th
 - **Time(s):** 4:30-5:15
 - **Price:** \$225
 - **Description:** Discover the French language through games, songs, and engaging activities! Students will develop vocabulary, pronunciation, and conversational skills in a playful environment. This program makes learning French fun, interactive, and memorable.

- **Creating Sculptural Art**

- **Teacher:** Mrs. Hawkins
- **Grade(s):** 3rd-4th
- **Time(s):** 4:30-5:15
- **Price:** \$225
- **Description:** Transform your ideas into three-dimensional works of art! Using clay, wire, and mixed media, students explore texture, form, and creativity. Each project encourages imagination, problem-solving, and hands-on artistic expression.

Thursdays

Dates: 1/8–3/5

- **Crazy Contraptions**

- **Teacher:** Ms. A
- **Grade(s):** 1st-3rd
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Invent, tinker, and let your imagination run wild! In this program, students design and build their own machines, gadgets, and creative devices. It's a hands-on experience that encourages innovation, engineering skills, and out-of-the-box thinking.

- **Archery**

- **Teacher:** Mr. Gene
- **Grade(s):** 3rd-4th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Aim, focus, and hit your target with precision and confidence! Archery teaches patience, hand-eye coordination, and concentration in a safe, supportive environment. Students will learn proper techniques and enjoy the satisfaction of seeing their skills improve.

- **Sewing**

- **Teacher:** Ms. Gong
- **Grade(s):** 3rd-5th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Take your sewing skills to the next level with more advanced projects and techniques. Explore creative designs, patterns, and hands-on skills while making personalized items. Students will leave with finished projects and a strong foundation in sewing mastery.

- **Craft Corner**

- **Teacher:** Ms. Colborne
- **Grade(s):** K
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Get ready to cut, glue, paint, and create! In Crafting Corner, our youngest artists will explore their imagination through hands-on projects using a variety of materials—paper, fabric, beads, and more. Each week brings a new craft that helps students build fine motor skills, express creativity, and take home their one-of-a-kind masterpieces. It's the perfect mix of art, fun, and a little bit of sparkle!

Fridays

Dates: 1/9-3/13

- **Futsal**

- **Teacher:** Capstone Soccer
- **Grade(s):** K -2nd
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Experience the thrill of indoor soccer with fast-paced action and nonstop excitement! Futsal develops your dribbling, passing, and shooting skills while encouraging teamwork and quick decision-making. Whether you're a beginner or a budding soccer star, every player will leave energized and motivated to improve.

- **Basketball Skills**

- **Teacher:** Scott Phillips
- **Grade(s):** 3rd-6th
- **Time(s):** 3:45-4:30
- **Price:** \$225
- **Description:** Dribble, pass, shoot—score! In Basketball club, students will practice essential skills like ball handling, teamwork, and game strategy through fun drills and friendly scrimmages. Whether you're new to the sport or looking to sharpen your skills, this fast-paced club is a slam dunk for active kids who love to play!

- **Futsal**

- **Teacher:** Capstone Soccer
- **Grade(s):** 3rd- 6th
- **Time(s):** 4:30-5:15
- **Price:** \$225
- **Description:** Experience the thrill of indoor soccer with fast-paced action and nonstop excitement! Futsal develops your dribbling, passing, and shooting skills while encouraging teamwork and quick decision-making. Whether you're a beginner or a budding soccer star, every player will leave energized and motivated to improve.