



# After School Enrichment

## Winter 2018

Activities will run from 2:45-3:45pm and will meet in the gym  
Students are welcome to bring a change of clothes and sneakers  
All costs are covered

**Yoga Fit** - stretch, balance, bend and twist your way into fitness and fun

**Disc Golf**- have fun designing an indoor course and practicing your golf game with discs and targets

**Field Games** – relay races, obstacle courses, games (capture the flag, dodge ball and kick ball, etc.) Every class will vary from week to week

**Checkers & Chess** – and board games galore! Feel free to bring in a favorite or try something new

**Winter Wonderland**- snowshoe (or hike) , sledding and s'mores

*\*Weather permitting. We will move indoors if necessary.*

### TUESDAY

**Yoga Fit** (Grades K-2)

Dates: **12/4, 12/11, 12/18**

**Field Games** (Grades K-2)

Dates: **1/8, 1/15, 1/22**

**Winter Wonderland** (all grades)

Dates: **1/29, 2/5, 2/12, 2/19**

### THURSDAY

**Yoga Fit** (Grades 3-6)

Dates: **12/6, 12/13, 12/20**

**Disc Golf** (Grades 3-6)

Dates: **1/10, 1/17, 1/24**

**Checkers & Chess** (all grades)

Dates: **1/31, 2/7, 2/14, 2/21**

*Interested in signing up? Return the bottom to your homeroom teacher.*

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Activities: please circle Yoga Fit   Field Games   Disc Golf   Winter Wonderland   Checkers & Chess

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_