# After School Program-Intramurals & Activities

## Session 3: January 7, 2019-February 14, 2019

| Intramurals | |
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| **Floor Hockey**<br>Team sports help children increase their physical activity levels as well as improve their social skills, giving them a greater sense of self-esteem and community. In this session of our Intramural program, students will learn the fundamentals of floor hockey as they compete against fellow students, in a safe and fun learning environment. | Monday & Tuesday |

| Activities | |
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| **Learn to play the Trumpet!**<br>Research shows that learning to play a musical instrument has a tremendous effect on improving brain power and social skills. Skills like creative thinking, patience, expression, and discipline are vastly improved. In our music group, students will begin to learn how to play the trumpet.<br><br>**\*This class will require you to rent your instrument for a low cost. Please contact ahumphreys@learningprep.org for more information.** | Monday & Thursday |
| **Lucky Punch Boxing**<br>**"**Boxing gives children confidence, helps them focus, helps them sleep better, and improves their reaction time and memory. It also keeps them physically fit, while learning their limits, seeing their progress, and having fun!" Our boxing group will offer conditioning work, teamwork drills, and punching techniques, in a safe and fun learning environment. There will be *NO sparring* with other students in this program.<br><br>**\*Enrollment comes with pair of boxing gloves to keep**<br>**\*Please follow their link for more info**<br>**http://www.luckypunchboxing.com/autism---special-needs-boxing.html** | Tuesday & Thursday |
| **Game Development in Scratch (Coding With Kids)**<br>Understanding the language of technology gives students a major advantage in this ever-growing field. Computer programming allows students to gain proficiency in computer language; writing code and moving up the 'coder's ladder' to learn even more languages. Through Scratch games, website and mobile app development, your child will learn, at their own pace, the tools needed to become a skilled software developer.<br><br>**\*Please follow their link for more info**<br>**https://www.codingwithkids.com/#!/** | Wednesday & Thursday |

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| **Star Wars Tabletop Club**<br>Tabletop gaming increases critical thinking skills, socialization, patience, creativity, and cooperation amongst players. Because so much of Star Wars is based on real-world materials and technological advancements, students will be able to apply real-world applications to their game. They will create their own original characters then strategize together as they play through various campaigns. Campaigns will be led by the instructor and will include traps, enemies, and non-player allies. They will also be able to generate maps and miniatures or read out of books for a more traditional tabletop role-playing experience. | Monday & Thursday |
| **Theatre**<br>Children who participate in theater have an increased sense of social awareness, aesthetic appreciation, self-confidence, and working memory. As well, performing in front of an audience teaches them to improve their risk taking and public speaking skills. In our Theatre program, students will work towards showcasing their talents in a school day performance as well as an evening performance.<br><br>*PROGRAM REQUIREMENT: Attend all three days the program is offered and attend all performances | Monday, Tuesday AND Thursday |
| **Scrapbooking**<br>Through artistic expression and design, children learn to think more openly, create new meanings, take risks, and explore logical and creative thinking. In our Scrapbooking program, students will hone their imaginative skills to create personalized scrapbooks, using personal touches, pictures, and keepsakes to create memories that will last a lifetime. | Monday & Tuesday |
| **Cake Decorating**<br>Through cooking/baking, students learn to create and appreciate visual aesthetics, become better planners, develop more patience, follow instructions more closely, and understand food safety. Our Cake Decorating program will give students a chance to see the desserts they create in a new and exciting way. They will learn the basics of decorating cakes and cupcakes by practicing frosting, piping, and flowering techniques. They will also be able to eat their finished products!<br><br>*Please be sure to include on the application if your child has any food allergies | Tuesday & Thursday |