

# KASEP FALL 2017 SCHEDULE

**Monday September 18, 2017 - Friday, December 15, 2017**

**KASEP HOLIDAYS: October 9, November 1, 10, 23-24**

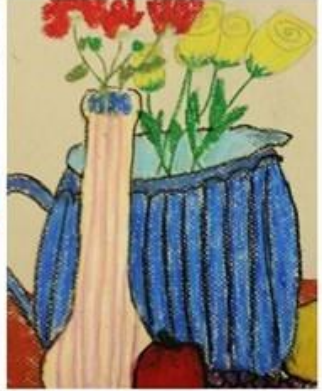
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI DAY
	12 Weeks	13 Weeks	12 Weeks	12 Weeks	11 Weeks
2:30-3:40 Grades 1-3	Creative Clay \ B\ 1-3	Carpentry \ B\ 1-3	Carpentry \ B\ 1-3  Recorder \ CC2\ 2-6	Creative Drama \ CC\ 1-3	Cooking Around World \ CCK\ 2-6
2:50-3:40 Grades 4-6	Keyboard\ C\ 1-3  <u>Wed.</u> 1:50-3:00 Grades 1-3 2:10-3:00 Grades 4-6	Sports & Games \ RBF (* CC1)\ 1-4  Mixed Media \ A\ 1-6  Drawing with Pastels \ C\ 1-3	Sports & Games \ RBF (* CC1) \ 2-5  Chocolatier Creations and Decorations \ CCK\ 1-3	Crafty Creations and More \ C\ 3-6  Adventures in the Garden\ A\ 3-6	Beginning Tennis \ TC (* CC1) \ 1-4  Hand Sewing and Fabric Arts\ C\ 1-3
	Muffin Madness \ CCK\ 1-3 Saving Planet Earth through Hands-On Projects \ A\ 2-5	<u>KCC CLASS</u> <i>Gymnastics 1-3</i> \ CCM	<u>KCC CLASS</u> <i>Kids' Circus</i> 2-6\ CCM	Beginning Tennis \ TC (* CC2)\ 1-4  <u>KCC CLASS</u> <i>Skyhawk Sports</i> <i>Medley 1-3\ CCG</i> (* CCM)	<i>Spanish 1-3\ A</i>  <u>KCC CLASSES</u> <i>SkyHawk Coed</i> <i>Basketball 2-5\ BC</i> (* CCM)
3:50-5:00  <u>Wed.</u> 3:10-4:20	Creative Clay Workshop \ B\ 1-6  Advanced Tennis \ TC (* CCM)\ 2-6  Muffin Madness \ CCK\ 1-6	Carpentry Shop \ B\ 1-6  Drawing wih Pastels \ C\ 3-6  <u>KCC CLASS</u> <i>Gymnastics 3-6</i> \ CCM	Carpentry Shop \ B\ 1-6 Beg. & Int. Tennis \ TC (* CC2)\ 2-6  Chocolatier Creations\ CCK\ 2-6  <u>KCC CLASS</u> <i>Kids Circus 4-6\ CCM</i>	Master Chef \ CCK\ 2-6  Adventures in the Garden\ A\ 1-6  <u>KCC CLASS</u> <i>Skyhawk Sports</i> <i>Medley 3-6\ CC</i> (* CCM)	Beg. Cartooning \ B\ 3-6 Cooking Around the World \ CCK\ 1-6  Machine Sewing Basics \ C\ 3-6 <u>KCC CLASS</u> <i>Spanish 3-6\ A</i>

Listings include: Course title\ Location\ Grade Levels

(\* alternate room on rainy days)

CCM Community Center Main Room  
 CC1 Community Center Room 1  
 CC2 Community Center Room 2  
 CCK Community Center Kitchen  
 CCG Community Center and grassy field

A Recreation Building Room A  
 B Recreation Building Room B  
 C Recreation Building Room C  
 RBF Recreation Building Field  
 BC Basketball Courts  
 TC Tennis Courts



## **CLASSES FOR GRADES 1-6 FALL 2017**

**Adventures in the Garden for grades 3-6**

**New Class!!!**

**Instructor** Vicky Brodt

**Location** Recreation Building Room A

**Thursdays** 2:30- 3:40 (1 hour 10 minute class) Grade 3

**Thursdays** 2:50- 3:40 (50 minute class) Grades 4-6

**Grades** 3- 6

**Class Size** 6- 8

**Cost** Grade 3 \$205 (materials provided) 12 week session  
Grades 4-6 \$190 (materials provided) 12 week session

What makes a plant grow? This class explores soil nutrients, insects, and types of seeds for planting a winter garden. Teacher Vicky will introduce garden friendly bugs and plants while planning the garden. Students will understand pollinator-friendly planting. No poisons or insecticides will be used. Student will gain an appreciation of truly organic gardening. Journals, observations, and art related projects are part of the planting and harvesting!

**Adventures in the Garden for grades 1-6**

**New Class!!!**

**Instructor** Vicky Brodt

**Location** Recreation Building Room A

**Thursdays** 3:50- 5:00 (1 hour 10 minute class)

**Grades** 1- 6

**Class Size** 6- 8

**Cost** \$205 (materials provided) 12 week session

What makes a plant grow? This class explores soil nutrients, insects, and types of seeds for planting a winter garden. Teacher Vicky will introduce garden friendly bugs and plants while planning the garden. Students will understand pollinator-friendly planting. No poisons or insecticides will be used. Student will gain an appreciation of truly organic gardening. Journals, observations, and art related projects are part of the planting and harvesting!

### **Beginning Cartooning for Grades 3-6**

**Instructor** Jamie Aberegg  
**Location** Recreation Building Room B  
**Fridays** 3:50-5:00 (1 hour 10 minute class)  
**Grades** 3-6  
**Class Size** 6-8  
**Cost** \$175 (materials provided) 11 week session

Grab your pencil and bring your imagination! This cartooning class will help develop drawing skills and let your imagination soar. You will create your own character and build stories along with drawing your personal comic stripes and finish a comic book. Learn about bird's eye view, punch lines, props, speech bubbles and story boarding.

### **Carpentry for Grades 1-3**

**Instructor** Sandy Thacker  
**Location** Recreation Building Room B  
**Grades** 1-3  
**Tuesdays** 2:30-3:40 (1 hour 10 minute class)  
**Wednesdays** 1:50-3:00 (1 hour 10 minute class)  
**Class Size** 7-8  
**Cost** Tuesdays \$250 (materials provided) 13 week session  
Wednesdays \$235 (materials provided) 12 week session

There's magic in creating something from nothing. You see something you really like, but instead of buying it, you make it yourself. Along the way, you learn new skills, the safe use of a variety of tools, and some practical math. When your project is completed, if it's a paddle boat, a marble maze, a birdhouse, a xylophone, or another item you come up with, it's always a great feeling to take it home to play with or use, or give as a special gift.

**If any parents have access to wood or other carpentry materials or tools that they might donate to our carpentry classes, please call the KASEP office or Sandy at (510) 482-1258. Thanks so much.**

## **Carpentry Workshop for Grades 1-6**

**Instructor Sandy Thacker**

**Location Recreation Building Room B**

**Tuesdays 3:50-5:00 (1 hour 10 minute class)**

**Wednesdays 3:10-4:20 (1 hour 10 minute class)**

**Grades 1-6**

**Class Size 6-8**

**Cost Tuesdays \$250 (materials provided) 13 week session**

**Wednesdays \$235 (materials provided) 12 week session**

There is a great satisfaction in working with wood. As you get more adept at working with tools, you can also expand your skills by creating more complex and creative projects, sometimes working from your own designs. When you finish a project, whether it's a pinball machine, a pool table, a xylophone, a stool, a bookshelf, or something else, it's a special feeling to know that you made it yourself to use or to give as a wonderful present to family or friends.

## **Chocolatier creations and decorations for grades 1-3**

**Instructor Vicky Brodt**

**Location Community Center Kitchen**

**Wednesdays 1:50-3:00 (1 hour 10 minute class)**

**Grades 1-3**

**Class Size 6-8**

**Cost \$220 (materials provided) 12 week session**

Chocolate, Chocolate and more Chocolate! Let's have fun learning to work with chocolate. Truffles, dipped treats, cookies, chocolate mousse and cakes for sure; but we will also discover some other unusual things to make with chocolate. How about chocolate pasta or chocolate mole` chicken tacos? Come enjoy the chocolate fun. Parents: be aware there will be sweet treats in this class.

## **Chocolatier creations and decorations for grades 2-6**

**Instructor Vicky Brodt**

**Location Community Center Kitchen**

**Wednesdays 3:10-4:20 (1 hour 10 minute class)**

**Grades 2-6**

**Class Size 6-8**

**Cost \$220 (materials provided) 12 week session**

Chocolate, Chocolate and more Chocolate! Let's have fun learning to work with chocolate. Truffles, dipped treats, cookies, chocolate mousse and cakes for sure; but we will also discover some other unusual things to make with chocolate. How about chocolate pasta or chocolate mole` chicken tacos? Come enjoy the chocolate fun. Parents: be aware there will be sweet treats in this class.

### **Cooking Around the World for Grades 2-6**

**Instructor** Pascale Roger- McKeever  
**Location** Community Center Kitchen  
**Fridays** 2:30- 3:40 (1 hour 10 minute class) Grades 2- 3  
**Fridays** 2:50- 3:40 (50 minute class) Grades 4- 6  
**Grades** 2- 6  
**Class size** 6- 8  
**Cost** Grades 2- 3 \$190 (materials provided) 11 week session  
Grades 4- 6 \$175 (materials provided) 11 week session

**Cooking Around the World with Chef Pascale! California offers such diversity and availability of certain exotic foods and spices! In this class we will travel the world through taste, and every week, cook a recipe from a different country - Welsh scones, Japanese sushi, French crepes and the list goes on! Students set the table, and will enjoy the homemade foods, made family style. Recipes are captured so students can make the menu at home, sharing their new talents with family. Kitchen rules, knife safety and cleanliness are also taught.**

### **Cooking Around the World for Grades 1-6**

**Instructor** Pascale Roger- McKeever  
**Location** Community Center Kitchen  
**Fridays** 3:50- 5:00 (1 hour 10 minute class)  
**Grades** 1- 6  
**Class size** 6- 8  
**Cost** \$190 (materials provided) 11 week session

**Cooking Around the World with Chef Pascale! California offers such diversity and availability of certain exotic foods and spices! In this class we will travel the world through taste - Welsh scones, Japanese sushi, French crepes and the list goes on!. Students set the table, and will enjoy the homemade foods, made family style. Recipes are captured so students can make the menu at home, sharing their new talents with family. Kitchen rules, knife safety and cleanliness are also taught.**

### **Crafty Creations and More for Grades 3-6**

**Instructor** Elaine Chu  
**Location** Recreation Building Room C  
**Thursdays** 2:30-3:40 (1 hour 10 minute class) Grade 3  
**Thursdays** 2:50-3:40 (50 minute class) Grades 4-6  
**Grades** 3-6  
**Class Size** 6-8  
**Cost** Grade 3 \$215 (materials provided) 12 week session  
Grades 4-6 \$200 (materials provided) 12 week session

Markers, paints, rubber stamps, wood, and metal are just some of the materials we will use to create amazing 2D and 3D art. We'll combine images and words to make pop-up creatures, "stained glass", magic flexagons, felt pamphlets, custom rubber stamps, and more!

New projects throughout the year.

### **Creative Clay for Grades 1-3**

**Instructor** Jeanne Rehrig  
**Location** Recreation Building Room B  
**Mondays** 2:30-3:40 (1 hour 10 minute class)  
**Class Size** 7-9  
**Grades** 1-3  
**Cost** \$200 (materials provided) 12 week session

Clay is a wonderful medium for allowing your creativity to flow and literally, take shape. In this class, students of all ages and levels "get their hands into the clay" and get dirty. We will make many different objects including pots, animal sculptures such as elephants, owls, fish, etc. and even a self-portrait. Students gain knowledge and a sense of the sculpting process, hand skills, and the enjoyment of working with clay.

### **Creative Clay for Grades 1-6**

**Instructor** Jeanne Rehrig  
**Location** Recreation Building Room B  
**Mondays** 3:50-5:00 (1 hour 10 minute class)  
**Grades** 1-6  
**Class Size** 7-9  
**Cost** \$200 (materials provided) 12 week session

Clay is a wonderful medium for allowing your creativity to flow and literally, take shape. In this class, students of all ages and levels "get their hands into the clay" and get dirty. We will make many different objects including pots, animal sculptures such as elephants, owls, fish, etc. and even a self-portrait. Students gain a knowledge and a sense of the sculpting process, hand skills, and the enjoyment of working with clay.

### **Creative Drama for Grades 1-3**

**Instructor** Pascale Roger- McKeever  
**Location** Community Center Room 1  
**Thursdays** 2:30- 3:40 (1 hour 10 minute class)  
**Grades** 1-3  
**Class Size** 6- 10  
**Cost** \$200 (materials provided) 12 week session

Children of all abilities are proud to be part of fun, creative improvisation and theatre games. In a supportive environment that allows each child to develop the courage to act on stage in front of an audience, this class will be about about listening, improvising, and interacting with each other, not so much about dressing up or putting on plays.

### **Drawing with Pastels for Grades 1-3**

**Instructor** Jeanne Rehrig  
**Location** Recreation Building Room C  
**Tuesdays** 2:30- 3:40 (1 hour 10 minute class)  
**Grades** 1-3  
**Class Size** 6-7  
**Cost** \$210 (materials provided) 13 week session

This class for blossoming artists is full of possibilities. Join Jeanne for pastel fun as students learn about a new medium and explore art history by studying different artists and their work. They will create wonderful artwork while being inspired by Van Gogh, Monet and other master artists. Through this class, students will learn color blending, drawing techniques and shading with pastels, watercolor and other media. The results will be truly framable.

### **Drawing with Pastels for Grades 3-6**

**Instructor** Jeanne Rehrig  
**Location** Recreation Building Room C  
**Tuesdays** 3:50- 5:00 (1 hour 10 minute class)  
**Grades** 3-6  
**Class Size** 6-7  
**Cost** \$210 (materials provided) 13 week session

This class for blossoming artists is full of possibilities. Join Jeanne for pastel fun as students learn about a new medium and explore art history by studying different artists and their work. They will create wonderful artwork while being inspired by Van Gogh, Monet and other master artists. Through this class, students will learn color blending, drawing techniques and shading with pastels, watercolor and other media. The results will be truly framable.



### **Hand Sewing and Fabric Arts for Grades 1-3**

**Instructor** Vicki Brodt  
**Location** Recreation Building Room C  
**Fridays** 2:30- 3:40 (1 hour 10 minute class)  
**Grades** 1-3  
**Class size** 6- 8  
**Cost** \$195 (materials provided) 11 week session

Join in the fun of sewing! This is the class where boys and girls learn basic sewing skills as they make small items such as bookmarks, coin purses and puppets. Returning students will expand their skills while making more complex items like small balls, little quilts and even stuffed teddy bears. There are always new projects for each session.

### **Keyboard for Grades 1-3**

**Instructor** Jan Jones  
**Location** Recreation Building Room C  
**Mondays** 2:30- 3:40 (1 hour 10 minute class)  
**Grades** 1-3  
**Class size** 6- 8  
**Cost** \$215 (sheet music and workbook materials provided) 12 week session  
Students must provide their own battery-operated keyboard.  
Casio model SA76 is recommended. Purchase at Music Works or online.

Beginners and continuing keyboard students are welcome in this basic class. Students will learn to read notes and play familiar songs. Each student in the class will get a short, individual lesson, while the other students are working with music-related materials. This class teaches beginning musicians basic rhythm and note-reading, thus providing a good foundation for piano as well as other instruments.

### **Machine Sewing Basics for Grades 3-6**

**Instructor** Vicki Brodt  
**Location** Recreation Building Room C  
**Fridays** 3:50- 5:00 (1 hour 10 minute class)  
**Grades** 3- 6  
**Class size** 6- 8  
**Cost** \$195 (materials provided) 11 week session

In addition to hand sewing, in this class boys and girls learn how to use a sewing machine! This ability gives them yet another lifelong skill. In each session projects such as pillows, drawstring bags, juggling balls, and quilts are selected to suit students' levels and interests. As skills expand, their great ideas can become beloved creations.

### **Master Chef for grades 2-6**

**Instructor** Pascale Roger- McKeever  
**Thursday** 3:50- 5:00 (1 hour 10 minute class)  
**Grades** 2- 6  
**Class Size** 6- 8  
**Location** Community Center Kitchen  
**Cost** \$205 (materials provided) 12 week session

Master Chef with French Chef Pascale! Let's start with a clean kitchen and end with a clean kitchen! Students will be introduced to kitchen safety, table manners, proper food handling, food preparation, and baking techniques. Each week, students will focus on a different gastronomical theme. Pascale brings her worldly experience and culturally rich knowledge of food to share-- guaranteed to have good eats at the end of the day!

### **Mixed Media Masterpieces for grades 1-6**

**Instructor** Vicky Brodt  
**Location** Recreation Building Room A  
**Tuesdays** Grade 1-3 2:30- 3:40 (1 hour 10 minute class)  
Grades 4- 6 2:50- 3:40 (50 minute class)  
**Grade** 1- 6  
**Class Size** 6- 8  
**Cost** Grades 1- 3 \$230 (materials provided) 13 week session  
Grades 4- 6 \$210 (materials provided) 13 week session

Ignite children's imaginations and innate artistic abilities. Create one of a kind masterpieces using a huge variety of materials. Class projects include: paper mache, paper making, engraving, and home crafts such as Mexican metal smithing mirrors, frames, journals, art using recycled materials and much more.

### **Muffin Madness for grades 1-3**

**Instructor** Vicky Brodt  
**Location** Community Center Kitchen  
**Mondays** 2:30- 3:40 (1 hour 10 minute class)  
**Grades** 1- 3  
**Class Size** 6- 8  
**Cost** \$215 (materials provided) 12 week session

Muffin Madness: Ever wonder what you can use a muffin pan for besides muffins? Come and find out in "Muffin Madness" cooking! There will definitely be muffins, but we might also make cupcakes, biscuit bundles, tarts and a few surprises!

### **Muffin Madness for grades 1-6**

**Instructor** Vicky Brodt  
**Location** Community Center Kitchen  
**Mondays** 3:50-5:00 (1 hour 10 minute class)  
**Grades** 1-6  
**Class Size** 6-8  
**Cost** \$215 (materials provided) 12 week session

Sure, muffins are on the menu, but the “madness” is that everything we make will be in a muffin tin. From mini Apple pies to Zesty lemon tarts and lots of savory and sweet treats in between. Kids use math and science skills while absorbing the language of cooking. The treat comes at the end of class when our creations get to be devoured!

### **Recorder for Grades 2-6**

**Instructor** Jane Webber  
**Location** Community Center Room 2  
**Wednesdays** 1:50-3:00 (1 hour 10 minute class) Grades 2-3  
**Wednesdays** 2:10-3:00 (50 minute class) Grades 4-6  
**Grades** 2-6  
**Class Size** 6-7  
**Cost** Grades 2-3 \$215 (recorders and other materials provided) 12 week session  
Grades 4-6 \$200 (recorders and other materials provided) 12 week session

Come learn to play the recorder! Recorder is a wonderful way to introduce music into a child’s life, and can be a stepping stone to the study of more complex instruments later on. Beginning students will learn basic fingerings and note-reading, and will begin playing simple tunes from the very first class. As students advance, more sophisticated techniques and music will be presented. All levels are welcome, as each student will be given individual instruction tailored to his or her unique needs and learning style.

## **Saving Planet Earth through Hands-On Projects for Grades 2-5**

**Instructor** Veronica Medina-Ross  
**Location** Recreation Building Room A  
**Mondays** 2:30- 3:40 (1 hour 10 minute class) Grades 2-3  
**Mondays** 2:50- 3:40 (50 minute class) Grades 4-5  
**Grades** 2-5  
**Class size** 6-8  
**Cost** Grades 2-3 \$190 (materials provided) 12 week session  
Grades 4-5 \$175 (materials provided) 12 week session

Through environmental science, young children will learn about taking care of our home, Planet Earth. The class will consist of various themed lessons, exploration with hands-on (make it real) craft/art projects to compliment the theme: Water, Plants, field trip to Blake Gardens, Eco Systems, Recycling and an introduction to Global Warming. This class will help kids understand their relationship to the environment by engaging them in fun hands-on activities. Songs, art projects and stories will help encourage hands-on investigations about the wonders, why's of events and characteristics of living and non-living things in our local and global environment.

## **Sports and Games for Grades 1-4**

**Instructor** Kim Roots  
**Location** Playing Field next to Recreation Building (CC Room 1 on rainy days)  
**Tuesdays** 2:30- 3:40 (1 hour 10 minute class) Grades 1-3  
**Tuesdays** 2:50- 3:40 (50 minute class) Grade 4  
**Grades** 1-4  
**Class Size** 7- 12  
**Cost** Grades 1-3 \$200 (equipment provided) 13 week session  
Grade 4 \$185 (equipment provided) 13 week session

A unique opportunity for boys and girls to learn and understand the basics of many popular sports, including soccer, kickball, dodge ball, etc. There will also be a variety of fun games: capture the flag, cops and robbers, and hiding to seek tag, to name a few. The class will include the challenge of learning cooperation in large group games as well as the creativity of making up games, all in a very active environment.

## **Sports and Games for Grades 2-5**

**Instructor** Kim Roots  
**Location** Playing Field next to Recreation Building (Community Center Rm. 1 on rainy days)  
**Wednesdays** 1:50- 3:00 (1 hour 10 minute class) Grades 2-3  
**Wednesdays** 2:10- 3:00 (50 minute class) Grade 4-5  
**Grades** 2-5  
**Class Size** 7-12  
**Cost** Grades 2-3 \$185 (equipment provided) 12 week session  
Grade 4-5 \$170 (equipment provided) 12 week session

A unique opportunity for boys and girls to learn and understand the basics of many popular sports, including soccer, baseball, basketball, kickball, and track & field. The class will include the challenge of learning cooperation in large group games as well as the creativity of making up games, all in a warm and active environment. Please note that the class will meet in the Community Center Main Room on rainy days.

## **Tennis, Beginning and Intermediate for Grades 1-3**

**Instructor** Kim Roots  
**Location** Tennis Courts (Community Center Main Room on rainy days)  
**Mondays** 2:30- 3:40 (1 hour 10 minute class) Grades 1-3  
**Grades** 1-3  
**Class Size** 7-8  
**Cost** \$190 (equipment provided) 12 week session

## **Tennis, Advanced for Grades 2-6**

**Instructor** Kim Roots  
**Location** Tennis Courts (Community Center Main Room on rainy days)  
**Mondays** 3:50- 5:00 (1 hour 10 minute class)  
**Grades** 2-6  
**Class Size** 7-8  
**Cost** \$190 (equipment provided) 12 week session

## **Tennis, Beginning and Intermediate for Grades 2-6**

**Instructor** Kim Roots  
**Location** Tennis Courts (Community Center Room 2 on rainy days)  
**Wednesdays** 3:10- 4:20 (1 hour 10 minute class)  
**Grades** 2-6  
**Class Size** 7-8  
**Cost** \$190 (equipment provided) 12 week session

### **Tennis, Beginning for Grades 1-4**

**Instructor** Kim Roots  
**Location** Tennis Courts (Community Center Room 2 on rainy days)  
**Thursdays** 2:30- 3:40 (1 hour 10 minute class) Grades 1-3  
**Thursdays** 2:50- 3:40 (50 minute class) Grade 4  
**Grades** 1-4  
**Class Size** 7-8  
**Cost** Grades 1-3 \$190 (equipment provided) 12 week session  
Grades 4 \$170 (equipment provided) 12 week session

### **Tennis, Beginning for Grades 1-4**

**Instructor** Kim Roots  
**Location** Tennis Courts (Community Center Room on rainy days)  
**Fridays** 2:30- 3:40 (1 hour 10 minute class) Grades 1-3  
**Fridays** 2:50- 3:40 (50 minute class) Grade 4  
**Grades** 1-4  
**Class Size** 7-8  
**Cost** Grades 1-3 \$175 (equipment provided) 11 week session  
Grades 4 \$160 (equipment provided) 11 week session

# KCC Classes for Children and Adults

The Kensington Community Council (KCC) offers classes for children and for adults.

KCC is an umbrella organization of which KASEP classes are a part. Some classes are contracted separately under the parent KCC.

Payments for these classes can be made online during KASEP Registration at [www.KensingtonCommunityCouncil.Org](http://www.KensingtonCommunityCouncil.Org). We accept credit card payment for these classes. Payment must be made in full at the time of KCC class registration. Timing of the classes typically follows the same time schedules as our after school KASEP classes.

We offer adult classes through KCC.

**ADULT ACRYLIC PAINTING** Wednesdays 9:45 – 12:30pm

## KCC JAZZERCISE AND BODY SCULPTING FOR ADULTS



Kevin Knickerbocker is teaching low-impact Jazzercise Monday, Wednesday, and Friday from 8:15am- 9: 15am and Adult Body Sculpting on Tuesdays and Thursdays from 9:15- 10:15 at the Kensington Community Center

Every Jazzercise fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Pay as you go; Drop-ins are Welcome; EFT payment available.

Kevin Knickerbocker is a certified Jazzercise and Body Sculpting instructor with over 15 years experience.

Questions? Call KEVIN at 510-486-2728.

# **SKYHAWKS SPORTS KINDERGARTEN**



## **Skyhawks Lead Instructor: Victor Morton Mini-Hawks Sports for Kindergartners**

Skyhawks Kindergarten Sports Academy provides a safe and positive environment where boys and girls can discover a passion for a variety of sports in one fun-filled setting. Through a series of fast-paced games and activities, participants learn athletic fundamentals along with teamwork, sportsmanship, leadership, and strategy. This action-packed enrichment program equips young athletes with the skills and confidence necessary to live an active and healthy lifestyle. Sports include soccer, baseball, basketball, and track & field. Bring your friends or come make new ones.

**FRI DAY: 1:30 - 2:20pm**

**SkyHawks instructor will pick students up from kindergarten class at 1:30pm**

**KCC will escort Neighborhood School kindergartners up to NS at 2:20pm**

**Location: Grassy Area in front of KCC Office (if raining, Community Center Main Room)**

**Class Size: 18 (minimum 10 students) Cost: \$155 (11 weeks)**

## **Skyhawks Sports Medley for Kindergartners**

SkyHawks provides sports programs for students to discover athletic skills through a series of fast-paced games and activities. Students learn the fundamentals along with teamwork, sportsmanship, respect and integrity. Sports included in this class include but are not limited to volleyball, soccer, golf, Ultimate frisbee, track & field, and basketball. SkyHawk programs are designed to give each child a positive experience in sports, fostering a thirst for an active and healthy lifestyle.

**THURSDAY: 1:30 - 2:20pm**

**SkyHawks instructor will pick students up from kindergarten class at 1:30pm**

**KCC will escort Neighborhood School kindergartners up to NS at 2:20pm**

**Location: Grassy Area in front of KCC Office (if raining, Community Center Main Room)**

**Class Size: 18 (minimum 10 students) Cost: \$165 (12 weeks)**





## **SkyHawks After-School Basketball for Grades 2-5**



This fun, skill-intensive program is designed for beginning to intermediate players looking to take the next step in basketball. Participants learn the fundamentals of dribbling, passing, shooting, rebounding, and defense, in addition to the rules, strategies, and play-calls of the game. Our age-appropriate drills and games teach young athletes skill development as well as vital life lessons including leadership, teamwork, and sportsmanship. At the end of this program your child will show you why this is one of our most popular programs.

**Location: Basketball Courts (if raining, Community Center Main Room)**

**Fridays 2:30 - 3:40 GRADES 2-3**

**2:50 - 3:40 GRADES 4-5**

**Class Size: 16 (minimum 10 students)**

**Cost: \$180 GRADES 2-3 (11 weeks)**

**\$175 GRADES 4-5 (11 weeks)**

## **SkyHawks Sports Medley for Grades 1-6**

SkyHawks provides sports programs for students to discover athletic skills through a series of fast-paced games and activities. Students learn the fundamentals along with teamwork, sportsmanship, respect and integrity. Sports included in this class include but are not limited to volleyball, soccer, golf, Ultimate frisbee, track & field, and basketball. SkyHawks programs are designed to give each child a positive experience in sports, fostering a thirst for an active and healthy lifestyle.

**Location: Grassy Area in front of KCC Office (if raining, Community Center Main Room)**

**Thursdays 2:30 - 3:40 FOR GRADES 1-3**

**Thursdays 3:50 - 5:00 FOR GRADES 3-6**

**Class Size: 16 (minimum 10 students)**

**Cost: \$200 for 12 weeks instruction**



## **Gymnastics**



**Bindy Baker, Beginning Gymnastics Director 510-778-4246  
Bindy's Gymnastics starts Tuesday, September 19th**

We are proud to offer gymnastics classes this year again at the Kensington Community Center, 59 Arlington Avenue (behind the library). Students should wear loose clothing such as leotards, sweatpants or shorts. Long hair must be tied in a ponytail.

**TUESDAYS: Bindy's Gymnastics, Judy Baker's daughter - the family tradition continues!**

<b>1:30 - 2:20pm</b>	<b>Kindergartners - Gymnastics instructor(s) will pick up kindergartners from school and escort Neighborhood Schools back to NS when class is over.</b>
<b>2:30 - 3:40pm</b>	<b>Beginners/ Intermediate: Grades 1-3</b>
<b>3:50 - 5:00pm</b>	<b>Intermediate Grades 4-6</b>

### **INSTRUCTORS**

Bindy Baker is the daughter of our long-time gymnastics teacher, Judy Baker. Bindy is a highly experienced and well trained former gymnast. She has been a gymnastics instructor and a pre-school teacher for over 20 years. Bindy is patient and loves teaching children. Her mom and auntie will join her both are former gymnasts and have been teaching KASEP gymnastics for nearly 20 years.

### **ENROLLMENT**

Enrollment is online with KASEP registration, beginning Tuesday, September 5th at 7:30pm. Go to the website: [www.KensingtonCommunityCouncil.org](http://www.KensingtonCommunityCouncil.org)  
Parents or guardians are required to sign a waiver online before the start of the program.

### **GYMNASTICS FEES**

The tuition for the Fall session, which runs for 13 weeks, beginning Tuesday, September 19th and ending Tuesday, December 12<sup>th</sup>:

Kindergartners      \$170  
Judy's Gymnastics Grades 1-6      \$185

One-time annual administrative fee for all new students is \$52. The administrative fee will be added to your online registration payment. You will see a \$52 charge at checkout.

## **CIRCUS ARTS CLASSES**

Circus Arts Class offers children the opportunity to learn a wide range of circus skills with an emphasis on juggling, unicycling, stilt walking, rolla bolla, hooping, and acrobatics. Students will also be introduced to theatrical expression, clowning and creative movement.

This is a great introduction to circus skills for young people new to the art of playful expression and silliness. Students who want to learn how to juggle - here is your class!

The goal of our classes is for every child to be a winner. Learning a new circus skill builds self-esteem and confidence and improves balance, hand-eye coordination, dexterity, team building and sharing. There will be an End of Session Performance for family and friends.



**Instructors: Doug McNeely and Kristen Parks**  
**Dates: Wednesday, Sept. 20 - Wednesday, Dec. 13**

### **Circus Arts for Grades 1-6**

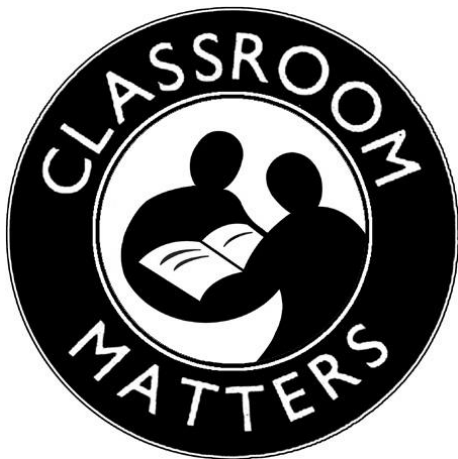
**Wednesdays - 1:50-3:00 for Grades 1-3, 2:10-3:00 for Grades 4-6**  
**Meet in the Community Center Main Room**  
**Maximum number of students is 10**  
**\$235**

### **Stilt Walking and Unicycle for Grades 3-6**

**Wednesdays - 3:10-4:20**  
**Meet in the Community Center Main Room**  
**Maximum number of students is 10**  
**Cost of Class is \$235**

**Late class is good for older students and for students who have taken the class before and want more advanced instruction.**

**You can sign up on-line at [www.kensingtoncommunitycouncil.org](http://www.kensingtoncommunitycouncil.org)**



## **Spanish Through Art and Play**

**Instructor: Isabel Avila**  
**Fridays 2:30-3:40 for Grades 1-3**  
**Fridays 3:50-5:00 Grades 3-6**  
**\$245 (minimum 8 students)**

***Bienvenidos Todos!***

**The Classroom Matters After School Spanish program is a learning journey for elementary school kids. Our program is an opportunity to engage kids in learning about the Spanish language and the cultures of the countries where Spanish is spoken. Using best practices from a variety of second-language teaching strategies, we provide a foundation of basic Spanish phrases and vocabulary. Through movement, song, music, art, and reading and listening activities, our students learn to speak, read, write, and love the Spanish language. No previous knowledge of the Spanish language is necessary. Curiosity and a willingness to learn are!**

**Born in Los Angeles, Isabel Avila grew up in Southern California. It was not until she was accepted to UC Berkeley that she stepped outside the familiar and had the opportunity to explore beyond those boundaries. She is currently in her third year as an Intended Psychology major with a Global Poverty and Practice minor. This summer she had the amazing opportunity to study abroad in Mexico, spending half the time getting to know the rich history of Mexico City and the other half in the gorgeous city of Oaxaca.**