

KASEP SPRING 2023 WEEKLY SCHEDULE OF CLASSES

	1:30PM-2:20PM Kindergarten	2:30PM-3:40PM Grades 1-3	2:50PM-3:40PM Grades 4-6	1:50PM-3PM Grades 1-3	2:10PM-3PM Grades 4-6	3:50PM-5PM	3:10PM-4:20PM
MONDAY	Eco Kids (B) Knots, Strings and Fabric Things(C) Tennis (TC) Circus Arts (CCM) Soccer (RCG)	Environmental Science (B) 2-4 Hand Sewing (C) 2-6 Circus Arts (CCM) Homework Club (A)1-6 Tennis (TC) Soccer (RCG) Volleyball (TC)	Homework Club (A)1-6 Hand Sewing (C) 2-6 Environmental Science (B) 2-4			Advanced Tennis (TC) 2-6 Circus Arts (CCM) 4-6 Machine Sewing (C) 3-6 Soccer (RCG) 4-6 World of Tabletop Role Playing Games (A) 3-6 Volleyball (TC) 4-6	
TUESDAY	Gymnastics (CCM) Muffin Madness (CCK) Unicorns, Rainbows & Glitter (C) Basketball (BC)	Gymnastics (CCM) Homework Club (A)1-6 Muffin Madness (CCK) Crafty Creations (C) Unicorns, Rainbows & Glitter (B) Basketball (BC)	Homework Club (A) 1-6			Gymnastics (CCM) 4-6 Muffin Madness (CCK) 2-6 Basketball (BC) 4-6 Chess (A) 2-6	
WEDNESDAY	Reading Adventures (CC3) Let's Make Jewelry (C) Frisbee Skills (RCG)			Carpentry (B) Homework Club (A)1-6 Hula Hooping (CCM) 1-4 Tennis (TC)1-4	Homework Club (A)1-6 Hula Hooping (CCM) 1-4 Tennis (TC)1-4		Carpentry (B) 3-6 Cooking (CCK)4-6 Tennis (TC) 2-6 Jewelry (C)1-6 American Sign Language (A) 3-6 Frisbee (RCG) 1-5
THURSDAY	Yoga (CCM) Butterflies, Bees and Birds (C) Track and Field (RCG) STEM - LEGO (B) Fun with Food (CCK)	Chocolate Creations (CCK) Homework Club (A)1-6 Yoga (CCM) 1-4 Make Your Room Awesome (C) 2-6 Track & Field (RCG) STEM – LEGO (B)	Homework Club (A) 1-6 Make Your Room Awesome (C) 2-6 Yoga (CCM) 1-4			Chocolate Creations (CCK) 2-6 Track & Field (RCG) 4-6 Karate (CCM) 2-5 STEM - LEGO (B) 4-6	
FRIDAY	Dance & Fitness (CCM) Creative Art Explorations(C) Racket Sports (TC)	Coding (B) Dance Fitness (CCM) 2-5 Homework Club (A) 1-6 Creative Art Explorations (C) Pickleball (TC)	Dance Fitness (CCM) 2-5 Homework Club (A) 1-6			Coding (B)4-6 Magic Advanced (A) 3-7 Pickleball (TC) 4-6 Creative Art Explorations (C)3-6	

CC Community Center (Rooms: Main, 1, 2, 3, Kitchen) RC Recreation Center (Rooms: A, B, C) BC Basketball Court RCG Grassy Field near Recreation Center TC Tennis Courts

CLASSES FOR GRADES 1-6

Spring 2023

We will have a bridge activity (Homework Club) beginning right after school only for kids who are enrolled in a later KASEP class that day. There will be an additional fee for this activity and you can only enroll on the day your child has a KASEP class. See Homework Club in class descriptions for more detailed information.

Basketball for Grades 1-3

Location Basketball Court
Tuesday 2:30-3:40
Class Size 6-16
Cost \$220 (10 weeks)

Kassirer Basketball was created by a former pro athlete. Students have fun learning a sport they can play for a lifetime. Coaches provide kid-sized lighter basketballs! We group by grade and teach to each child's abilities. Students will learn the fundamentals, defensive and offensive tactics, play fun games and scrimmage weekly. Coaches emphasize sportsmanship, communication, technique and teamwork. Wear athletic shoes and attire to class.

Basketball for Grades 4-6

Location Basketball Court
Tuesday 3:50-5:00
Class Size 6-16
Cost \$220 (10 weeks)

Kassirer Basketball was created by a former pro athlete. Students have fun learning a sport they can play for a lifetime. We group by grade and teach to each student's abilities. Students will learn the fundamentals, defensive and offensive tactics, play fun games and scrimmage weekly. Coaches emphasize sportsmanship, communication, technique and teamwork. Wear athletic shoes and attire to class.

Carpentry for Grades 1-3

Instructor Sandy Thacker
Location Recreation Building Room B
Wednesday 1:50-3:00
Class Size 7-8
Cost \$265 (materials provided) 10 weeks

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.

Carpentry Workshop for Grades 3-6

Instructor Sandy Thacker
Location Recreation Building Room B
Wed 3:10-4:20
Class Size 6-8
Cost \$265 (materials provided) 10 weeks

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 give as a wonderful personal gift.

Chess for Grades 2-6

Instructor Kim Roots
Location Recreation Building Room A
Tuesday 3:50-5:00
Class Size 6-8
Cost \$225 (materials provided) 10 weeks

Let's play chess! Learn to play or improve on what you already know -- this class is for players of all levels! In class we will learn how to come up with a plan, find the best opening, and how to play an endgame. Using critical skills and tactics we can develop and improve your calculation, strategic, and critical thinking skills! Our chess class provides a great place for students to learn and have tons of fun!

Chocolate Creations for Grades 1-3

Instructor Vicky Brodt
Location Community Center Kitchen
Thursday 2:30-3:40
Class Size 6-8
Cost \$240 (materials provided) 10 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. Parents: be aware there will be sweet treats in this class.

Chocolate Creations for Grades 2-6

Instructor Vicky Brodt
Location Community Center Kitchen
Thursday 3:50-5:00
Class Size 6-8
Cost \$240 (materials provided) 10 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. Come enjoy the chocolate fun. Parents: be aware there will be sweet treats in this class.

Circus Arts for Grades 1-3

Instructor Doug "Slim" McNeely
Location Community Center Main Room
Mondays 2:30-3:40
Class size 6-10
Cost \$190 (9 weeks)

Circus Arts Class is a great introductory experience for young people new to circus. This class offers children the opportunity to learn a wide range of circus skills with an emphasis on juggling, unicycling, rolla bolla, and acrobatics. Students will also be introduced to theatrical expression, clowning, and creative movement.

Circus Arts for Grades 4-6

Instructor Doug "Slim" McNeely
Location Community Center Main Room
Mondays 3:50-5:00
Class size 6-10
Cost \$190 (9 weeks)

Circus Arts Class is a great introductory experience for young people new to circus. This class offers children the opportunity to learn a wide range of circus skills with an emphasis on juggling, unicycling, rolla bolla, and acrobatics. Students will also be introduced to theatrical expression, clowning, and creative movement.

Coding Frenzy - Introduction to Programming using Scratch for Grades 1-3

Instructor CoderSchool Staff
Location Recreation Building Room B
Friday 2:30-3:40
Class size 10-15
Cost \$235 (8 weeks)

We will be using Scratch (developed at MIT) to introduce curious kids to the world of coding through the use of animation, music and games. Scratch/Snap! are drag and drop coding platforms that set the foundation for logical thinking - an essential skill that contributes to success in school, sports, and in today's tech-driven world. Students will gain general skills like problem solving, teamwork, code debugging, and perhaps most importantly, will learn and practice the logical thinking skills required to program a computer at any level! In addition students will gain and practice important coding concepts including:- Variables, Loops, If/Then Logic, Cartesian Coordinates and Sprite Movement.

Coding: Intro to Python - Introduction to Programming Using Python Grades 4-6

Instructor CoderSchool Staff
Location Recreation Building Room B
Friday 3:50-5:00
Class size 10-15
Cost \$235 (8 weeks)

Who's ready for some Python? Take advantage of the easy-to-read style of coding while picking up on one of the most popular languages today for professional and beginner coders alike. We'll start out by using online python platforms to learn some basics and practice some fundamental concepts. Then the class will move on to some more complex Python coding and introduce students to PyGame, a python library for using Python to code games. Students will gain general skills like problem solving, code debugging, and perhaps most importantly, will learn and practice the logical thinking skills required to program a computer at any level! Students will gain experience in Python syntax (loops, variable, structure, etc), Function calls and Cartesian Coordinates through Python.

Cooking Around the World for Grades 4-6

Instructor Vicky Brodt
Location Community Center Kitchen
Wed. 3:10-4:20
Class Size 6-8
Cost \$245 (materials provided) 10 week session

We will "travel around the world" as we cook traditional recipes from around the world and learn about the origins of the dishes we create. Some recipes may be familiar and others will be new and different, but all of them will be yummy. Each child will have a cookbook filled with the recipes we cook to take home at the end of the session.

Crafty Creations for Grades 1-3

Instructor Elaine Chu
Location Recreation Building Room C
Tuesday 2:30-3:40
Class Size 6-8
Cost \$245 (materials provided) 10 weeks

We'll combine images and a bit of story-telling to make pop-up creatures, "stained glass," magic flexagons, custom blockprints, handmade books, and more. Markers, paints, rubber stamps, wood, paper and recycled materials are just some of the supplies we'll use to create amazing 2D and 3D art! New projects throughout the year.

Creative Art Explorations for Grades 1-3

Instructor Vicky Brodt
Location Recreation Building Room C
Friday 2:30-3:40
Class Size 6-8
Cost \$190 (materials provided) 8 weeks

Ignite children's imaginations and innate artistic abilities. Create one of a kind masterpieces using a huge variety of materials. Class projects may include: print making, metal engraving, journals, art using recycled materials, mosaic and much more.

Creative Art Explorations for Grades 3-6

Instructor Vicky Brodt
Location Recreation Building Room C
Friday 3:50-5:00
Class Size 6-8
Cost \$190 (materials provided) 8 weeks

Ignite children's imaginations and innate artistic abilities. Create one of a kind masterpieces using a huge variety of materials. Class projects may include: print making, metal engraving, journals, art using recycled materials, mosaic and much more.

Dance and Fitness Fun for Grades 2-5

Instructor Karma Smart
Location Community Center Main Room
Friday 2:30-3:40 Grades 2-3
Friday 2:50-3:40 Grades 4-5
Class Size 10-12
Cost \$215 (8 weeks)

Get kids moving, increasing strength & flexibility, and working on coordination & balance while dancing and having fun! From tumbling, to games, and challenge activities, the class will move along in a program influenced by dance, gymnastics, and fitness flare!!!! With healthy hearts and active minds students will grow their "I can" attitudes while working on body awareness and gross motor development. Utilization of individual mats, personal hula hoops, and other props will be used.

Environmental Science for Grades 2-4

Instructor Veronica Medina-Ross
Location Recreation Building Room B
Monday 2:30-3:40 Grades 2-3
Monday 2:50-3:40 Grade 4
Class size 6-8
Cost \$200 (materials provided) 9 weeks

This science program is based on learning through exploration and experimentation. With fun hands-on experiments and activities, students will learn about our planet systems. Kids will study the scientific process while creating inspiring and surprising results. Examples of topics to be covered are climate change, water, ecosystems, habitats on Earth. Students will learn ways they can contribute to the protection of our planet.

Gymnastics for Grades 1-3

Instructor Bindy Baker

Location Community Center Main Room

Tuesday 2:30-3:40

Class size 8-12

Cost \$225 (all equipment provided) 10 weeks

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

Class provides an introduction to gymnastics with a focus on flexibility, strength and basic skills such as cartwheels, handstands and bridge kickovers, as well as basic bar, beam and vault technique. Students should wear loose clothing such as leotards, sweatpants or shorts. Long hair must be tied up in a ponytail.

Gymnastics for Grades 4-6

Instructor Bindy Baker

Location Community Center Main Room

Tuesday 3:50-5:00

Class size 8-12

Cost \$225 (all equipment provided) 10 weeks

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

Class provides an introduction to gymnastics with a focus on flexibility, strength and basic skills such as cartwheels, handstands and bridge kickovers, as well as basic bar, beam and vault technique. Students should wear loose clothing such as leotards, sweatpants or shorts. Long hair must be tied up in a ponytail.

Hand Sewing and Fabric Arts for Grades 2-6

Instructor Vicky Brodt

Location Recreation Building Room C

Monday 2:30-3:40 Grades 2-3

Monday 2:50-3:40 Grades 4-6

Class size 6-8

Cost \$190 (materials provided) 9 weeks

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 and Vicky can help children make their own ideas a reality.

Homework Club for Grades 1-6

THIS CLASS IS ONLY AVAILABLE FOR STUDENTS WHO ARE TAKING A LATER KASEP CLASS THAT DAY.

Location Recreation Building Room A

Offered every day Monday through Friday 2:30-3:40 (Wednesday 1:50-3:00)

Grades 1-6

Cost Monday \$90, Tuesday \$100, Wednesday \$100, Thursday \$100, Friday \$80

Homework Club offers a bridge activity for students that attend a later KASEP class. Homework Club is a place for students to work on their homework, reading and other projects in a casual setting. Students can work collaboratively and quietly discuss their work. They'll be able to seek support from their peers and the teacher.

Hula Hooping for Grades 1-4

Instructor Nikki Sund

Location Community Center Main Room

Wed 1:50-3:00

Class size 5-11

Cost \$180 (10 weeks)

Throughout the 10 week class session, Nikki will teach hula hoop tricks beyond typical waist hooping. We will explore illusion tricks that involve on and off body movements. These movements will involve spinning, tossing, twisting, and jumping and will engage your entire body. We will begin focusing on individual tricks, and then begin piecing the tricks together to create playful combos and lastly, learn a choreographed routine with music!

Introductory American Sign Language for Grades 3-6

Instructor Leah Forrest

Location Recreation Building Room A

Wed 3:10-4:20

Class size 6-8

Cost \$195 (10 weeks)

In this introductory American Sign Language (ASL) class, we will learn the basic signs through games and art projects. The class will cover both letter signs and numbers up to 20 as well as common sentences and phrases used to communicate between friends.

Karate for Grades 2-5

Instructor Fernando Gutierrez

Location Community Center Main Room

Thursday 3:50-5:00

Class Size 6-15

Cost \$180 (10 weeks)

Worldwide Karate-Do specializes in a mixture of traditional karate-do and contemporary jujitsu to teach self-control and self-discipline. This program is designed to train students to utilize a peaceful approach if confronted or overwhelmed by an individual or situation. Students will practice this martial art to build self-confidence and self-esteem, and to learn responsibility for the environment and personal surroundings.

Let's Make Jewelry for Grades 1-6

Instructor April Schlanger
Location Recreation Building Room C
Wed. 3:10-4:20
Class Size 6-8
Cost \$225 (materials provided) 10 weeks

If you like using your hands to create things, this class will bring you joy. The class will focus on creating both traditional and non traditional jewelry. Everything from earrings, to bracelets, to necklaces, rings and lapel pins. We will use metal, resin, glass beads, upcycled materials, wire and paper. Creating jewelry is a great way to express yourself and learn a skill that can be used in other craft projects.

Machine Sewing for Grades 3-6

Instructor Vicky Brodt
Location Recreation Building Room C
Monday 3:50-5:00
Class size 3-6
Cost \$215 (materials provided) 9 weeks

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, and quilts are selected to suit students' levels and interests. As skills expand, students can make their own sewing ideas become reality.

Magic the Gathering Card Game for Advanced Players Grades 3-7

Instructor Sean Brodt
Location Recreation Building Room A
Fridays 3:50-5:00
Class Size 6-8
Cost \$165 (materials provided) 8 weeks

A course for kids already into Magic the Gathering. We'll take a deep dive into the complexities within different rules and play styles in Magic. Kids will test their math, reading, and problem solving abilities while drafting their own deck of cards to take home, as well as puzzling over Magic riddles and rulings. We will accept returning 7th graders in this class.

Make Your Room Awesome for Grades 2-6

Instructor April Schlanger
Location Recreation Building Room C
Thursday 2:30-3:40
Class Size 6-8
Cost \$235 (materials provided) 10 weeks

Do you want to design and create fun things for your room? Let's learn how to make cool pillows, photo scapes, decorative cork boards and awesome frames , lamps and mirrors.

Mindfulness Yoga for Grades 1-4

Instructor Lori Hess
Location Community Center Main Room
Thursday 2:30-3:40
Class Size 6-8
Cost \$230 (10 weeks)

In Mindfulness Yoga, we playfully explore yoga poses, breathing exercises, mindfulness, and relaxation techniques. Kids will learn active and restful poses and how to regulate their emotions. We use our imaginations, share ideas, work on partner and group poses, and play cooperative games to explore yoga concepts. We work together to build strong bodies, open minds, peaceful hearts, and compassionate kids!

Muffin Madness and Beyond for Grades 1-3

Instructor Vicky Brodt
Location Community Center Kitchen
Tuesday 2:30-3:40
Class Size 6-8
Cost \$240 (materials provided) 10 weeks

Sure, muffins are on the menu, but the “madness” is that everything we make will be in a muffin tin. From mini “A”pple pies to “Z”esty 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! And Beyond: we will be creating some recipes without a muffin tin this time. Students who have taken Muffin Madness in the past will discover some yummy new recipes and cooking skills. If your child has some dietary restrictions, don't hesitate to try this class. Vicky is happy to adjust recipes for gluten free, dairy free, and vegetarian diets.

Muffin Madness and Beyond for Grades 2-6

Instructor Vicky Brodt
Location Community Center Kitchen
Tuesday 3:50-5:00
Class Size 6-8
Cost \$240 (materials provided) 10 weeks

Sure, muffins are on the menu, but the “madness” is that everything we make will be in a muffin tin. From mini “A”pple pies to “Z”esty 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! And Beyond: we will be creating some recipes without a muffin tin this time. Students who have taken Muffin Madness in the past will discover some yummy new recipes and cooking skills. If your child has some dietary restrictions, don't hesitate to try this class. Vicky is happy to adjust recipes for gluten free, dairy free, and vegetarian diets.

Pickleball for Grades 1-3

Location Tennis Courts
Friday 2:30-3:40
Class Size 6-12
Cost \$200 (8 weeks)

Kassirer Pickleball was created by Laura Kassirer, a former Wimbledon tennis player. Students can have fun learning a sport they can play for a lifetime. Coaches set up portable nets on the tennis courts to create Pickleball courts. Pickleball is a cross between ping pong, badminton and tennis and is a sport the whole family can play together. It is fun and easy to learn and also helps develop the skills needed to learn tennis. Kids will improve their hand-eye coordination, reaction, fitness and movement. We provide loaner Engage Pickleball paddles during class.

Optional: Trident Pickleball paddles can be purchased @ \$45 per paddle. They retail for \$99 per paddle. Ask instructor for details.

Pickleball for Grades 4-6

Location Tennis Courts
Friday 3:50-5:00
Class Size 6-12
Cost \$200 (8 weeks)

Kassirer Pickleball was created by Laura Kassirer, a former Wimbledon tennis player. Students can have fun learning a sport they can play for a lifetime. Coaches set up portable nets on the tennis courts to create Pickleball courts. Pickleball is a cross between ping pong, badminton and tennis and is a sport the whole family can play together. It is fun and easy to learn and also helps develop the skills needed to learn tennis. Kids will improve their hand-eye coordination, reaction, fitness and movement. We provide loaner Engage Pickleball paddles during class.

Optional: Trident Pickleball paddles can be purchased @ \$45 per paddle. They retail for \$99 per paddle. Ask instructor for details.

Skyhawks Soccer for Grades 1-3

Instructor Skyhawks Staff
Location Grassy Field near Recreation Building
Monday 2:30-3:40
Class Size 6-12
Cost \$210 (9 weeks)

Skyhawks was founded as a soccer club in 1979. Thirty years later they are still teaching the fundamentals of the world's most popular sport to children of all ages. In this class, young athletes will gain the technical skills and sports knowledge required for their next step into soccer. The class focuses on passing, shooting and ball control. Safety, teamwork and sportsmanship are always emphasized.

Skyhawks Soccer for Grades 4-6

Instructor Skyhawks Staff
Location Grassy Field near Recreation Building
Monday 3:50-5:00
Class Size 6-12
Cost \$210 (9 weeks)

Skyhawks was founded as a soccer club in 1979. Thirty years later they are still teaching the fundamentals of the world's most popular sport to children of all ages. In this class, young athletes will gain the technical skills and sports knowledge required for their next step into soccer. The class focuses on passing, shooting, ball control, and game strategy. Safety, teamwork and sportsmanship are always emphasized.

STEM FUNDamentals Using LEGO for Grades 1-3

Instructor STEM Staff
Location Recreation Building Room B
Thursday 2:30-3:40
Class Size 8-10
Cost \$200 (materials provided) 10 weeks

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Hot Air Balloons, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas.

STEM Challenge Using LEGO for Grades 4-6

Instructor STEM Staff
Location Recreation Building Room B
Thursday 3:50-5:00
Class Size 8-10
Cost \$200 (materials provided) 10 weeks

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as: Hot Air Balloons, Space Stations, Tugboats, and the Eiffel Tower. Design and build as never before, and explore your craziest ideas in a supportive environment.

Tennis, Beginning and Intermediate for Grades 1-3

Instructor Kim Roots
Location Tennis Courts (Community Center Room 1 on rainy days)
Monday 2:30-3:40
Class Size 6-8
Cost \$195 (equipment provided) 9 weeks

Tennis, Advanced for Grades 2-6

Instructor Kim Roots
Location Tennis Courts (Community Center Room 1 on rainy days)
Monday 3:50-5:00
Class Size 6-8
Cost \$195 (equipment provided) 9 weeks

Tennis, Beginning for Grades 1-4

Instructor Kim Roots
Location Tennis Courts (Community Center Room 1 on rainy days)
Wed. 1:50-3:00
Class Size 6-8
Cost \$220 (equipment provided) 10 weeks

Tennis, Beginning and Intermediate for Grades 2-6

Instructor Kim Roots
Location Tennis Courts (Community Center Room 1 on rainy days)
Wed. 3:10-4:20
Class Size 6-8
Cost \$220 (equipment provided) 10 weeks

Track and Field for Grades 1-3

Location Grassy Field near Recreation Center
Thursday 2:30-3:40
Class Size 6-16
Cost \$220 (10 weeks)

Kassirer Track & Field was created by a former pro athlete. Students can have fun improving their speed, agility and fitness. Our goal is to help youth become better athletes and have fun. Each week, players will get to play track games, utilize agility ladders, and run obstacle courses, plus participate in various track activities including relay races, sprints and long jump! Kids are encouraged to work towards accomplishing individual and team goals and to take pride in their improvements. Wear athletic shoes and attire to class.

Track and Field for Grades 4-6

Location Grassy Field near Recreation Center
Thursday 3:50-5:00
Class Size 6-16
Cost \$220 (10 weeks)

Kassirer Track & Field was created by a former pro athlete. Students can have fun improving their speed, agility and fitness. Our goal is to help youth become better athletes and have fun. Each week, players will get to play track games, utilize agility ladders, and run obstacle courses, plus participate in various track activities including relay races, sprints and long jump! Kids are encouraged to work towards accomplishing individual and team goals and to take pride in their improvements. Wear athletic shoes and attire to class.

Ultimate Frisbee for Grades 1-5

Location Grassy Field near Recreation Center
Wednesday 3:10-4:20
Class Size 6-16
Cost \$220 (10 weeks)

Kassirer Ultimate Frisbee was created by, a former pro athlete. Students have fun playing this fast-paced, easy-to-learn social sport. Two teams compete to see who can score the most times in the end zone. It's like playing no-contact football with a frisbee. Strategy, teamwork, fair play, socializing and sportsmanship are emphasized. Playing improves fitness and skills needed in football, soccer, lacrosse, field hockey and basketball.

Unicorns, Rainbows and Glitter for Grades 1-3

Instructor April Schlanger
Location Recreation Building Room B
Tuesday 2:30-3:40
Class Size 6-8
Cost \$225 (materials provided) 10 weeks

YES...Unicorns! And Narwhals, and really any animal you can put a horn on. What makes these animals so appealing? It could be the rainbows and glitter, but it is probably the positive message of differences being celebrated. Each class will be filled one of the following; crafts, wearable art, outdoor play, baking and dancing. And yes, rainbows and glitter will be everywhere.

Volleyball for Grades 1-3

Location Basketball Court Area (Recreation Building Room A on rainy days)
Monday 2:30-3:40
Class Size 6-10
Cost \$200 (9 weeks)

Kassirer Volleyball was created by Laura Kassirer, a former pro athlete. Students will learn professional quality skills including: bump, set, passing, hitting and serving; they will play fun games and scrimmage weekly. The coaches emphasize sportsmanship, technique and teamwork, while instilling in every child confidence that they can succeed through persistence and hard work. Students should wear athletic shoes and attire to class.

Volleyball for Grades 4-6

Location Basketball Court Area (Recreation Building Room A on rainy days)
Monday 3:50-5:00
Class Size 6-10
Cost \$200 (9 weeks)

Kassirer Volleyball was created by Laura Kassirer, a former pro athlete. Students will learn professional quality skills including: bump, set, passing, hitting and serving; they will play fun games and scrimmage weekly. The coaches emphasize sportsmanship, technique and teamwork, while instilling in every child confidence that they can succeed through persistence and hard work. Students should wear athletic shoes and attire to class.

The World of Tabletop Role Playing Games – An Introduction for Grades 3-6

Instructor Sean Brodt

Location Recreation Building Room A

Mondays 3:50-5:00

Class Size 6-8

Cost \$190 (materials provided) 9 weeks

Kids will get to use their imagination and creativity as we adventure through the miniature world of Mausritter, the Forgotten Realms of Dungeons and Dragons, and more! (We might even test our math and reading skills along the way.)