

## AJCC Kids' University Class Schedule March/April 2017

Child's Name \_\_\_\_\_

Please circle **ONE KU Enrichment** class **per day** at **no charge**. Classes will close when full. Please return to Julie Erno **ASAP** by emailing your class selection to [jerno@alpertjcc.org](mailto:jerno@alpertjcc.org) or fax it to (562) 424-3915. If you are signing up for any **AJCC Youth Programs**, please submit registration forms to the PE Desk.

If forms are not returned, your child will be placed in an open KU Enrichment class.

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>KU ENRICHMENT CLASSES (4pm –5pm)</b>                          |  |  |  |  |
| Extended HW/Reading Supervision                                  | Extended HW/Reading Supervision                                  | Extended HW/Reading Supervision                                  | Extended HW/Reading Supervision                                  |  |
| Rock your Ruach w/ Shlomit                                       | Botany and Gardening   | Crafts with Sarah!   | Gym or Board games   | Shabbat Club   |
| Creative Spirit<br><i>K &amp; 1st Grade</i>                      | <i>Olympic Games</i><br><i>K &amp; 1st Grade</i>                 | GaGa<br><i>K &amp; 1st Grade</i>                                 | Free Swim  | Wii  |
| GaGa<br><i>2nd Grade &amp; Up</i>                                | Creative Spirit<br><i>2nd Grade &amp; Up</i>                     | <i>Football</i><br><i>2nd Grade &amp; Up</i>                     |  | Games in the Gym   |
| <b>AJCC YOUTH PROGRAMS (see registration forms for prices)*</b>  |  |  |  |  |
|  | <b>Play Sports</b><br>3:00-3:45 pm<br>Ages 4-6                   | <b>Martial Arts</b><br>3:45-4:45 pm<br>Ages 6-12                 |  |  |
|  | <b>Play Sports</b><br>4:00-4:45 pm<br>Ages 7-10                  | <b>Martial Arts</b><br>4:45-5:45 pm<br>Ages 6-12                 | <b>Martial Arts</b><br>3:00-4:00 pm<br>Ages 3-12                 |  |
|  | <b>Prep Swim Team</b><br>T & Th, 4:30-5:15 pm                    |  | <b>Prep Swim Team</b><br>T & Th, 4:30-5:15 pm                    | For group and private swim lessons, contact Aquatics at (562)426-7601x 1035 or the PE Desk at ext.1051 |
| <b>Youth Swim Team</b><br>M,W, 5-6:00 pm<br>T,TH,F, 4:30-5:30 pm | <b>Youth Swim Team</b><br>M,W, 5-6:00 pm<br>T,TH,F, 4:30-5:30 pm | <b>Youth Swim Team</b><br>M,W, 5-6:00 pm<br>T,TH,F, 4:30-5:30 pm | <b>Youth Swim Team</b><br>M,W, 5-6:00 pm<br>T,TH,F, 4:30-5:30 pm | <b>Youth Swim Team</b><br>M,W, 5-6:00 pm<br>T,TH,F, 4:30-5:30 pm                                       |

\*We transport!

**Class Descriptions on Back**

## Class Descriptions

**Botany & Gardening:** Students will learn how plants grow and how valuable they are to our earth and communities. We will also be planting a variety of plants for home and our garden.

**Crafts with Sarah:** Each week we will be exploring different mediums to create various crafts with our very own Sarah Velazquez!

**Creative Spirit:** Creative spirit is a fun way to play group games and build a supportive community. Creative spirit focuses on the people playing and most importantly that they are having fun! It promotes safe and cooperative play.

**Extended HW/Reading Supervision:** Extra time for your child to complete HW with staff supervision and assistance.

**Football:** 2 grade and up will be learning football basics through drills and scrimmages.

**Free Swim:** Each Thursday, send your child with a swimsuit, towel, sunscreen, and a bag for wet items. Flip flops and goggles are also recommended. Our lifeguards will conduct a swim test prior to pool entry to ensure safety.

**GaGa:** Also known as Israeli dodge ball and is one of the favorite activities for kids here at the JCC. We will learn and improve on skills and techniques to help each child become a GaGa Champion.

**Martial Arts with Sensei Mac:** Martial Arts training builds confidence and self-esteem while teaching self-discipline, respect, concentration and courtesy.

**Olympic Games:** K and 1st grade will be participating in classic Olympic-style competitions that will vary weekly.

**Prep-Swim Team:** The perfect stepping stone to the more advanced Competitive Youth Swim Team. The goal of the program is to get kids ready for a swim team, Junior Lifeguard programs and/or water polo. Free Style, back stroke, butterfly and breast stroke are all taught and refined. Flip turns are introduced as well as dives and streamlined push-offs from the wall. Participants must be able to swim 25 yards freestyle with side breathing to qualify for Prep Team.

**Rock your Ruach w/ Shlomit:** We'll celebrate each week learning about different Jewish holidays and culture through stories, songs, crafts and more! Led by Shlomit Jackson, AJCC's Jewish Educator.

**Shabbat Club:** Crafts, cooking, story time, and other fun activities to celebrate Shabbat and Jewish holidays.

**Soccer:** Skills, drills & games! Each week children will learn and improve their skills which will culminate with scrimmages.

**Wii :** We'll exercise while having fun with all that Wii and Xbox Kinect has to offer!

**Youth Swim Team:** This is a competitive swim team, so all participants must tryout and be able to swim 25 yards with all 4 swim strokes. Membership in USA Swimming is required to compete in swim meets. Swim meet participation is optional, as swim meets have an added cost.