

AJCC Kids' University Class Schedule September/October 2018

Child's Name _____

Please circle **ONE KU Enrichment** class **per day** at **no charge**. Classes will close when full. Please return to Brandon Julian **ASAP** by emailing your class selection to ku@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. **Classes start 9/4/18.**

Monday	Tuesday	Wednesday	Thursday	Friday
KU ENRICHMENT CLASSES (4pm –5pm)				
Extended HW/Reading Supervision	Extended HW/Reading Supervision	Extended HW/Reading Supervision	Extended HW/Reading Supervision	
Nutrition & Healthy Snacking (Limited Space)	KU Krafts (Limited Space)	Science & Engineering (Limited Space)	Free Swim	Shabbat Club
Team Games K & 1st Grade	GaGa K & 1st Grade	Basketball K & 1st Grade	Gym or Board Games	Wii /Xbox Kinect
Basketball 2nd Grade & Up	Team Games 2nd Grade & Up	GaGa 2nd Grade & Up		Games in the Gym
AJCC YOUTH PROGRAMS (see registration forms for prices)*				
	Play Sports 3:00-3:45 pm Ages 4-6	Martial Arts 3:45-4:45 pm Ages 6-12	Martial Arts 3:00-4:00 pm Ages 3-12	
	Play Sports 4:00-4:45 pm Ages 7-10	Martial Arts 4:45-5:45 pm Ages 6-12		
Water Polo <i>3pm-3:45pm</i> Group lessons 4:30-6:30	Prep Swim Team T & Th, 4:30-5:30 pm Group lessons 4:30-6:30	Water Polo <i>3pm-3:45pm</i> Group lessons 4:30-6:30	Prep Swim Team T & Th, 4:30-5:30pm Group lessons 4:30-6:30	For group and private swim lessons, contact Aquatics at (562)426- 7601x 1035 or the PE Desk at ext.1051

*We transport!

Class Descriptions on Back

Class Descriptions

Basketball: Skills, drills & games!

Engineering/Science: The Engineering and Science club will allow students the opportunity to explore some fun, creative projects based on beginning math and physics principals. At the beginning of each project, the kids will briefly learn about a few of the physics concepts that pertain to each activity. A few projects we will likely be doing are an egg drop, constructing straw rockets, making slime and flubber, etc.

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

Team Games: Team games are games that require two teams competing against each other. This teaches the kids to build a supportive community within their own team or group by working together. It also promotes safe and organized play.

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.

KU Krafts: Every week Devon will lead after-school students through new, unique, and exciting arts and crafts projects using different materials.

Nutrition & Healthy Snacking: Students will learn about what a portion is, what to look for in healthy snacks and help plan one snack for Kids' U each week. To do this they will determine how many servings they need; what needs to be purchased/prepared and what the rough cost would be; developing math skills. They will also do taste tests to determine what things might be popular to add to the snack rotation.

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

Play Sports: Sports fundamentals for soccer, basketball, tennis, hockey, volleyball and golf! Children learn to follow directions, express themselves verbally with respect, wait their turn and interact properly with their friends.

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.

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

Wii / Xbox Kinect: 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.