

## AJCC Kids' University Class Schedule September/October 2017

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 [bjulian@alpertjcc.org](mailto:bjulian@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 9/5/17.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KU ENRICHMENT CLASSES (4pm –5pm)</b>				
<b>Extended HW/Reading Supervision</b>	<b>Extended HW/Reading Supervision</b>	<b>Extended HW/Reading Supervision</b>	<b>Extended HW/Reading Supervision</b>	
<b>Rock your Ruach w/ Shlomit</b>	<b>Where in the World?</b>	<b>Yoga with Dana</b>	<b>Free Swim</b>	<b>Shabbat Club</b>
<b>Creative Spirit K &amp; 1st Grade</b>	<b>Soccer K &amp; 1st Grade</b>	<b>GaGa K &amp; 1st Grade</b>	<b>Games in the Gym</b>	<b>Wii /Xbox Kinect</b>
<b>GaGa 2nd Grade &amp; Up</b>	<b>Creative Spirit 2nd Grade &amp; Up</b>	<b>Soccer 2nd Grade &amp; Up</b>		<b>Games in the Gym</b>
<b>AJCC YOUTH PROGRAMS (see registration forms for prices)*</b>				
	<b>Play Sports</b> 3:00-3:45 pm Ages 4-6	<b>Martial Arts</b> 3:45-4:45 pm Ages 6-12	<b>Martial Arts</b> 3:00-4:00 pm Ages 3-12	
	<b>Play Sports</b> 4:00-4:45 pm Ages 7-10	<b>Martial Arts</b> 4:45-5:45 pm Ages 6-12	<b>Prep Swim Team</b> T & Th, 4:30-5:30pm Group lessons 4:30-6:30	
<i>Water polo</i> 3pm-3:45pm Group lessons 4:30-6:30	<b>Prep Swim Team</b> T & Th, 4:30-5:30 pm Group lessons 4:30-6:30	<i>Water polo</i> 3pm-3:45pm Group lessons 4:30-6:30	<b>Intro to Chess</b> 3:45-4:45 pm Ages 5-12	For group and private swim lessons, contact Aquatics at (562)426- 7601x 1035 or the PE Desk at ext.1051
			<b>Beginner Basics Chess</b> 4:45-5:45 pm Ages 5-12	

\*We transport!

**Class Descriptions on Back**

## Class Descriptions

**Basketball:** Skills, drills & games!

**Beginner Basics Chess:** Introduction to the board and names/value of the pieces. Learn about piece movement, piece capabilities, basic calculations and terminology.

**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.

**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.

**Intro to Chess:** Learn about basic tactical moves and get an introduction to opening principles and common mistakes and basic traps.

**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.

**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.

**Where in the World:** In the "Where in the World?" chug with Mrs. Danziger the students will learn geography by exploring a different International city each week. They will learn some of the history of the city, what language(s) are spoken, what currency is used and of course; what sort of food the city is known for.

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

**Yoga:** No yoga experience required. Students will learn the foundation of yoga and begin the journey to create their own yoga practice. Students will learn breathing and meditation techniques designed to relax the body and mind. We will practice postures that stretch and strengthen our minds and bodies.

**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.