



Ward Fall 2023 After-School Electives Program



MusicStart Keyboarding

by The Music Path Co.

Tuesdays | Grades K-5 | \$168

MusicStart® is a patented progressive music learning system that balances fun and development of skills. Using familiar songs, it teaches all the necessary basics to get started playing music. The MusicStart® Keyboard uses 4 instructive Attachments that vary the challenge from color matching to letter matching to note matching and reading standard musical notation. MusicStart® is a preparation for (or a supplement to) playing any instrument and teaches step-by-step problem-solving. All materials are provided. Both new and repeat students are welcome and will be appropriately challenged.

Little Builders Art + Engineering + Building

by MakeInspires

Tuesdays | Grades K-2 | \$221

Little Builders challenges students to build models of bridges, planes, boats, and more. In each class, students learn about new building materials, such as cardboard, Legos, and upcycling materials, and how to creatively construct their projects using design-based thinking. How much weight can your boat hold before sinking? How tall can your building grow? Inspire, learn, and create with this hands-on STEAM class.

Yoga and Meditation

by Rachel Nicks

Tuesdays | Grades K-5 | \$336

Movement & Breath are magical tools for children to add to their toolbox to support them on their academic and life journey. Rachel Nicks was a founding instructor at MIRROR/lululemon studio and has had a 14-year fitness career in NYC. She holds the following certifications: 500-hour hatha yoga, 85-hour pre/postnatal yoga, 275-hour barre, TRX, Kettlebell, Pilates mat and reformer, and meditation. This Ward mom is excited to share her passion for movement and meditation with the Ward community.

Cheerleading

by Chrissy & Raider Rec Cheer

Tuesdays | Grades K-5 | \$240

Come and learn the fundamentals of cheer with former New Rochelle Cheerleaders and current local high school coaches. Learn the basics in motions, cheers, jumps, and team-building games and activities. Classes are FUN and no experience is necessary!

Mix Arts

by Plaster Palace

Wednesdays | Grades K-5 | \$269

Enjoy pottery painting, experience mosaic, and make your own slime! Children will learn about different painting techniques while making their own personal mug or plate! Enjoy science facts while creating different slimes and decorate a picture frame with mosaic artwork!

Guitar for Beginners

by The Music Path Co.

Wednesdays | Grades 2-5 | \$168

Learn the basics and foundations of playing the guitar. Technique, scales, chords, melodies, and songs will all be covered. We promise to teach you as many real songs as possible! This class is a great introduction for students who might then proceed to a private teacher. We will get your hands picking, strumming, and fretting. An electric or acoustic guitar is ok (no amplifier required). Materials: Bring in a guitar you already own, or we recommend First Act guitars online as an inexpensive solution (starting around \$40). You must bring a guitar.

Minecraft Education – Coding and Architecture

by MakeInspires

Wednesdays | Grades 3-5 | \$260

This is not your Minecraft available at home! Students will explore aspects of Minecraft Education, a special version of Minecraft built for learning about computer logic, coding, chemistry, teamwork, and more! Students Code “Agents,” little minions, that assist them with collecting and building, but only if coded correctly! Ever-increasing challenges and quests are bestowed upon the students, growing problem-solving skills, patience, and teamwork!

Registration will be live on August 23rd.

Visit:

www.bgcnr.org/electives



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Basketball

By Young Athletes 4 Change

Wednesdays | Grades 3-5 | \$336

Students will learn how to dribble with both hands, how to create space, and how to finish at the basket. Students will learn the fundamentals of shooting, including proper form, footwork, and release. Students will learn how to do basic strength training exercises, such as squats, push-ups, and pull-ups. The program will also include games and drills to help students practice their skills. The program will provide several benefits for students, including improved basketball skills: Students will learn the fundamentals of basketball and improve their shooting, dribbling, and strength training skills. Increased physical activity: Students will get regular exercise and improve their overall fitness. Reduced stress: Students will have a positive outlet for stress and have fun while learning. Improved academic performance: Physically active Students tend to have better academic performance.

Improv / Theatre

by Rachel Nicks

Wednesdays | Grades K-5 | \$336

A safe space for your child to Get into their body. Find their voice. Free their spirit. Explore their imagination. This improv class is open to students from K-5 grade. Your instructor Rachel Nicks is a graduate of the Juilliard School. She unlocked her passion for acting in the 8th grade when she played a Flamingo in the school play. She has enjoyed a career in Theatre, Television, and Film since 2006. She is a Ward mom and is thrilled to share her passion for acting with the Ward community.

Hello Tote Bag

by Sew Happy Sewing, Inc.

Thursdays | Grades 1-5 | \$360

Join Sew Happy for another fun sewing club and learn hand sewing skills including threading a needle, tying a knot, straight stitch, whipstitch, lock stitch, cutting skills, and project construction. Projects include a felt "denim" style tote bag with a pocket and text bubble with the applique "Hello" and a speech bubble keychain.

DJ 101

by The Music Team, LLC

Thursdays | Grades 2-5 | \$300

The fun never stops with the Party Mix! During your sessions, participants will learn all the basic knowledge needed to spark their DJ career. They will learn how to create playlists for specific parties, how to blend, tons of DJ tricks, scratching, and most importantly how to rock a crowd!!!

Zumba Kids

by Gigi Longo

Thursdays | Grades K-5 | \$144

Perfect for our younger Zumba Fans! Kids get the chance to be active and jam out to their favorite music. Classes feature kid-friendly routines based on original Zumba Choreography. We break down the steps and add games and activities into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, teamwork, confidence, self-esteem, memory, creativity, coordination, and cultural awareness.

Yoga for Tots to Teens

by Fit & Focused

Thursdays | Grades K-5 | \$276

The club is for kids grades K-5 to learn yoga and mindfulness in a playful environment. Yoga poses are learned, games are played, and music is used to promote both laughter and stillness. Yoga has multiple benefits for kids including improved focus and concentration, an increase in self-esteem and self-regulation, improved core strength and flexibility, and an overall sense of calm and peacefulness.

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