
MIDTOWN WEST EXTENDED DAY

CLASS DESCRIPTIONS

2017-2018 School Year

The Extended Day activities are planned to provide engaging and enjoyable programming for Midtown West children who require childcare after school. Some are returning favorites while others are new to the program. It is our goal to expand the choices and to vary the class selection with a range of activities, allowing children to follow existing interests as well as to explore new areas of discovery.

We try to balance the program with intellectual, artistic and physical activities while also complementing the school day program the children have at Midtown West. Many of the teachers are MTW staff members further connecting the two programs as children spend time with cherished teachers. Through this consistency children experience a smooth transition at the end of their school day. Children have the opportunity to experience varied activities while having fun in a stress free, safe environment. The focus is to have fun more than to master high-level skills.

Remember: At the end of the year they **will not** be experts in a given field. They **will** have a stronger understanding and appreciation for the subjects they studied rather than a mastery level skill.

- When registering you will **choose your child's activities for the entire year.**
- **Note the grade level cut-off where specified. Choose carefully.**
- During the 2nd week of January you will have the opportunity to request a class change without a change fee. Changes will be made based on availability. Changes will go into effect on February 1st.
- Classes will be filled on a first-come, first-served basis.
- **Remember that young children require free, unstructured play during their day.**
- We recommend that 1st and 2nd graders have one (1) structured activity each day and one (1) unstructured activity in Yard or Imaginative Play
- Requests to add a day must be submitted on a Change Form with a \$15 change fee by the 15th of the month and will go into effect by the first of the following month.
- Families should not drop their number of days until February 1st.
- When a child's behavior is inappropriate in a class, Extended Day will move the child into a different, more appropriate activity.
- When scheduled activities are cancelled due to a teacher's illness or a professional development workshop, children will be sent to other scheduled activities such as yard.
- Kindergarten and First Grade will be able to choose new Session II activities during January. Changes will go into effect on February 1st.

❖ **ACTING & IMPROV**

Grades 3-5

Children will play theatre games, work on scenes and improvisational skills in a fun relaxed environment.

❖ **BASEBALL**

Grades 1-5

Children will practice the basic skills as they learn to play the game in a fun environment.

❖ **CARD GAMES & BRAIN GAMES**

Grades 1-5

Have fun learning and playing different card and strategy games such as Pokemon and Magic the Gathering. Don't be discouraged if you don't have cards. Everyone will get a Pokemon starter set.

❖ **CHESS - ADVANCED**

Grades 1-5

Children must demonstrate a strong understanding and ability for this program. This class is for players looking to improve their game. Your child must continue showing a genuine interest in learning the game at this level. Inappropriate behavior that disrupts the class will result in a child being moved into a different activity.

❖ **CHESS – BEGINNER**

Grade 1-5

This class is for new players. They will develop a basic understanding of the game. Your child must continue showing a genuine interest in playing the game. Inappropriate behavior that disrupts the class will result in a child being moved into a different activity.

❖ **COMIC BOOK CLUB**

Grades 1-3

Learn about and read different comics and enjoy comic based craft activities.

❖ **COOKING**

Grades 1-5

This is a social and fun activity with yummy treats. The children learn how to make simple and fun dishes that they can make at home and share with their families. It is a time for them to work cooperatively both in preparing the dishes and cleaning up. During the sessions the children learn to make everything from cupcakes to pasta dishes to yummy, sweet finger foods. Everyone shares in the responsibility and the fun in preparing each dish. They learn how to use a variety of kitchen and baking tools, including the blender, oven, measuring cups and spoons, etc. The children read the recipes, measure out the ingredients, blend, mix, chop and most importantly eat what they make.

NOTE:

- Children with **food allergies** will **not** be registered in the cooking classes so that we do not risk cross contamination.
- Cooking classes **cannot accommodate** strict food restrictions such as Kosher, Vegan or Gluten Free requirements.
- This is not a nutrition class. Throughout the year children will taste a wide variety of ingredients including sugar, eggs, dairy, nuts and meat prepared in many styles (baked, fried, roasted, sautéed, etc...)

❖ **CROCHET**

Grades 3-5

Children will have fun learning to crochet and making things.

❖ HIPHOP DANCE

Grades 1-5

Hip Hop Dance Class for Grades 1-3 -- Students will be introduced to the fundamentals of Hip Hop. The class includes a warm-up, choreography and a cool down. This basic level class will help strengthen flexibility, musicality and ability to pick up choreography and confidence to perform. Dancers should wear loose fitting, comfortable clothing that allows for unhindered movement and gym sneakers or jazz shoes (no street shoes in the dance studio).

Hip Hop Dance Class Description for Grades 3-5 --This class includes a warm-up, choreography and a cool down. This class will focus on Hip Hop repertory including Freestyle, House, Popping, Locking and Breaking. Students will learn a better understanding of Hip Hop technique, movement and precision. This class will help strengthen flexibility, rhythm and ability to pick up choreography and confidence to perform. Dancers should wear loose fitting, comfortable clothing that allows for unhindered movement and gym sneakers or jazz shoes (no street shoes in the dance studio).

❖ HOMEWORK HELP

Grades 2-5

Children should come with a piece of homework already chosen by the family. Parents are still expected to sign off on the homework (If required) before it is returned to the child's teacher and to speak to that teacher when there are problems or questions.

As the older grades begin to have long term, more complex homework projects, this class can help families set up a successful homework schedule.

During homework time, the children are provided with a quiet place to work on their homework individually, or with a partner. When needed, the head and/or assistant teacher will assist them with their work. The children should come to this class knowing what sections of their homework need to be completed. This class is not meant to be a one to one tutorial, but rather a way to build your child's independence around homework with support available when needed.

Based on your child's specific homework schedule during the school year you may change your ED homework schedule. Contact the ED office, if necessary.

❖ IMAGINATIVE PLAY

Grades 1-3

Children have the chance to use their imaginations in their creative playtime with myriad opportunities for fun and socialization using a wide variety of toys, games and manipulatives available in the library and classrooms.

❖ iPad

Grades 1-5

The Internet poses a unique challenge for both parents and teachers. There are two top priorities for both - keeping children safe and encouraging student achievement. The MTW after school computer program crafts a balance between safe and smart Internet game usage. Students are encouraged to explore appropriately and follow specific usage rules. It is important for parents to realize that children have worked hard all day in school and are ready to unwind, socialize and have fun with technology. They are engaged in the games and are gaining a solid foundation of basic electronic skills while their imaginations are ignited.

Research has shown that e-games for children can help improve school performance. Appropriately used and with guidance, games are tools for the development of higher order thinking skills. As they progress to more difficult game levels, students create self-pacing strategies and try to achieve their personal best. Not only do they increase their cognitive skills, they increase their confidence and feel heightened self-esteem in a non-competitive atmosphere. When they play and enjoy computer games at MTW after school, our kids are learning Electronic Literacy – active learning that will prepare them for the challenges of the future.

❖ **JUST DANCE**

Grade 1-3

Just Dance is a fun rhythm game series that allows you to burn calories, stay fit and enjoy a fun work-out while having a blast to your favorite songs. Step to the beat and learn real-life dance moves from music spanning the 80s, 90s, Disco, Rock, and much more. Players of this game can polish their ability to mimic the on-screen dancers performing choreography to a chosen song. Join the club and become a **JUST DANCER** today!

❖ **KARATE**

Grades 1-5

Children will learn the discipline & skills of Karate. This will be a demanding physical activity requiring focus and discipline. Children must be able to manage their physical impulses. **Children should purchase a Karate Gi at the beginning of the class. Order forms are available online & in the ED office.**

❖ **KINDERGARTEN ACTIVITIES**

Grade K

Kindergarten children will stay together during the first semester engaged in a variety of developmentally appropriate activities designed to strengthen their social/emotional growth as well as their fine and gross motor skills. A warm and nurturing environment will be created to facilitate their transition into the after school program. At 3:00 children will play in the yard (weather permitting) while the older children have their snack in the cafeteria. As the older children go to their activities, the Kindergarteners will transition to have their snack in the cafeteria. When snack is finished the children will spend the remainder of the afternoon enjoying various activities such as story time, arts and crafts, blocks, cooking, play dough, water table, dramatic play, music, movement and free choice.

❖ **MAKE & TAKE**

Grades 1-3

Children will have the opportunity to explore a variety of mediums while strengthening their fine motor skills and creating fun and imaginative pieces of art.

❖ **PRE-K ACTIVITIES**

Grade Pre-K

Pre-K children will stay together as a group engaged in a variety of developmentally appropriate activities designed to strengthen their social/emotional growth as well as their fine and gross motor skills. A warm and nurturing environment will be created to facilitate their transition into the after school program. At 3:00 children will play in the yard (weather permitting) or watch a video for a brief time until they transition to the cafeteria for snack. When snack is finished the children will spend the remainder of the afternoon enjoying various activities such as story time, arts and crafts, blocks, cooking, play dough, water table, dramatic play, music, movement and free choice.

❖ **QUIET LIBRARY TIME**

Grades 2-5

Children will have down time reading, drawing and working on computers, etc.

❖ **SIGN LANGUAGE**

Grades 1-3

Children will learn basic sign language (please, thank you, school, jump, sit, dance, read, water, etc.) Instruction will include learning about why people use sign language and some famous people who are/were deaf. Lessons will also include music and art.

❖ **SING-ALONG**

Grades 1-3

Children will learn all kinds of songs in this fun singing activity.

❖ **SOCCER**

Grades 1-5

Children will learn the basic skills of the game as they play in a fun environment. Children should always wear gym shoes and loose fitting clothing for easy movement.

❖ SPORTS

Grades 1-5

Students will play various organized sports learning to improve their game play, sportsmanship and team building skills. Sports will vary throughout the semester. Activities may include: basketball, soccer, floor hockey, and other creative and active sports. Children should always wear gym shoes and loose fitting clothing for easy movement.

❖ STEP DANCE CLUB

Grades 1-5

Step (also known as Step Dance) draws from elements of African dance, tap, hip-hop, break dance and marching. Beats are made with hands, feet, voice and any other objects blending together to form one cohesive unit of rhythm.

❖ TECHNOLOGY with JENNY

Grades 3-5

Children will enjoy learning various computer programs to become more tech savvy The program will include Coding/iMovie/Garage Band/Photography

❖ TAP - Tap Shoes are Required

Grades 1-5

Beginners: The beginner class is for children, ages 6-8, with little or no previous tapping experience. The class is intended to introduce the young tap dancer to a variety of basic tap elements, such as the parts of the foot used for tapping and the basic sounds that can be made – tap, shuffle, flap and stamp. Students apply these movements rhythmically to music to create patterns that will ultimately become a dance routine.

Advanced: The advanced class is for children who have at least one year of tap training. These children are ready to study more complicated choreography.

Dancers must wear tap shoes and comfortable, loose fitting clothing for easy movement. We recommend children bring their own tap shoes. Payless carries inexpensive tap shoes for girls. If this is not possible Ext. Day has a supply of recycled tap shoes. Check with the ED office. NOTE: Children will not be able to participate in the tap class if they forget their tap shoes.

❖ VIOLIN or CELLO

Grades 2-5

Youth Orchestra of St. Luke's at Midtown West

Violin will be available to returning students and new students in grades 2 & 3. Cello will also be available for 2nd, 3rd and 4th graders. These will be very disciplined classes with high behavioral expectations. Parents and students will be required to sign a behavioral contract specifying expectations and consequences for inappropriate, disrespectful or disruptive behavior.

Children will:

- o Play the violin or cello in a small group with top music teachers
- o Learn about and play orchestral music
- o Work with YOSL musicians and other special guests
- o Learn to read, compose, conduct, and improvise music
- o Perform and rehearse at The DiMenna Center with YOSL students from other sites in Hell's Kitchen

❖ YARD

Grades 1-5

Children will have unstructured playtime on the playground while strengthening their social and gross motor skills.