

MIDTOWN WEST EXTENDED DAY CLASS DESCRIPTIONS 2022-2023 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. Numerous 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 skill level.

- When registering you will **choose your child's activities for the entire year.**
 - **Note the grade level cut-off where specified.**
 - During early 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 structured activity each day and one unstructured activity in Yard or Imaginative Play.
 - Requests to add a permanent 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 may not drop their number of days until the end of each semester.
 - When a child's behavior is inappropriate in a class, Extended Day will move the child into a different, more appropriate activity. If a child's behavior is dangerous the Ext Day administration may remove the child from the program.
 - When scheduled activities are cancelled due to a teacher's illness or a professional obligation, children will be sent to other scheduled activities such as yard.
 - Families can request an extra single day of childcare at any time. The fee is \$25 per day per child. Complete the Extra Day Form, inform your teachers and the Ext Day staff in the MTW main office (Stephanie or Alan).
-

❖ **ANIME CLUB**

Grades 4-5

A club where kids can discuss, watch and broaden their views on the Japanese art style.

❖ **ART**

Grades 1-3

Children will have the opportunity to express themselves creatively using multiple mediums. We will be focusing on different images and techniques and each child will be encouraged to add their own flavor and creativity within the class. This class will be a peaceful and joyful experience. Come join us.

❖ **ART & CRAFTING**

Grade 1-3

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

❖ **ART & JEWELS**

Grades 2-4

Exploring their creativity using several mediums and creating fun projects.

❖ **BADMINTON**

Grades 4-5

Children will learn the basics of the sport playing in a fun environment while learning to improve their game play, sportsmanship and team building skills. Children should always wear gym shoes and loose fitting clothing for easy movement.

❖ **CHESS – BEGINNER**

Grades 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. ☹

❖ **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. ☹

❖ **COOKING**

Grades 1-5 on specified days

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.

PLEASE 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....)

❖ HIP HOP DANCE

Grades 2-5

Hip Hop Dance Class for Grades 2-3 -- 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 the 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

Hip Hop Dance Class Description for Grades 4-5 --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.

❖ HOMEWORK HELP

Grades 2-5 on specified days

Children should come with specific homework already chosen by the family knowing what sections need to be completed. Parents should still 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. When needed, the teacher will support children with their work. Note: 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 their HW day if space is available.

❖ IMAGINARY PLAY & GAMES

Grades 1-2

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 FUN

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.

❖ **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 on the MTW website (midtownwestschool.org) under the Extended Day drop-down**

❖ **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.

❖ **KNITTING & CROCHET**

Grades 3-5

Children will have fun learning to crochet and knit and working on different projects.

❖ **MAKE & TAKE**

Grades 2-3

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.

❖ **MOVIE CLUB**

Grades 3-5

A fun weekly gathering where we watch movies as a group. Furthermore, engaging in open dialogue and discussions on the underlying profound ideas from the films.

❖ **NOT SO QUIET LIBRARY**

Grades 3-5

Children will have quality social time in the library with Jenny and friends. All the library resources will be available to them to play and work together. We used to call this beloved activity, "Quiet Library" then realized it's not actually so quiet...

❖ **PAINT WORKSHOP**

Grades 3-5

Exploring their artistic creativity through the medium of paint.

❖ **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) and then 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 and movement.

❖ **SCIENCE EXPLORATION**

Grades 1-2

Fun and interactive activities to help kids explore scientific principles.

❖ **SEWING**

Grades 3-5

Children will learn basic sewing skills while creating different projects.

❖ **SPORTS – BASEBALL, BASKETBALL, SOCCER**

Grades 1-5

Children will learn the basic skills of these organized sports playing in a fun environment while learning to improve their game play, sportsmanship and team building skills. Sports will vary throughout the semester. Children should always wear gym shoes and loose fitting clothing for easy movement.

❖ **TECH GAMES with JENNY**

Grades 3-5

Children will enjoy learning various computer games and programs to become more tech savvy while playing in a fun environment with Jenny.

❖ **VIOLIN expected to begin in early October 2022**

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 - 5. 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 be asked to leave the program if they consistently disrupt the class.

Mondays and Thursday Classes

- **Prelude Violins:** Beginning Students, 2nd and 3rd graders are best, 8 – 10 students total
- **Etude Violins:** Any returning students from the Spring 2022, 3rd and 4th graders

- Class Times
 - **Prelude Violins:** 3:15pm – 4:00pm
 - **Etude Violins:** 4:10pm – 4:55pm
- Classes will run from:
 - October 3rd – December 17th
 - January 2023 – Early June 2023

Children will:

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

❖ **YARD**

Grades 1-5 on specified days

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

❖ **YOGA / MOVEMENT**

Grades 2-4

Yoga - Join in practicing beginner-level yoga in efforts to be present and connected to our physical selves in a restorative way! Students will learn basic yoga. There will be a focus on how to practice accessible mindfulness for all ages.

Movement - Get up and MOVE! Exercise is good to get the kids moving for physical and mental fitness. No equipment required just their athletic shoes. The workout will include: back turns, high knee jacks, jumping jacks, donkey kicks, squad high step march, and warm ups like stretches and breathing exercises. And we'll have fun while doing it!

