



AFTER SCHOOL ACTIVITIES WINTER 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Sports, Fitness & Fun grades 3YO-K	Amazing Athletes grades K-1	Gymnastics & Fitness grades 3YO-PK	Superhero Boot Camp grades K-3	Chess Kings & Queens grades K-2
Little Vikings Wrestling grades 1-3	Breakfast Chefs grades 2-3	Chess Kings & Queens grades 3-5	Nerf It Up! grades 4-6	Hip Hop Dance grades 3-5
ROX (Ruling Our Experiences) grade 6 girls		Little Vikings Wrestling grades 4-6		

ONLINE REGISTRATION OPENS DECEMBER 1ST
THROUGH OUR REGISTRATION SYSTEM, POWERED BY CAMPBRAIN
ACH or paper check/cash payments only. Credit cards payment is not available at this time.

Registration / Cancellation deadline: Friday, January 7th
All programs run from 3:30-4:30pm unless otherwise specified above.
Contact Us: programs@columbusacademy.org | (614) 509-2267

2022 WINTER ASA PROGRAMS

Registration and payment through our registration system (CampBrain) is required for enrollment in ASA programs. Classes must reach the minimum number for enrollment or will be canceled and fees will be refunded.

The registration /cancelation deadline is Friday, January 7th.

MONDAYS - Jan. 10, 24, 31 Feb. 7, 14, 28 (No class Jan. 17 or Feb. 21)

Sports, Fitness and Fun!

Grades: 3YO-K | \$120 (6 classes)

Instructor: JumpBunch

Your little one needs to get out moving and you need a program just right for their size, so search no more! Weekly JumpBunch classes begin with child-friendly warm ups and exercises. The class "Coach" will then introduce participants to individual skills, equipment and simple rules of a different sports/fitness activity each week. Coaches encourage children while helping them develop coordination, teamwork and confidence. Each session concludes with games, obstacle courses and cool downs to keep kids engaged and moving throughout the session.

Little Vikes Wrestling

Grades: 1-3 | \$120 (6 classes)

Instructor: CA Athletics

Wrestling is a physically and mentally demanding sport that helps develop mental toughness, resiliency, inspiration, strength, confidence, courage, and a can-do attitude! In this program, athletes will be introduced to the fundamentals of wrestling, basic techniques, scoring and rules. All classes will be led by Coaches and Upper School athletes.

ROX (Ruling Our Experiences)

6th Grade Girls | \$100 (12 classes)

12-week dates: Jan. 10, 24, 31 Feb. 7, 14, 28 April 11, 18, 25 May 2, 9, 16

Instructor: Shekyra DeCree

We are pleased to offer the ROX program (Ruling Our Experiences) for 6th grade girls, led by middle school counselor, Shekyra DeCree. ROX is a nationally recognized evidenced based, girls-only program* aimed at empowering girls to rule their own experiences! We know that being an adolescent girl can be challenging. Girls are struggling with a number of issues unique to being a girl. Technology, media influence and social pressures can make these issues all the more challenging. ROX is a program that will provide our female learners with a safe place where she can talk about these issues and learn new skills to manage these pressures, develop as a female leader and build confidence. Topics covered in ROX include: team-building, healthy communication, cyber safety and social media, friendships and bullying, stress and pressure, safety, body image and the media, leadership and academic/career development. Additionally, ROX welcomes guest speakers from the community who are successful female leaders to share their education and career journey with program participants. A final unique aspect of the ROX Program is that girls are taught about personal safety and assertiveness, including verbal and physical self-defense strategies. We will be accepting a maximum of (15) 6th grade girls to participate in this pilot program, so space is limited. The registration fee also includes access to parent resources and support, including a copy of the book "Girls Without Limits" for every single ROX Girl household, curated newsletters and webinars. Join us for this awesome program where being a girl ROX!

Please note: This is a 12-week program, so it will run the full duration of Winter and Spring ASAs.

*CHECK BACK FOR PROGRAMMING SPECIFIC TO MIDDLE SCHOOL BOYS THIS SPRING.

TUESDAYS - Jan. 11, 18, 25 Feb. 1, 8, 15, 22 March 1

Amazing Athletes

Grades: K-1 | \$160 (8 classes)

Instructor: JumpBunch

Amazing Athletes uses a multi-sport program to benefit children physically, mentally, socially, and emotionally. Our program introduces the fundamentals of 10 different sports (soccer, hockey, volleyball, basketball, tennis, lacrosse, football, track and field, baseball, and golf) in a non-competitive environment. Coaches break the fundamentals of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes lifetime connections to sports and physical activity. The Amazing Athletes nutrition program introduces the children to different fruits and vegetables as well as important vitamins and minerals so that they go home excited about trying new, healthy foods. We teach children to name and identify 10 major muscles key to maintaining good gross-motor movement and body wellness.

Breakfast Chefs

Grades: 2-3 | \$160 (8 classes)

Instructor: Young Chefs Academy

Join Young Chefs Academy as we team up with Columbus Academy in this 8 week session to explore all sorts of breakfast foods. We all love bacon and eggs, but have you ever been to a breakfast buffet? There are so many breakfast options, so each week we will be making yummy food to show what all you can do for the most important meal of the day!

WEDNESDAYS - Jan. 12, 19, 26 Feb. 2, 9, 16, 23 March 2

Gymnastics & Fitness

Grades: 3YO-PK | \$160 (8 classes)

Instructor: Gym Skills

This class will introduce students to learning basic gymnastics skills individually with an instructor. Children will begin learning basic

gymnastics skills and proper techniques. Children will work on skills and drills to establish their balance, flexibility, strength & coordination. Gymnastics related games, learning activities, and obstacle courses will be incorporated along the way. Students will be able to experience the fun of gymnastics and getting active!

Chess Kings & Queens

Grades: 3-5 | \$185 (8 classes)

Instructor: Kyle Jones USCF CM

Students of all levels are welcome to come learn the storied game of chess. Candidate Master Instructor Kyle Jones will provide students with the opportunity to learn chess history, world champion openings, solve middle game puzzles, practice endgame patterns, and utilize the necessary tools for tournament play. During the first half of class, students will learn at least one theme on the display board, practice and create their own positions using that theme, and then engage against other students in our session-long tournament. All students will be able to earn keychains for their hard work; these keychains will give the students an opportunity to earn trophies throughout the year.

Little Vikes Wrestling

Grades: 4-6 | \$150 (8 classes)

Instructor: CA Athletics

Wrestling is a physically and mentally demanding sport that helps develop mental toughness, resiliency, inspiration, strength, confidence, courage, and a can-do attitude! In this program, athletes will be introduced to the fundamentals of wrestling, basic techniques, scoring and rules. All classes will be led by Coaches and Upper School athletes.

THURSDAYS - Jan. 13, 20, 27 Feb. 3, 10, 17, 24 March 3

Superhero Boot Camp

Grades: K-3 | \$160 (8 classes)

Instructor: JumpBunch

This class is all about training to be your favorite superhero! To be a superhero means having strength, agility, balance, and speed. We focus on learning special superhero training skills through fun games and activities such as “jumping over hot lava,” “dodging fireballs,” “lightsaber training,” “scooter flying,” “ghostbuster tag,” and so many more! Being a superhero also means having compassion for society, a kind heart, and a willingness to do good and help others. These are qualities we discuss and talk about with our super-kids. This program encourages campers to be a superhero in everyday life!

Nerf it Up!

Grades: 4-6 | \$160 (8 classes)

Instructor: JumpBunch

Because your kids love NERF blaster games and battles and because you love it when your kids get exercise and make new friends! Weekly classes will improve your child's speed, quickness, endurance and agility. Each lesson includes warm up activities, sportsmanship lessons, and various nerf blaster games such as “storm the fort,” “king of the hill,” and more. Nerf blasters, darts, and eye protection will be provided and returned to JumpBunch at the end of the program. Participants will be required to wear eye protection at all times during game play. To ensure fair play, participants will not be permitted to provide their own blaster(s) or darts.

FRIDAYS - Jan. 14, 21, 28 Feb. 4, 11, 25 March 4 (No class Feb. 18)

Chess Kings & Queens

Grades: K-2 | \$160 (7 classes)

Instructor: Kyle Jones USCF CM

Students of all levels are welcome to come learn the storied game of chess. Candidate Master Instructor Kyle Jones will provide students with the opportunity to learn chess history, world champion openings, solve middle game puzzles, practice endgame patterns, and utilize the necessary tools for tournament play. During the first half of class, students will learn at least one theme on the display board, practice and create their own positions using that theme, and then engage against other students in our session-long tournament. All students will be able to earn keychains for their hard work; these keychains will give the students an opportunity to earn trophies throughout the year.

Hip Hop Dance

Grades: 3-5 | \$140 (7 classes)

Instructor: Chelsea Crabtree / CLC Dance

Come dance with us! Hip Hop Dance teaches coordination, rhythm, and confidence. We will be combining movements to your favorite beats, while letting loose and having fun. Don't forget to bring your sneakers and water bottle!

WINTER 2022 AFTER SCHOOL ACTIVITIES SCHEDULE

Mondays

Program	Grades	Time	6-week
Sports, Fitness & Fun	3Y0-K	3:30-4:30pm	<input type="checkbox"/> \$120.00
Little Vikes Wrestling	1-3	3:30-4:30pm	<input type="checkbox"/> \$120.00
ROX (Ruling Our Experiences)	6 (girls only)	3:30-4:30pm	<input type="checkbox"/> \$100.00

Class Dates: Jan. 10, 24, 31 Feb. 7, 14 (No class Jan. 17 or Feb. 21)

Tuesdays

Program	Grades	Time	8-week
Amazing Athletes	K-1	3:30-4:30pm	<input type="checkbox"/> \$160.00
Breakfast Chefs	2-3	3:30-4:30pm	<input type="checkbox"/> \$160.00

Class Dates: Jan. 11, 18, 25 Feb. 1, 8, 15, 22 March 1

Wednesdays

Program	Grades	Time	8-week
Gymnastics & Fitness	3Y0-PK	3:30-4:30pm	<input type="checkbox"/> \$160.00
Chess Kings & Queens	3-5	3:30-4:30pm	<input type="checkbox"/> \$185.00
Little Vikes Wrestling	4-6	3:30-4:30pm	<input type="checkbox"/> \$150.00

Class Dates: Jan. 12, 19, 26 Feb. 2, 9, 16, 23 March 2

Thursdays

Program	Grades	Time	8-week
Superhero Boot Camp	K-3	3:30-4:30pm	<input type="checkbox"/> \$160.00
Nerf it Up!	4-6	3:30-4:30pm	<input type="checkbox"/> \$160.00

Class Dates: Jan. 13, 20, 27 Feb. 3, 10, 17, 24 March 3

Fridays

Program	Grades	Time	7-week
Chess Kings & Queens	K-2	3:30-4:30pm	<input type="checkbox"/> \$160.00
Hip Hop Dance	3-5	3:30-4:30pm	<input type="checkbox"/> \$140.00

Class Dates: Jan. 14, 21, 28 Feb. 4, 11, 25 March 4 (No class Feb. 18)

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Questions? Contact us! (614) 509-2267 | programs@columbusacademy.org