



AFTER SCHOOL ACTIVITIES

FALL 2022

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Mini Med School grades EXP-PK	Alphabet Art grades EXP-PK	SoccerTots & Baseball Tots grades EXP-PK	Sports, Smiles, Fitness & Fun grades EXP-PK	Art Safari grades EXP-PK
SoccerTots & Baseball Tots grades K-2	Gymnastics & Fitness grades K-2	Amazing Athletes grades K-2	Dino Discovery grades K-1	Chess Kings & Queens grades K-2
Nerf it Up! grades 3-5	After School Snacks grades 3-5	Chess Kings & Queens grades 3-5	Junior Vikes Wrestling grades 2-5	Korean and Russian Martial Arts grades 3-5
	ROX grade 6 girls only		FUNctional Fitness grades 3-5	

ONLINE REGISTRATION OPENS AUGUST 24TH
THROUGH OUR REGISTRATION SYSTEM, POWERED BY CAMPBRAIN

ACH or paper check/cash payments only. Credit card payment is not available at this time.

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

2022 FALL 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. No refunds will be issued after the start date.

The registration /cancelation deadline is Wednesday, September 7th.

MONDAYS - Sept. 12, 19, 26 Oct. 3, 10, 17, 31 Nov. 7

Mini Med School

Grades: EXP-PK | \$120 (8 classes)

Instructor: Little Scholars

Is there a doctor in school? Join us as we bring Mini Med School to your school! Our little doctors will use stuffed animal patients to take blood pressure readings, give “stitches”, put on a cast and make their own first aid kit, all while learning lots about what doctors, dentists, EMTs and other medical professionals do on a daily basis.

SoccerTots & BaseballTots

Grades: K-2 | \$130 (8 classes)

Instructor: SuperTots

During this 8-week class, children will participate in 4 weeks of soccer and 4 weeks of tee ball. During both sports, the goal is to engage the children through play-based games and to model for them the love of being active and enjoying sports. In the tee ball portion of this class, children are taught hitting, throwing, catching and body control by playing fun skill building games. The soccer portion of this class consists of fun, skill building drills, a soccer concept of the day and concludes with a controlled small-sided scrimmage. Emphasis is placed on individual skills, ball control and learning soccer jargon. The goal is

to promote independence, follow multi-step directions, and accelerate soccer development to prepare kids for league play. Games and activities are modeled, practiced with support, and independently. The class uses a variety of fun games with lots of physical activity.

Nerf it Up!

Grades: 3-5 | \$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 provided 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.

TUESDAYS - Sept. 13, 20, 27 Oct. 4, 11, 18, 25 Nov. 1, 8

Alphabet Art

Grades: EXP-PK | \$135 (9 classes)

Instructor: Little Scholars

Now I know my ABCs, won't you come and draw with me? Make the alphabet come to life through a wide variety of arts and crafts activities. Alphabet Art will expose your budding scholar to learning letter-sound relationships, letter formation and sensory experiences. Get ready for an adventure into alphabet art!

Gymnastics & Fitness

Grades: K-2 | \$180 (9 classes)

Instructor: Gym Skills

The Gymnastics & Fitness classes by Gym Skills will introduce students to basic gymnastics skills. Children will work to establish their balance, flexibility, strength, and coordination. Children will learn skills such as forward rolls, cartwheels, handstands, bridges, etc. Students will be able to experience the fun of gymnastics and getting active!

After School Snacks

Grades: 3-5 | \$155 (9 classes)

Instructor: Young Chefs Academy

Come join us as we create some snacks that you can make after school or for a sleepover with friends. We will explore savory and sweet snacks that you can make completely by yourself!

ROX (Ruling Our Experiences)

6th Grade Girls | \$100 (20 classes)

Dates: Sept. 13, 20, 27 Oct. 4, 11, 18, 25 Nov. 1, 8, 15, 29 Dec. 6, 13 Jan. 10, 31 Feb. 7, 14, 21, 28 Mar. 7

Instructor: Amy Brooks

We are pleased to offer the ROX program (Ruling Our Experiences) for 6th grade girls, led by middle school counselor, Amy Brooks. 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. 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 20-week program, so it will run the full duration of Fall and Winter ASAs.

WEDNESDAYS - Sept. 14, 21, 28 Oct. 5, 12, 26 Nov. 2, 9

SoccerTots & Baseball Tots

Grades: 3YO-PK | \$130 (8 classes)

Instructor: SuperTots

During this 8-week class, children will participate in 4 weeks of soccer and 4 weeks of tee ball. During both sports, the goal is to engage the children through play-based games and to model for them the love of being active and enjoying sports. In the tee ball portion of the class, the goal is to practice games that teach hitting and throwing mechanics, recognize the bases and gross motor development and hand-eye coordination. The soccer portion of the class is designed to teach mechanics such as kicking, running, and stopping the soccer ball. Games and activities are modeled, practiced with support and independently. The goal of a SuperTots class is to promote independence and teamwork. We also work on listening and following

instructions. The class uses a variety of fun games with lots of physical activity. A variety of props, songs, and games are used to engage kids. Movement skills are developed using engaging games with appropriately sized, safe equipment.

Amazing Athletes

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

Instructor: JumpBunch

Amazing Athletes is a developmental physical fitness program for children. Our fun, active classes encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. 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.

Chess Kings & Queens

Grades: 3-5 | \$190 (8 classes)

Instructor: Kyle Jones USCF CM

Students learn the rules and concepts of chess, the history of one of the most storied games, tournament procedures and etiquette and the knowledge to participate in casual or competitive games with friends and family. This is the perfect class for new players and experienced players seeking more confidence in their play. In the first half of each class, students learn world champion openings, ideas in the middle game, end game patterns, tactical moves and elements are examined and discussed. Participants play against each other in our club tournament in the second half of each class. Students earn chess keychains for their hard work that may be turned in for trophies!

THURSDAYS - Sept. 15, 22, 29 Oct. 6, 13, 27 Nov. 3, 10

Sports, Smiles, Fitness & Fun

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

Instructor: JumpBunch

Your little one needs to get out moving and this program is just their size! Weekly JumpBunch classes begin with kid-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 praise and 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.

Dino Discovery

Grades: K-1 | \$120 (8 classes)

Instructor: Little Scholars

Do you know which dinosaur was nicknamed “long neck?” Do you know which dinosaur had the biggest head? Join us for a colossal journey into the world of dinosaurs. Build a dinosaur replica and have an archaeological dig just like a real paleontologist. In Dino Discovery, you will have a swamp stomping good time!

Junior Vikes Wrestling

Grades: 2-5 | \$120 (8 classes)

Instructor: CA Wrestling

Wrestling is a physically and mentally demanding sport that helps develop mental toughness, resiliency, 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. This program will be led by CA Coaches and Upper School athletes.

FUNctional Fitness

Grades: 3-5 | \$200 (8 classes)

Instructor: Matt Wilson, CrossFit New Albany

Our focus is fun while teaching your kids proper movement through a combination of squatting, lunging, pushing, pulling, running and jumping movements. We incorporate these through a variety of gymnastic, strength, endurance, flexibility and balance movements to keep the sessions fun and different. We will also touch on aspects of nutrition each class to build a well rounded foundation to develop healthy habits to last a lifetime!

FRIDAYS - Sept. 16, 23, 30 Oct. 7, 14, 28 Nov. 4, 11

Art Safari

Grades: EXP-PK | \$120 (8 classes)

Instructor: Little Scholars

We are going to take a safari around the world! Visit a new country each lesson and learn about animals native to that location with a sprinkle of literature, dabble of games, and a whole lot of art. Grab your passport and discover the thrill of the hunt without leaving school!

Chess Kings & Queens

Grades: K-2 | \$190 (8 classes)

Instructor: Kyle Jones USCF CM

Students learn the rules and concepts of chess, the history of one of the most storied games, tournament procedures and etiquette and the knowledge to participate in casual or competitive games with friends and family. This is the perfect class for new players and experienced

players seeking more confidence in their play. In the first half of each class, students learn world champion openings, ideas in the middle game, end game patterns, tactical moves and elements are examined and discussed. Participants play against each other in our club tournament in the second half of each class. Students earn chess keychains for their hard work that may be turned in for trophies!

Korean and Russian Martial Arts

Grades: 3-5 | \$200 (8 classes)

Instructor: Jared Circle, Koguryo Martial Arts

Following the philosophy of Bruce Lee's 'Jeet Kun Do', this class will blend the elements of the Korean Martial Arts and Russian Sambo. The instructor has trained for the last 23 years, tailoring classes to this age group with what works best through his experiences. Students will learn practical self defense, enhance focus, discipline, and improve flexibility, balance, coordination, and strength. Over the Fall course, all students will learn everything they need to promote their belt rank and will be given the opportunity to test in Koguryo Tang Soo Do. This program is serious fun, and classes will be structured and centered around helping students stay engaged and learning while enjoying martial arts.



FALL 2022 AFTER SCHOOL ACTIVITIES SCHEDULE

Mondays

Program	Grades	Time	8-week
Mini Med School	EXP-PK	3:30-4:30pm	\$120.00
SoccerTots & BaseballTots	K-2	3:30-4:30pm	\$130.00
Nerf it Up!	3-5	3:30-4:30pm	\$160.00
Class Dates: Sept 12, 19, 26 Oct 3, 10, 17, 31 Nov. 7			

Tuesdays

Program	Grades	Time	9-week
Alphabet Art	EXP-PK	3:30-4:30pm	\$135.00
Gymnastics & Fitness	K-2	3:30-4:30pm	\$180.00
After School Snacks	3-5	3:30-4:30pm	\$155.00
ROX (Ruling Our Experiences)	6 (girls only)	3:30-4:30pm	\$100.00
Class Dates: Sept 13, 20, 27 Oct. 4, 11, 18, 25 Nov. 1, 8			

Wednesdays

Program	Grades	Time	8-week
SoccerTots & BaseballTots	EXP-PK	3:30-4:30pm	\$130.00
Amazing Athletes	K-2	3:30-4:30pm	\$160.00
Chess Kings & Queens	3-5	3:30-4:30pm	\$190.00
Class Dates: Sept 14, 21, 28 Oct. 5, 12, 26, 31 Nov. 2, 9			

Thursdays

Program	Grades	Time	8-week
Sports, Smiles, Fitness & Fun	EXP-PK	3:30-4:30pm	\$160.00
Dino Discovery	K-1	3:30-4:30pm	\$120.00
Junior Vikings Wrestling	2-5	3:30-4:30pm	\$120.00
FUNctional Fitness	3-5	3:30-4:30pm	\$200.00
Class Dates: Sept 15, 22, 29 Oct. 6, 13, 27 Nov. 3, 10			

Fridays

Program	Grades	Time	8-week
Art Safari	EXP-PK	3:30-4:30pm	\$120.00
Chess Kings & Queens	K-2	3:30-4:30pm	\$190.00
Korean & Russian Martial Arts	3-5	3:30-4:30pm	\$200.00
Class Dates: Sept 16, 23, 30 Oct. 7, 14, 28 Nov. 4, 11			

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