



**Merritt**  
ACADEMY

*Enjoy the Journey*

# **Spring 2019**

## **Afternoon Activities**

***Registration starts February 11 at 3:30 PM***



**Registration ends on February 20**

Monday	Tuesday	Wednesday	Thursday	Friday
<u>K3/K4 Cooking Club</u> 3:15-4:00 (Bistro)	<u>K3/K4 Martial Arts</u> 3:30-4:00 (Gym)	<u>K3 Soccer Station</u> 3:15-3:50 (Cafeteria)	<u>K3/K4 Fun with Learning</u> 3:15-3:45 (Library)	<u>K3/K4 Basketball</u> 3:15-3:50 (Gym)
<u>K3/K4 Tennis</u> 3:15-3:45 (Gym/Sports Court)	<u>K3/K4 Cheer</u> 3:15-3:45 (Cafeteria)	<u>K3/K4 Ballet</u> 3:45-4:15 (Cafeteria)	<u>K3/K4 Martial Arts</u> 3:30-4:00 (Gym)	<u>K3/K4 Mini Monets</u> 3:15-3:45 (Art Room)
<u>K4-1<sup>st</sup> French Club</u> 3:30-4:15 (French room)	<u>K4-2<sup>nd</sup> Arabic Club</u> 3:30-4:15 (French Room)	<u>K4 Soccer Station</u> 4:00-4:35 (Cafeteria)	<u>K3/K4 Hip Hop</u> 3:45-4:15 (Cafeteria)	<u>K3/K4 Yoga</u> 4:00-4:30 (Cafeteria)
<u>K-8<sup>th</sup> Tennis</u> 4:00-4:45 (Gym/Sports Court)	<u>K4-1<sup>st</sup> Computer Club</u> 4:00-4:30 (STEAM Lab)	<u>K3/K4 Let's Dance</u> 4:30-5:00 (Cafeteria)	<u>K4-1<sup>st</sup> Spanish Club</u> 3:30-4:15 (Language Lab)	<u>K3/K4 Sport Shorts</u> 4:00-4:35 (Gym)
<u>K-2<sup>nd</sup> Art Club</u> 4:30-5:00 (Art Room)	<u>K-8<sup>th</sup> Martial Arts</u> 4:15-5:00 (Gym)	<u>K-2<sup>nd</sup> Soccer Station</u> 4:45-5:15 (Cafeteria)	<u>2<sup>nd</sup>-8<sup>th</sup> Computer</u> 4:00-4:30 (STEAM Lab)	<u>K-3<sup>rd</sup> Basketball</u> 4:45-5:20 (Gym)
<u>K-8<sup>th</sup> Piano Lessons</u> 3:30-6:00 (Music Room)	<u>K-8<sup>th</sup> Piano Lessons</u> 3:30-6:00 (Music Room)	<u>K-8<sup>th</sup> Piano Lessons</u> 3:30-6:00 (Music Room)	<u>K-8<sup>th</sup> Martial Arts</u> 4:15-5:00 (Gym)	<u>K-2<sup>nd</sup> Yoga</u> 4:45-5:15 (Cafeteria)
			<u>K-2<sup>nd</sup> Hip Hop</u> 4:30-5:00 (Cafeteria)	
			<u>K-8<sup>th</sup> Piano Lessons</u> 3:30-6:00 (Music Room)	

# How to Enroll:

1. Click on link for Afternoon Activities posted on Merritt Academy's homepage: [www.merrittacademy.org](http://www.merrittacademy.org).
2. If you have previously used the online registration system to register your child for any afternoon activities, please log in as a Returning User. If not, please select New User.
3. Select the activities available for your child. All activities are filled on a first come, first served basis and there is a maximum capacity for each class based on the age of the children and the required ratio. If an activity is at full capacity, you can select the WAITLIST.
4. Complete all questions to ensure your child is registered to the proper activities and clubs.

**\*IMPORTANT: Please ensure your child's classroom number is current for 2018-2019 upon registering!**

5. Complete payment via credit card.
6. Receive email confirmation of your registration.  
***\*IMPORTANT : Please keep as reference for Child's Activity/Club Details.***
7. If space becomes available in a waitlisted activity, the Special Program Coordinator will contact you directly.

## Reminders

- Fall Activities registration opens ONLINE: **February 11 at 3:30 PM**
- Fall Activities registration closes ONLINE: **February 20 at 12:00 AM**
- Fall Activities begin **February 25**
- **No clubs will meet on April 15-19 for Spring Break , May 10 for Spring Fling**

Contact: Director, Special Programs Melissa Denny at [MelissaD@merrittacademy.org](mailto:MelissaD@merrittacademy.org)

# Policies & Procedures:

1. Registrations must be completed entirely online.
  - A registration link will be made available on the Merritt Academy website ([www.merrittacademy.org](http://www.merrittacademy.org)) upon the opening of registrations for each season.
  - Merritt's Afternoon Activity seasons include: Fall, Winter, Spring, and Summer.
2. Registration for activities and clubs is on a first come, first served basis.
3. Registration for activities and clubs are limited to the duration of each season.
  - Activity and club registrations made for winter activities are separate from the activities for the rest of the year. Parents must re-register their child each season (unless otherwise noted).
  - Please check the specific times, dates, and day of the week of your child's activities.
  - Merritt Academy reserves the right to determine appropriate placement of children in activities.
4. Makeup days:
  - Makeup days are only limited to activities and clubs that are cancelled, as a whole class, due to Merritt Academy closing for inclement weather or instructor/coach cancellation due to instructor/ coach sickness or emergencies.
  - Activity and Club makeup days will be rescheduled by both the Program Coordinator and the instructor/coach.
  - Makeups will not be held if a child is absent due to illness or other reasons.
5. Refunds:
  - Refunds will not be given nor will the cost of the session be prorated if the child is absent or if the child is registered after the start date of the activity and/or club.
  - Students will not be forced to attend activities or clubs; however, they are encouraged by our instructors and coaches. If a child continues to refuse to attend the activities or clubs, a refund will not be given; however, parents are given the option of choosing another activity for their child for the remainder of the current session.
6. Fees & Payments:
  - Sessions are billed for the amount indicated on the registration.
  - Payment must be completed at the time of registration via credit card or e-check.
7. Student Behavior:
  - A 3 strike rule is in place regarding student behavior during afternoon activities.
  - Misbehavior during an afternoon activity will result in a strike and an incident report will be written.
  - Parents will be notified each time their child receives a strike. After 3 strikes, students will be removed from the activity for the duration of the session and refunds will not be made.

## Arabic:

---

- The Arabic club will focus on learning basic Arabic expressions such as greetings, vocabulary including days of the week, months, weather, family members, classroom items, and of course writing—starting with the alphabet! Other activities will include a song or two and hopefully an online Arabic program so the students will also use the computer.

Monday (10x) Feb. 25-May 6	3:30-4:15PM	\$115.00	K4-2 <sup>nd</sup>	Mr. El Ayoubi	French Room
-------------------------------	-------------	----------	--------------------	---------------	-------------

## Art:

---

- During Art club, age-appropriate projects will be created, and children will explore general art and expression through a variety of media, such as drawing and painting. Art appreciation will be stressed through experimentation in different areas of expression. Enrollment is limited to 10 students per club.

Monday (10x) Feb. 25-May 6	4:30-5:00	\$125.00	Kg-2 <sup>nd</sup> Grade	Mr. Allen	Art Room
-------------------------------	-----------	----------	--------------------------	-----------	----------

## Ballet:

---

- Dancers will delight in the joy of music and movement as they learn classic ballet positions and steps such as plies, releves, battement and arabesques. Children will grow strong and experience increased balance and poise as they progress through the program; learning to combine arm and leg movements to create precise dance steps and techniques. Choreographed dances are set to age appropriate music and become a point of pride as the dancers accomplish their goals. Simple props such as scarves and wands are used to enhance the imagery of the magic of dance. Ballet shoes are required.

Wednesday (10x) Feb. 27-May 8	3:45-4:15	\$182.00	K3/K4	Ms. Stephanie	Cafeteria
----------------------------------	-----------	----------	-------	---------------	-----------

---

# Basketball:

---

- Learn to be a Super Swisher! Join the game and learn the basics of basketball in a low-key, fun environment. Designed to get kids excited about the sport and develop fundamental strength and skills. Players will work on the following: ball handling, offense, defense, passing and shooting while also learning to be a respectful team player. Rims are lowered to age appropriate heights so all players are set up for success!

Friday (10x) March 1-May 17	3:15-3:50	\$182.00	K3/K4	Coach Hunter	Gym
Friday (10x) March 1-May 17	4:45-5:20	\$182.00	K-3 <sup>rd</sup>	Coach Hunter	Gym

# Cheer

---

- Blue and Gold, Blue and Gold!! Cheer meets once a week to practice cheers, chants, and some basic tumbling! Participants get to create their own cheers and choreograph parts of their own performances. This activity promotes team spirit, self-esteem, and encourages participants to be leaders.

Tuesday (10x) Feb. 26-May 7	3:15-3:45	\$115.00	K3/K4	Ms. Lauren	Cafeteria
--------------------------------	-----------	----------	-------	------------	-----------

# Computers:

---

- Does your child enjoy technology? Gaming? Challenges? Building stuff? If yes! Then come join computer club! We will play educational games that introduce coding languages, reinforce reading and math skills, and offer typing practice. There will also be a chance for students to build cool stuff, establishing links between computers, technology, engineering and creativity.

Tuesday (10x) Feb. 26-May 7	4:00-4:30	\$125.00	K4-1st	Ms. Kendall	STEAM Lab
Thursday (10x) Feb. 28-May 9	4:00-4:30	\$125.00	2 <sup>nd</sup> -8 <sup>th</sup>	Ms. Kendall	STEAM Lab

# Cooking:

---

- A fun and *filling* time will be had by all of the children who enroll in this activity! The students will explore their culinary creativity, along with proper nutrition and cooking techniques. Simple recipes will be used and students will be allowed to sample the concoctions

Monday (10x) Feb. 25-May 6	3:15 - 4:00 PM	\$125.00	K3/K4	Ms. Syrina	Bistro
-------------------------------	----------------	----------	-------	------------	--------

# French:

---

- Students will enrich their knowledge of the language while having fun learning about the cultures of French-speaking countries. Songs, games, art, and other activities are used to make this a fun learning experience.

Tuesday (10x) Feb. 26-May 7	3:30-4:15	\$115.00	K4-1st Grade	Mr. El Ayoubi	French Room
--------------------------------	-----------	----------	--------------	---------------	-------------

# Fun with Learning:

---

- Fun with learning allows children to sharpen skills with both letters and numbers through fun games. Every week children will focus on a new skill.

Thursday (10x) Feb. 28-May 9	3:15-3:45	\$125.00	K3/K4	Ms. Galia Ms. Christine	Library
---------------------------------	-----------	----------	-------	----------------------------	---------

---

# Hip Hop:

---

- Dance like your favorite pop stars! In this high-energy, age-appropriate class, kids will learn one, two and three step hip-hop techniques and combinations, danced to their favorite music. As they learn how their bodies work, dancers will develop coordination, flexibility and a burst of confidence and self-esteem.

Thursday (10x) Feb. 28-May 9	3:45-4:15	\$182.00	K3/K4	Ms. Ariel	Cafeteria
Thursday (10x) Feb. 28-May 9	4:30-5:00	\$182.00	K-2 <sup>nd</sup>	Ms. Ariel	Cafeteria

# Let's Dance

---

- For kids who can't help but dance! This fun, energetic class will let children experience a variety of dance forms to many styles of music. Dancers will express themselves through the magic of movement while reinforcing basic learning concepts. Come show us your moves!

Wednesday (10x) Feb. 27-May 8	4:30-5:00	\$182.00	K3/K4	Ms. Stephanie	Cafeteria
----------------------------------	-----------	----------	-------	---------------	-----------

---



# Martial Arts:

---

- The primary art or discipline that will be taught in this class is TANG SOO DO. In this class, each child will be taught according to their individual learning style and ability. In class, children will learn from games and memorization. Basic commands in Korean and corresponding techniques will also be demonstrated. Enrollment is limited to 10 students for K3/K4 class and 20 students in Kg-5th grade.
- Mr. Soon is a registered Fourth Degree Master in the World Tang Soo Do Association (WTSDA) and has run a School in Burke since 1999. His wife Deborah, also a Fourth Degree Master, owns a school in Vienna and together they run the Northern Virginia Tang Soo Do group (<http://www.novatsd.com>).
- When your child takes classes at the Merritt Academy after school program, they will automatically be registered in the WTSDA and thereby be entitled to the privileges of one of the largest single discipline organizations in the World. This includes: regular tests under a professional panel (recognized by the WTSDA), discount equipment purchases from AWMA.com and admission to sanctioned WTSDA tournaments. Children and parents are also encouraged to visit their schools in Burke and Vienna for make-up classes, tests or to train as a family.
- All testing is included for the lower levels. When a child reaches orange belt level there is an additional registration fee and testing fee which will be explained at the first class. Uniforms are optional and can be purchased for \$30.

Tuesdays & Thursdays (20x) Feb. 26-May 9	3:30-4:00	\$300.00	K3-K4	Rising Star Martial Arts	Gym
Tuesdays & Thursdays (20x) Feb. 26-May 9	4:15-5:00	\$300.00	Kg-8th	Rising Star Martial Arts	Gym

# Mini Monets:

---

- Is your child an artist? The answer is YES! Mini Monets is a place where children can marvel at their own work and be confident in their artistic abilities. In Mini Monets, we will focus on different artistic techniques while learning about artists; we will explore line, shape, color, form, space, texture and value. We will look at how we use all these elements to make our own artistic pieces. During the class children will explore everything from self-portraits to sculptures and photographs and explore artists from Alexander Calder to Van Gogh.

Friday (10x) March 1-May 17	3:15-3:45	\$125.00	K3/K4	Ms. Tammy Ms. Hang	Art Room
--------------------------------	-----------	----------	-------	-----------------------	-------------

---

## Soccer Station:

---

- Kick into action with this high energy program that introduces children to the basics by learning through play. Each class includes a variety of skill building games and drills that work on dribbling with both feet, passing, and shooting. Group games will incorporate beginning soccer rules and player positions. Children will experience a burst of energy and a love for the sport as they increase their coordination and endurance and experience the positive energy of sportsmanship and teamwork!

Wednesday (10x) Feb. 27-May 8	3:15-3:50	\$182.00	K3	Coach Hunter	Backfield or Gym
Wednesday (10x) Feb. 27-May 8	4:00-4:35	\$182.00	K4	Coach Hunter	Backfield or Gym
Wednesday (10x) Feb. 27-May 8	4:45-5:20	\$182.00	K-2 <sup>nd</sup>	Coach Hunter	Backfield or Gym

## Spanish:

---

- Students will enrich their knowledge of the language while having fun learning about the cultures of Spanish-speaking countries. Songs, games, art, and other activities are used to make this a fun learning experience.

Thursday (10x) Feb. 28-May 9	3:30-4:15	\$115.00	K4-1st Grade	Mrs. Aramayo	Language Lab
---------------------------------	-----------	----------	--------------	--------------	-----------------

## Sport Shorts:

---

- Get moving playing kickball, basketball, soccer, tee-ball and more! The emphasis is on developing gross motor skills, flexibility, eye - hand coordination and strength while establishing a love for physical activity that will last a lifetime. Beginning sportsmanship and teamwork are introduced while the children work together and focus on fun!

Friday (10x) March 1-May 17	4:00-4:35	\$182.00	K4	Coach Hunter	Cafeteria
--------------------------------	-----------	----------	----	--------------	-----------

---

# Tennis:

---

An exciting and fun way to learn and play tennis. The class will use appropriate sized equipment and shorter courts. There will be an emphasis on the core concepts of tennis. A strong focus is placed on hand eye coordination, racquet skills and FUN activities. Learning is done in a game based environment. All equipment will be provided. Instructors are USTA or USPTR certified. This class is great for both new tennis player and those who have already participated in the class previously. CORE is always improving on the curriculum and developing new teaching techniques.

Mondays (10x) Feb. 25-May 6	3:15-3:45	\$182.00	K3/K4	CORE Tennis	Gym/Sports Court
Mondays (10x) Feb. 25-May 6	4:00-4:45	\$219.00	K-8 <sup>th</sup>	CORE Tennis	Gym/Sports Court

# Yoga:

---

- This program focuses on basic yoga postures at a beginner level. Children enjoy the challenges of the many different postures (Asana) they will learn and posture flow (Vinyasa.) Learning yoga is fun while contorting your body into forms of the alphabet and land and sea creatures. Yoga is an amazing workout for the mind, body and soul. Yoga is good for endurance, balance, coordination, flexibility and strength.

Friday (10x) March 1-May 17	4:00-4:30	\$125.00	K3/K4	Jill Causa	Cafeteria
Friday (10x) March 1-May 17	4:45-5:15	\$125.00	K-2 <sup>nd</sup>	Jill Causa	Cafeteria