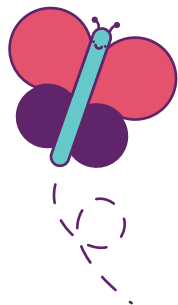




After School Program  
at the Y

# Semester 1 Activity Schedule

(September 12, 2022 - January 27, 2023)



## Schedules

Mondays through Thursdays, in addition to homeroom, participants participate in two 45-minute elective periods (on Fridays participants independently choose a club and attend our community-wide Shabbat). These electives are broken up by grade bands. Activities offered span our five neighborhoods (Play, Explore, Create, Discover, Grow), offering a wide variety of options for participants to engage in every day. Elective options are subject to change based on registration and enrollment.



### Monday - Thursday

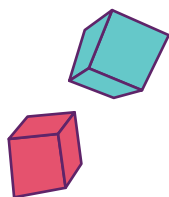
2:30 - 3:10	Arrival, Homeroom/Snack
3:10 - 3:30	Values-Based Learning Activity
3:30 - 3:40	Transition in the Gym
3:40 - 4:25	Activity Period 1
4:25 - 4:35	Transition in the Gym
4:35 - 5:20	Activity Period 2
5:20 - 5:30	Transition to Dismissal
5:30 - 5:45	Dismissal/Transition to Late Care
5:45 - 6:15	Late Care

### Friday

2:30 - 3:30	Homeroom/Snack
3:30 - 3:40	Transition to Shabbat
3:40 - 4:10	Shabbat
4:10 - 4:15	Transition to Club
4:15 - 5:00	Club
5:00 - 5:05	Transition to Homeroom
5:05 - 5:20	Homeroom Shabbat Activity
5:20 - 5:30	Transition to Dismissal/Dismissal

## Activities

Please see the daily activity schedule below, and note they are subject to change. Activity descriptions are on the last two pages. Activities denoted with an asterisk are premium activities, and are associated with an additional charge beyond annual tuition.



### MONDAY

#### Activity 1 3:40 - 4:25

Kinder	Germinating Geniuses (GROW)
1st	Live, Play, Repeat (PLAY)
2nd	Rockwall and Sports (EXPLORE)
3rd	Ooey-Gooey (DISCOVER)
4th and 5th	Artventures (CREATE)
K - 2	*Scamper Theater
3 - 5	*Building Beats

#### Activity 2 4:35 - 5:20

Kinder	Live, Play, Repeat (PLAY)
1st	Artventures (CREATE)
2nd	Ooey-Gooey (DISCOVER)
3rd	Rockwall and Sports (EXPLORE)
4th and 5th	Germinating Geniuses (GROW)
K - 2	*Building Beats
All	Homework Help

## TUESDAY

### Activity 1 3:40 - 4:25

Kinder	Ooey-Gooey (DISCOVER)
1st	Low - Ropes Teambuilding (EXPLORE)
2nd	Artventures (CREATE)
3 - 5	Sports Extravaganza (PLAY)
K - 2	Farm to Table (GROW)
3 - 5	*Swimming (2 Period Activity)
3 - 5	*Bubbie's Kitchen

### Activity 2 4:35 - 5:20

K - 1	Artventures (CREATE)
2 - 3	Low - Ropes Teambuilding (EXPLORE)
4th and 5th	Ooey-Gooey (DISCOVER)
K - 2	*Bubbie's Kitchen
K - 1	Sports Extravaganza (PLAY)
All	Homework Help

## WEDNESDAY

### Activity 1 3:40 - 4:25

K - 1	Fun Fitness (PLAY)
K - 2	Farm to Table (GROW)
2 - 3	Artventures (CREATE)
3 - 5	Biblical Theater (CREATE)
4th and 5th	Rockwall and Sports (EXPLORE)
K - 2	*Hip - Hop Dance
K - 2	*Martial Arts
2 - 5	*Tap Dance

### Activity 2 4:35 - 5:20

K - 1	Rockwall and Sports (EXPLORE)
K - 2	Games Room (DISCOVER)
2 - 3	Sports Extravaganza (PLAY)
4th and 5th	Artventures (CREATE)
K - 2	*Bubbie's Kitchen
3 - 5	*Martial Arts
All	Homework Help

## THURSDAY

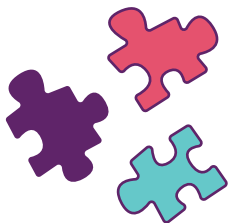
### Activity 1 3:40 - 4:25

K - 1	Farm to Table (GROW)
2 - 3	Sports Extravaganza (PLAY)
4th and 5th	Games Room (DISCOVER)
K - 2	*Swimming (2 Period Activity)
K - 2	*STEM Kids
2 - 5	*Hip-Hop Dance
3 - 5	*Parkour

### Activity 2 4:35 - 5:20

K - 1	Sports Extravaganza (PLAY)
2 - 3	Games Room (DISCOVER)
4th and 5th	Farm to Table (GROW)
K - 2	*Parkour
3 - 5	*STEM Kids
All	Homework Help

## FRIDAY



Every first Friday of the month, participants are presented with a variety of Friday Clubs to choose to sign up for that month.

Community-Wide Shabbat



# Activity Descriptions

## ARTventures

Here we will explore different elements (line, shape and color) through 2D and 3D projects. Each week we will look at all the ways artists (from the past and present) have used these elements and how we can create new art.

## Biblical Theatre

In this class we will bring Bible stories to life via improvisation, music and dramatic play. We will delve into such stories as Joseph and his Dreamcoat, Moses, and Queen Esther in Persia, while learning about character development, acting and timing. Led by Cyndi Rand, active in community theater.

## Building Beats\*

**\$250**

Here we will take our musical styles up a notch! We create our own digital music and produce it by the end of the semester to share. Led by Building Beats.

## Fun Fitness

Get your energy up and get ready to have some fun! In this class, expect lots of jumping, running, moving, and laughing! We will teach games such as freeze tag and obstacle courses.

Bring sneakers, socks, comfortable athletic clothing

## Germinating Geniuses

We can learn so much from a tiny seed! Participants will get their hands dirty while discovering the fun and rewards of caring for plant life. Activities will include nature studies, art projects, and gardening.

Dress for weather and possibly dirt

## Bubbie's Kitchen\*

**\$250**

Discover the world through food! Learn basic cooking skills while making traditional (and not-so-traditional) Jewish treats and other amazing meals. Every class ends with a delicious individual snack! Led by Cyndi Rand (Bubbie).



## Farm to Table

Let's get our hands dirty by working with soil, recycling compost, and creating natural items we use everyday, such as soap and tea.

## Games Room

Participants will get to learn and play a variety of fun games throughout the semester, putting important skills to work like reading comprehension, teamwork, patience, conflict resolution, and managing big feelings.

## Hip - Hop Dance\*

**\$375**

Participants will engage in physical activity and learn current and past hip-hop styles of choreography. Classes take place at Cornerstone Center with Broadway Performing Arts Center.

Participants are required to wear a BPAC t-shirt and black pants (leggings or sweatpants) and a Dance Sneaker.

## Homework Help

A quiet, supervised space where participants can work on homework and read quietly. Participants will also have access to our lending library, where they can check out books throughout the semester.

## Low - Ropes Teambuilding

Participants will engage in fun and physically challenging low-ropes and teambuilding activities that not only improve and build upon gross-motor skills, but also cultivate skills like communication, leadership, teamwork, persistence, and more!

Bring sneakers, socks, comfortable athletic clothing

## STEM Kids\*

**\$250**

Learn to design, build, and create some very cool structures such as towers, boats, and more in our STEAM class. Led by NYC STEM Kids.

## Parkour\*

**\$250**

Join our professional USA-Gymnastics and WFPF Parkour Certified Instructors in learning the art of quick and efficient movement through the environment, utilizing techniques such as vaults, jumps, and climbs. This class helps children develop focus, strength, agility, and hand-eye coordination. Offered by 92Y staff.

Bring sneakers, socks, comfortable athletic clothing

## Live, Play, Repeat

"Play is the work of childhood." In this class, participants will get active while learning fun and exciting games, growing both physical and social-emotional skills along the way!

Bring sneakers, socks, comfortable athletic clothing

## Martial Arts\*

**\$250**

Practicing martial arts encourages self-discipline, increases self-esteem, instills respect, improves listening skills, boosts socialization skills and develops the concept of teamwork. Participants will learn methods and techniques from a variety of styles of martial arts. Classes offered by NY Enrichment Group.

Bring sneakers, socks, comfortable athletic clothing

## Ooey-Gooey'ology

It oozes between your fingers when you pick it up, but doesn't stick to your skin. It usually comes in a variety colors, and can be made to glow in the dark! At times it acts like a liquid, but other times it appears as a solid. You guessed it, it's slime! We will discover all the ways to make it.

Class can get messy

## Rockwall & Sports

Two amazing and active classes combined into one! Here we will play sports every week AND have regular opportunities to climb the Y's awesome indoor Rockwall.



## Scamper Theater\*

**\$250**

This one-of-a-kind class is all about creating a really fun and silly space where children learn to trust their amazing creative instincts. Through innovative imagination games and adventures, we explore the world. In this class, our young actors practice empathy, kindness, and build confidence. Most importantly, we help them see how awesome it is to be yourself!

## Swimming\*

**\$525**

Whether you're just learning to swim or you want to improve your skills, there will be something for you! Classes take place at New Settlement Community Center and are facilitated by New Settlement aquatics staff.

Bring  
swimsuit, towel,  
and swim cap



## Sports Extravaganza

In this class, we will learn a different sport each month! We will focus on basic skills and work our way towards a competitive game.

Bring socks and comfortable athletic clothing (sneakers removed during class)

## Tap Dance\*

**\$375**

Participants will engage in a beginner tap class where they will learn stationary and progressive steps. Tap class is a great way to utilize musical and mathematical skills while being physically active. Classes take place at Cornerstone Center with Broadway Performing Arts Center.

Participants are required to wear a BPAC t-shirt and black pants (leggings or sweatpants) and flat tap shoes.