

# **COURSE CATALOGUE**





# North Shore Hebrew Academy Merkaz After School Activities

## 2016/2017 COURSE CATALOGUE

Dear Parents,

I'd like to welcome you back to another exciting year of Merkaz After School Activities here at Cherry Lane. The following packet includes the 2016/2017 Monday-Friday and Sunday programs that Merkaz ASA will be providing. The first semester of Monday-Thursday begins on 9/19/16 and runs through 1/20/17. Please note that due to holidays in October, 10/5 and 10/6 classes will be run on a Monday and Tuesday schedule and 10/26 and 10/27 classes will also be run on a Monday and Tuesday schedule.

Our goal for this year is to offer the best programs for you and your child throughout the upcoming school year. Over the past several months, we have worked closely with our ASA parent committee to incorporate parent requests into helping revamp our ASA courses.

Returning ASA students will progress through courses with the help of our skilled staff and make the leap from last year's programs in maturity, responsibility, expectations and most of all fun! We look forward to welcoming new students to our after school program where they will learn new skills as well as make new friends.

Please review the enclosed packet which includes the Monday-Thursday schedule, course catalog, pricing sheet and registration form, the Friday PreK Little Leaguers registration form, the Friday course catalog and Friday registration form as well as registration forms for all of our Sunday sports programs.

In order to guarantee a spot for your child, please fill out the enclosed registration forms, and send them along with a check made out to NSHA care of Coach Hall. We will also be posting all of this information on the school website: [www.NSHA.org](http://www.NSHA.org). The originally scheduled course of Lanyard Ladies is no longer being offered and a CoCo Hip Hop dance class for 3rd graders has been added on Wednesdays.

**PLEASE NOTE:** Students cannot attend class without a completed registration form and check paid in full in advance. Want a specific class but don't see it listed? If you are interested in a class but don't see it, please contact me at [mhall@nsha.org](mailto:mhall@nsha.org) or 516-487-8687x151 to discuss program options. A minimum of 10 students must be guaranteed to start a class.

I look forward to seeing you and your children enjoying our wonderful Merkaz ASA programs throughout the 2016/2017 school year.

Coach Mitchell Hall  
Merkaz ASA Director



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**Please refer to registration forms for session dates for Sunday and Friday activities.**

**Sunday** 10:15am-11:15am Grade K & 1 | 11:15am-12:15pm Grade 2 & 3 | (Sep-Oct)

**SOCCER LEAGUE** - Our program is designed to teach the fundamentals of soccer in a fun and safe way. Students will learn skills and play games with a focus on sportsmanship & teamwork.

**Sunday** 10:15am-11:15am Grade K & 1 | 11:15am-12:15pm Grade 2 & 3 | (Nov-Dec)

**FLOOR HOCKEY LEAGUE** - Our program is designed to teach the fundamentals of Hockey in a fun and safe way. Participants will learn proper mechanics, rules, & positions from professional coaches.

**Sunday** 10:00am-11:00am Grade 2 & 3 | 11:00am-12:00pm Grade 1 | 12:00pm-1:00pm Grade K | (Jan-Mar)

**BASKETBALL LEAGUE** - Our program is designed to teach the fundamentals of basketball in a fun and safe way. Students will learn skills and play games with a focus on sportsmanship & teamwork.

**Sunday** 10:00am-11:00am Grade K | 11:00am-12:00pm Grade 1 | 12:00pm-1:00pm Grades 2 & 3 | (Apr-May)

**BASEBALL LEAGUE** - Our program is designed to teach the fundamentals of Baseball in a fun and safe way. Participants will learn proper mechanics, rules, & positions from professional coaches.

**Monday** 3:15-4:15

**TOP CHEF** - K & 1st grade boys and girls will get their hands dirty and learn how to bake/cook like a pro. This class is geared for the beginner chef/baker. Our head chefs will teach students to make holiday themed treats in addition to new, tasty and exciting food.

**SPORTSCENTER** - 1st grade boys and girls will engage in their love for sports, games and events. This class is designed for your child to stay active, learn new sports and spend time with their friends in a fun and safe environment.

**THEATRE** - 2nd and 3rd grade boys and girls will bring their inner actor/actress to the stage of Cherry Lane. Back for his second year at NSHA, Matthew Dean Wood will help performing arts centered students discover their creative and expressive sides. Do we have any future Broadway stars at NSHA?

**HOMEWORK HELPERS (ENGLISH)** - 1st-3rd Boys and Girls. Students will receive extra help with their English homework. Our goal is to have students complete their homework in school under the watchful eye of a teacher in a quiet classroom setting.

**Monday** 4:15-5:15

**IRON CHEF** - 4-5th grade boys and girls who have already taken baking are encouraged to take this class as the next step in the cooking process. Students will compete, learn and explore the fun side of cooking as they create culinary masterpieces.

**BOYS BASKETBALL** - is your 4th-5th grade son serious about basketball? This class will prepare your child up for the next level of competition. Learn the ins and outs of the game of basketball with our knowledgeable coaches. March Madness style tournaments and teams will compete throughout the semester to earn the title of best basketball players at Cherry Lane. Have your son be the reason more championship banners are hung in the Cherry Lane gym!

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**Tuesday** 3:15-4:15

**SPORTSCENTER** - Kindergarten boys and girls who love sports will truly love this class! This program is designed for students to continue to develop athletically focusing on spatial awareness, motor coordination, hand eye coordination, body control team work and fun with their friends!

**CHESS**-This class is designed for the curious, the experienced and the Chess Master 1st-3rd boys and girls to test their skills and compete against their friends. Our Chess teacher Simon has graph displays which help children understand what each chess piece does, how it should be moved and how to formulate strategies to always have you thinking 2 or 3 steps ahead.

**CROSSFIT** - Jump! Sweat! Move! This high energy class is carefully designed for 1st-3rd grade boys and girls to get fit. Students will learn how to properly perform a variety of exercises and understand what it takes to have a good workout while having fun. They will be guaranteed to come home tired but happy.

**POWER OF S.T.E.A.M.** - Science! Technology! Engineering! Art! Math! Climb on board and move Full STEAM Ahead! This Abrikadoodle art journey is filled with scientific discoveries, super cool technology, fabulous math connections and more! We'll travel from Beatrix Potter's illustrations to Leonardo Fibonacci's remarkable numbers discovery and make many stops along the way. Try your hand at robotics and draw at the same time! Learn lots of geometry while paint flows, compasses twirl, and straight lines show the unexpected. There is so much to try and learn on this journey. Come along and don't miss it!



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### Tuesday 4:15-5:15

**GIRLS BASKETBALL** - Is your 4th or 5th grade daughter serious about basketball? This class will gear your child up for the next level. Learn the ins and outs of the game of basketball with our knowledgeable coaches. March Madness style tournaments and teams will compete throughout the semester to compete for the title of best basketball players at Cherry Lane. All skill levels welcome. Have your daughter be part of the reason more Championship banners are hung in the Cherry Lane gym!

**POWER OF S.T.E.A.M.** - Science! Technology! Engineering! Art! Math! Climb on board and move Full STEAM Ahead! This Abrakadoodle art journey is filled with scientific discoveries, super cool technology, fabulous math connections and more! We'll travel from Beatrix Potter's illustrations to Leonardo Fibonacci's remarkable numbers discovery and make many stops along the way. Try your hand at robotics and draw at the same time! Learn lots of geometry while paint flows, compasses twirl, and straight lines show the unexpected. There is so much to try and learn on this journey. Come along and don't miss it!

### Wednesday 3:15-4:15

**KRAV MAGA** - Israeli Self Defense is a variety of Judo, Boxing, Wrestling and Aikido-all combined to make up Krav (combat) Maga (contact). K-1st boys and girls who are interested in this form of martial arts are encouraged to sign up. Taught by professional instructors this class instill basic principles of self-control and confidence into your child.

**TOP CHEF** - 2nd-3rd boys and girls who love to bake/cook and get their hands dirty in the kitchen are encouraged to sign up for this class. Our revamped program will help children explore the foods they love, discover foods from their heritage and enjoy holiday themed treats.

**SPORTSCENTER** - 2nd boys and girls. If sports is what your child loves, than this class is for them. Each week students will engage in a different sport with the focus on fun, teamwork, sportsmanship and some friendly competition.

**JEWELRY MAKING** - 1st-3rd Girls. NSHA's Jewelry specialist Ofra Levine is back! Lower grade girls will learn the art of jewelry making. Students will design and piece together a variety of beautiful jewelry throughout the semester that they can wear and bring home. Ofra specializes in bringing out children's creative side and even helps the students design holiday themed jewelry and wares.

**COCO DANCE** - Gold Coast Famous Coco is back at NSHA for her 2nd year of teaching Hip Hop Dance. 3rd grade girls will learn a variety of dance moves, techniques and styles of dance as well as increase muscle strength and stamina along the way.

### Wednesday 4:15-5:15

**SPORTSCENTER** - Each week 4th-5th Boys will engage in a different sport with the focus on fun, teamwork, sportsmanship and some friendly competition. Sports include but are not limited to flag football, baseball, floor hockey, basketball, volleyball and much more.

### Thursday 3:15-4:15

**SPORTSCENTER** - 3rd boys and girls. If sports is what your child loves, than this class is for them. Each week students will engage in a different sport with the focus on fun, teamwork, sportsmanship and some friendly competition.

**WOODWORKING** - 2nd-3rd Boys and Girls. Ever hear of Property Brother or Home Improvement? If your kids enjoy these shows, this class is for your child. Students will learn how to build and piece together a variety of projects throughout the semester and learn to be handy around the house. Holiday themed projects include building a Menorah and even a Mezuzah.

**HOMEWORK HELPERS (HEBREW)** 1st-3rd Boys and Girls will receive extra help with their Hebrew homework. Our goal is to have students complete their homework in school under the watchful eye of a morah in a quiet classroom setting.

**COCO DANCE** - Gold Coast Famous Coco is back at NSHA for her 2nd year of teaching Hip Hop Dance. 1st-2nd grade girls will learn a variety of dance moves, techniques and styles of dance as well as increase muscle strength and stamina along the way.

### Thursday 4:15-5:15

**SPORTSCENTER** - Each week 4th-5th Girls will engage in a different sport with the focus on fun, teamwork, sportsmanship and some friendly competition. Sports include but are not limited to flag football, baseball, floor hockey, basketball, volleyball and much more.

**HOMEWORK HELPERS (HEBREW)** 4th-5th Boys and Girls will receive extra help with their Hebrew homework. Our goal is to have students complete their work under the watchful eye of a morah in a quiet classroom setting.



# North Shore Hebrew Academy Mercaz After School Activities

## 2016/2017 FRIDAY COURSE CATALOGUE

### All Friday classes run from 1:15-2:30

There is no busing available on Fridays. Students must be picked up promptly at 2:30 at Cherry Lane.

**Bricks4Kidz** - Bricks4Kidz™ Mercaz ASA classes build on the popular LEGO® bricks to deliver high-quality educational play. Each class is an engaging experience for your child with a new project each week. Our unique models aren't the kits you find on the shelves of a toy store. They're designed by Bricks4Kidz™ to teach concepts across a variety of subject areas. We kick things off with a discussion about key concepts related to the model, then get right into the building. Working with a partner, your child will experience the hands-on fun of seeing a model come together piece-by-piece, from concept to completion – and it's motorized!

**\*The first 9 week semester is strictly for K-2 students.**

There are a maximum of 12 students allowed to register for this class. First come first serve basis.

**\*The second 9 week semester is designed for 3-5 students.**

There are a maximum of 12 students allowed to register for this class. First come first serve basis.

**Fun Fencing** - (4th-5th Boys and Girls) With over 45 years of world wide experience, Vladimir Gofman is back at Cherry Lane for his 3rd year of Fencing! Vladimir has coached the National Team and Olympic teams in Russia and Belarus. Vladimir aims to bring a new love of fencing to students of all ages and skill levels. Space is very limited for this class.

**Computer Programming** - Coding-Through a nine week program, children will be exposed to a variety of programming languages including basic coding, Blockly, as well as the more sophisticated, Python and Java. After a two week introduction, children will begin to work on individual projects geared toward individual coding experience. Ultimately, children will create a game, story, or drawing through code.

**\*The first 9 week semester is strictly for 3-5 students.**

There are a maximum of 12 students allowed to register for this class. First come first serve basis.

**\*The second 9 week semester is designed for K-2 students.**

There are a maximum of 12 students allowed to register for this class. First come first serve basis.