

NORTH SHORE
HEBREW ACADEMY



ישיבת חוף הצפון

MERCAZ
AFTER SCHOOL ACTIVITIES
2018-2019

MERCAZ AFTER SCHOOL ACTIVITIES / 2018-2019 COURSE CATALOG

Sunday

September – October (see registration form for dates)

Soccer League- Designed to teach the fundamentals of soccer in a fun and safe way, this course will cover skills and game play with a focus on sportsmanship and teamwork.

10:15-11:15 – Grades K & 1

11:15-12:15 – Grades 2 & 3

Running Club- The Running Club is designed to teach the fundamentals of running and movement in a fun and safe way. Students will learn the art of running, stamina and perseverance. The club will end with participants and family (optional) participating in a 5K.

11:15-12:15 – Grades 3-5

October-December (see registration form for dates)

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

1:30-2:30 – Grades K-2

January – April (see registration form for dates)

Basketball League- Designed to teach the fundamentals of basketball in a fun and safe way, this course will cover skills and game play with a focus on sportsmanship and teamwork.

10:00-11:00 – Grades 2 & 3

11:00-12:00 – Grades K & 1

April - May (see registration form for dates)

Running Club- The Running Club is designed to teach the fundamentals of running and movement in a fun and safe way. Students will learn the art of running, stamina and perseverance. The club will end with participants and family (optional) participating in a 5K.

11:15-12:15 – Grades 3-5

[Sunday activities continue on next page...](#)

Baseball Clinic – Designed to teach the fundamentals of baseball in a fun and safe way. Students will learn skills and play games with a focus on sportsmanship and teamwork.

10:15-11:15 – Grades K & 1

11:15-12:15 – Grades 2 & 3

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.

English Homework Helpers-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.

Theatre-2nd and 3rd grade boys and girls will bring their inner actor/actress to the stage of Cherry Lane. Back for his fourth 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? Each semester will culminate with a theater production.

Yoga – 1st-3rd Boys and Girls. Kids Yoga is our newest ASA class. Led by certified instructor Whitney Stein, owner of Brave Lotus Yoga, students who participate in ASA Yoga classes will be provided a balance between structured and free-flowing age-specific activities. Classes include age-appropriate poses, games, props, music, and mindfulness and breathing exercises to energize and challenge kids' bodies and minds. All programs conclude with a period of relaxation.

4:15-5:15

Iron Chef-4th-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!

English Homework Helpers-4th-5th 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.

Theatre-4th and 5th grade boys and girls will bring their inner actor/actress to the stage of Cherry Lane. Back for his third 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? Each semester will culminate with a theater production.

Yoga – 4th – 5th Boys and Girls. Kids Yoga is our newest ASA class. Led by certified instructor Whitney Stein, owner of Brave Lotus Yoga, students who participate in ASA Yoga classes will be provided a balance between structured and free-flowing age-specific activities. Classes include age-appropriate poses, games, props, music, and mindfulness and breathing exercises to energize and challenge kids' bodies and minds. All programs conclude with a period of relaxation.

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 Garrett utilizes 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.

S.T.E.A.M. Ahead-1st-3rd Boys and Girls 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!

[Tuesday activities continue on next page...](#)

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!

Chess-This class is designed for the curious, the experienced and the Chess Master 4th-5th boys and girls to test their skills and compete against their friends. Our Chess teacher Garrett utilizes 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.

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-2nd boys and girls who are interested in this form of martial arts are encouraged to sign up. Taught by a professional instructor 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.

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 grade boys and girls. If sports is what your child loves, then 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 & Craftworking-1st-3rd Boys and Girls. Ever hear of Property Brother or Fixer Upper? 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 4th year of teaching Hip Hop Dance. 4th-5th 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. Each semester will culminate with a dance recital.

Bricks4Kids-In this course students in grades K-3 explore architecture, engineering and technology concepts using LEGO® bricks. Students participate in a weekly session focused on exciting themes including Mission to Space, Interesting Inventions, Famous Buildings and Forces of Nature.

Friendship Group – Kindergarten students will enjoy this program designed to promote appropriate interaction, active listening, sharing and turn taking, reinforced through games and play in order to create long lasting friendships. We are proud that this class is taught by NSHA Parent and Speech Language Pathologist Barrie Lev.

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.

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.

Coco Dance-Gold Coast Famous Coco is back at NSHA for her 4th year of teaching Hip Hop Dance. 4th-5th 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. Each semester will culminate with a dance recital.

Bricks4Kids- In this course students in grades 4-5 explore architecture, engineering and technology concepts using LEGO® bricks. Students participate in a weekly session focused on exciting themes including Mission to Space, Interesting Inventions, Famous Buildings and Forces of Nature.

Friday

12:45-2:00

Pre-K Fun Friday- Pre-K Fun Friday is designed for Pre-K students to engage in a variety of activities. Students will explore books and stories, have dance parties, play puzzles and brain games as well as learn new sports, skills, rules and games with their friends with a focus on sportsmanship and teamwork.

1:15-2:30

All Friday K-5 classes run from 1:15-2:30. There is no busing is 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. *The second 9 week semester is designed for grade 3-5 students. There are a limited number of seats available for this class. First come first serve basis.

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 grade 3-5 students. *The second 9 week semester is designed for K-2 students. There are a limited number of seats available for this class. First come first serve basis.

Fun Fencing- (4th-5th Boys and Girls) Alex Gofman is back at Cherry Lane for more fencing fun! Alex aims to bring a new love of fencing to students of all ages and skill levels. Space is very limited for this class.

Art4Kidz/Cartooning - Our newest Friday class for grades K-2, Art 4 Kidz focuses on teaching children to draw, using demonstration and a structured step-by-step process. Through the process of weekly instruction students are exposed to a wide variety of subject matter, artistic concepts, art history and new art materials. The elementary age curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary. Students are given skills to express their creativity and you will see an increased art ability, learning skills, self-confidence and self-esteem all through artwork. The program will cover the following techniques: pencil techniques, basic shapes, light and shade, still life, perspective, color introduction, humans, animals, cartoons, automobiles, planes, etc. No two classes are the same.