

NORTH SHORE
HEBREW ACADEMY

ישיבת חוף הצפון



Mercaz After School Activities

Course Catalog and
Registration Forms

MERCAZ AFTER SCHOOL ACTIVITIES / 2019-2020 COURSE CATALOG

Sunday

FALL

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 -2

September – 9/8, 9/15, 9/22, 9/29

October – 10/6, 10/13, 10/20, 10/27

Price: \$200

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

September – 9/8, 9/15, 9/22, 9/29

October – 10/6, 10/13, 10/20, 10/27

Price: \$200

WINTER

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

12:00-1:00 – Grades 4-5 Girls

January – 1/5, 1/12

February – 2/2, 2/9, 2/16, 2/23

March – 3/1, 3/8, 3/15

Price: \$300/Semester; \$500 when registering for Winter and Spring Semester together

Sunday Activities Continued on Next Page...

SPRING

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

12:00-1:00 – Grades 4-5 Girls

March – 3/22, 3/29

April – 4/5, 4/26

May – 5/3, 5/10, 5/17, 5/24, 5/31

Price: \$300/Semester; \$500 when registering for Winter and Spring Semester together

Monday

3:15-4:15

Mad Science - Mad Science will cover an umbrella of exciting, fun and dynamic scientific courses. Students will bring home projects to show off their creativity. Every few weeks students will shift gears and focus on a variety of topics including but not limited to: Sensational Science, Fantastic Physics, Science Mania, Brixology, NASA Space Academy. Space is limited! First come first serve. Our goal is to make Science fun and exciting for everyone.

Prices:

1st Semester: \$400; 2nd Semester \$475; Both semesters when registered together: \$800

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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

Top Chef- K-3 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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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!

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

Tuesday

3:15-4:15

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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

CoCo Dance- Gold Coast Famous Coco is back at NSHA teaching Hip Hop Dance. 2nd-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. Each semester will culminate with a dance recital.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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!

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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!

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

4:15-5:15

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.

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

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!

Prices:

1st Semester: \$300; 2nd Semester \$375; Both semesters when registered together: \$600

Wednesday

3:15-4:15

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

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

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 instills basic principles of self-control and confidence into your child.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

4:15-5:15

SportsCenter-Each week 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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

Thursday

3:15-4:15

CoCo Dance- Gold Coast Famous Coco is back at NSHA! 1st 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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

Tumbling – 1st-3rd Boys and Girls, flip, split, kick and fly with us! Grace Esses Gymnastics is coming to North Shore! Our intensive program achieves success by limiting classes to small groups instructed by professional USAG certified gymnastics coaches. Open to both girls and boys, we inspire the gymnasts to reach their full potential through the personal attention they receive. All students will learn to master new skills in a safe and controlled environment. Our gymnastic classes aim to strengthen critical skills such as flexibility, balance, agility, coordination, endurance, and confidence. Students work hard and experience a true sense of accomplishment. We teach a vast range of skills from beginner to advanced to serve all levels of participants. Each class begins with warm up, stretch and a progression of skills as they are achieved; beginning with forward rolls to handstands, cartwheels, front-walkovers, back- walkovers, back-handsprings and back-tucks etc. The goal of Grace Esses Gymnastics is to provide outstanding and comprehensive programming.

Prices:

1st Semester: \$475; 2nd Semester \$475; Both semesters when registered together: \$850

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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

4:15-5:15

Coco Dance–Gold Coast Famous Coco is back at NSHA 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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

SportsCenter Each week 4th Grade 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.

Prices:

1st Semester: \$375; 2nd Semester \$375; Both semesters when registered together: \$675

Tumbling – 4th-5th Boys and Girls, flip, split, kick and fly with us! Grace Esses Gymnastics is coming to North Shore! Our intensive program achieves success by limiting classes to small groups instructed by professional USAG certified gymnastics coaches. Open to both girls and boys, we inspire the gymnasts to reach their full potential through the personal attention they receive. All students will learn to master new skills in a safe and

controlled environment. Our gymnastic classes aim to strengthen critical skills such as flexibility, balance, agility, coordination, endurance, and confidence. Students work hard and experience a true sense of accomplishment. We teach a vast range of skills from beginner to advanced to serve all levels of participants. Each class begins with warm up, stretch and a progression of skills as they are achieved; beginning with forward rolls to handstands, cartwheels, front-walkovers, back-walkovers, back-handsprings and back-tucks etc. The goal of Grace Esses Gymnastics is to provide outstanding and comprehensive programming.

Prices:

1st Semester: \$475; 2nd Semester \$475; Both semesters when registered together: \$850

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.

Prices:

1st Semester: \$350; 2nd Semester \$375; Both semesters when registered together: \$625

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.

Art in our World - Our Signature Mixed Media Studio Art Program. This specially crafted program created for elementary students exceeds the National Standards For The Visual Arts. Each week artists will be exposed to various art techniques including painting, drawing, collage, print making and much more. Each lesson focuses on different mediums from paint, pastels, watercolor, chalk, clay and more.

They will create their own unique masterpieces using “process art” which is art is viewed as a creative journey, rather than just the end product.

Doodlers develop new skills and talents while designing unique creations using a variety of wonderful materials. Each Elementary School Art Class focuses upon developing skills, learning techniques and expanding self confidence. Doodlers develop: Artistic skills and craftsmanship, Knowledge of artistic styles and art history, Imaginative projects, the power of self expression, and more.

Art in Our World promotes individuality by providing a secure atmosphere. Our curriculum will develop your child’s creativity, imagination, technique skills, vocabulary, world vision and cognition. Imaginations SOAR!

Prices:

1st Semester: \$400; 2nd Semester \$425; Both semesters when registered together: \$750

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.

Prices:

1st Semester: \$400; 2nd Semester \$425

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.

Prices:

1st Semester: \$400; 2nd Semester \$425

Fun Fencing- (3rd-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.

Prices:

1st Semester: \$400; 2nd Semester \$425; Both semesters when registered together: \$750

Intro to Guitar and Songwriting - (3rd-5th Boys and Girls) Join Mr. Imburgia after school to learn how to play guitar and how to write your own song! Students are required to provide their own guitar – acoustic or electric. We will be learning: Strings on the guitar, Basic guitar chords, Warm up exercises, Practicing to a click track, Basic song structure, Identifying parts of a song, Song/lyric writing.

Prices:

1st Semester: \$400; 2nd Semester \$425; Both semesters when registered together: \$750



Mercaz After School Activities Mon -Thurs Program / 2019– 2020 Registration

Child's Name (First and Last) _____ Home Phone _____

Cell Phone (Father) _____ Cell Phone Mother) _____

Child's Name(s)	Grade	Activity	1 st Half Year	2 nd Half Year	Full Year

SIGN UP FOR 3 FULL YEAR MERCAZ ASA ACTIVITIES, AND SAVE \$75 ON EACH ADDITIONAL FULL YEAR ACTIVITY

Immediate family only, rebate does not include Sunday or Friday activities

Amount Enclosed: _____

*Please make checks payable to N.S.H.A. & send all registrations forms to Mitchell Hall at NSHA Cherry Lane

*Registration forms must be accompanied by payment. No cash will be accepted. No child can come to class without payment in full in advance.*Classes are subject to cancelation pending sufficient enrollment

Busing & Pickup Information

*****Please specifically indicate bus number or pick up. Do not leave blank or just a check mark*****

Parents of Kindergarten, Pre-K Boys & Girls:

By order of the Great Neck Transportation Department - Kindergarteners are not permitted on the late bus. There are no exceptions. All children in Kindergarten must be picked up at 4:15pm. Our Friday Pre-K students must be picked up promptly at 2:00.

Parents of 1st – 3rd Grade Boys & Girls:

1st – 3rd grade children will be dismissed at 4:15pm. For each day below, you must write in how your child will be going home. If it is by bus, please write the bus number. If they will be picked up, please write "P/U". If this section is not filled out, it will be assumed that your child is being picked up and no bus will be available to them.

You must contact Amy Kalter in the Cherry Lane Academic office to find out if there is a bus available for your 1st – 3rd grade child at the 4:15 dismissal. The late bus numbers are different from regular bus numbers, so be sure you are writing the correct information below.

Monday	Tuesday	Wednesday	Thursday

Parents of 4th – 5th Grade Boys & Girls:

All 4th & 5th graders are to be picked up promptly at 5:15pm. It is critical that you arrive on time for pickup, as our staff is not available to wait with your children past 5:15pm. There is no bus available for the 5:15pm dismissal. Questions? Please contact Mitchell Hall:

mhall@nsa.org

Mercaz After School Activities FRIDAY Program / K- 5 2019 – 2020 Registration

Child's Name (first and last) _____ Home Phone _____

Cell Phone (Father) _____ Cell Phone (Mother) _____

ALL activities take place Friday afternoons after dismissal at NSHA Elementary School. Pick up is promptly at 2:30.

ACTIVITY	GRADES	1 st /2 nd	FULL
Bricks4Kidz (S.T.E.M education) (12 student maximum per semester)	K-2 Boys & Girls (first semester only) 3-5 Boys & Girls (second semester only)	\$400/\$425	N/A
Fun Fencing	Grades 3-5 Boys & Girls	\$400/\$425	\$750
Computer Coding	3-5 Boys & Girls (first semester only) K-2 Boys & Girls (second semester only)	\$400/\$425	N/A
Art in Our World	K-3 Boys and Girls	\$400/\$425	\$750
Intro to Guitar and Songwriting	Grades 3-5 Boys & Girls	\$400/\$425	\$750

Semester 1: October 4, 11, 25; November 1, 8, 15, 22; December 6, 13, 20; January 3, 10, 17

Semester 2: January 31; February 7, 14, 21, 28; March 6, 13, 20, 27; April 3, 24; May 1, 8, 15, 22

All classes are 1 Hr. 15 Minutes (1:15 – 2:30)

Space is limited. First come, first serve. Places will not be held without a registration form.

(PLEASE CHECK)

Child's Name(s)	Grade	Activity	1 st Half (9)	2 nd Half (9)	Full Season (18)

Please Make Checks Payable to **N.S.H.A.** All checks **MUST** be received by **10/1**. No cash will be accepted. Please send all registration forms to NSHA Cherry Lane campus care of Mitchell Hall. THERE IS **NO** BUSING AVAILABLE AFTER OUR FRIDAY PROGRAMS WITH THE EXCEPTION OF ROSLYN STUDENTS. ALL STUDENTS MUST BE PICKED UP PROMPTLY AT **2:30**. *Registration forms must be accompanied by payment. No child can come to class without payment in full in advance *Classes are subject to cancelation pending sufficient enrollment. **QUESTIONS?** Contact Mitchell Hall mhall@nsha.org

Mercaz After School Activities SUNDAY Programs / K- 5 2019 – 2020 Registration

Child's Name (first and last) _____ Home Phone _____
 Cell Phone (Father) _____ Cell Phone Mother) _____

ACTIVITY, LOCATION & DATES	GRADES	Pricing
Running Club – NSHA High School September 8, 15, 22, 29; October 6, 13, 20, 27	Grades 3-5 Boys & Girls 11:15am-12:15pm	\$200
Soccer League – Cherry Lane September 8, 15, 22, 29; October 6, 13, 20, 27	Grades K-2 10:15-11:15am	\$200
Basketball League – Cherry Lane Two semester options: Winter: January 5, 12; February 2, 9, 16, 23; March 1, 8, 15 Spring: March 22, 29; April 5, 25; May 3, 10, 17, 24, 31	Grades 2-3: 10:00-11:00am Grades K-1: 11:00am-12:00pm Grades 4-5 Girls: 12:00-1:00pm	\$300/semester \$500 for both semesters (when signed up together) NOTE BELOW FOR WHICH SEMESTER(S) REGISTERING

Space is limited. First come, first serve. Places will not be held without a registration form and payment.

Child's Name(s)	Grade	Activity	Payment Total

Please fill out, and send along with check made out to **NSHA care of Mr. Hall no later than one week prior to class start date. No cash will be accepted.** *Registration forms must be accompanied by payment. No child can come to class without payment in full in advance. Classes are subject to cancelation pending sufficient enrollment. **Questions?** E-Mail: mhall@nsha.org



MERCAZ AFTER SCHOOL ACTIVITIES

PRE-K FUN FRIDAY

WHAT: Pre-K Variety Program

Our program 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 the focus on sportsmanship and teamwork.

WHERE: NSHA Elementary School

WHEN: Friday After School: 12:45PM – 2:00PM

1st semester: 10/4-1/17 2nd semester: 1/31-5/22

You **MUST** pick up your child at **2:00** at the front entrance of the school. Please pack a snack for your child.

COST: 1st ½ Semester: \$350* 2nd ½ Semester: \$375*

Full Year: \$625* must be paid in full prior to first session to receive discount

Please cut, fill out, and send along with check made out to **NSHA care of Mr. Hall no later than 10/1/19 for the first semester and 1/27/20 for the second semester. No cash will be accepted.** *Registration forms must be accompanied by payment. No child can come to class without payment in full in advance. Classes are subject to cancelation pending sufficient enrollment. **Questions?** E-Mail: mhall@nsha.org

2019-2020
Pre-K Fun Friday

Child's Name: _____ Age: _____ Gender: M F

Phone #: _____ 1st ½ Year Only _____ 2nd ½ Year Only _____ Full Year _____

Carpool: _____

Enclosed Payment _____ Check # _____