WE OFFER SEVERAL EXTRACURRICULAR OPPORTUNITIES, FOR AN ADDITIONAL FEE, THAT WILL INTRODUCE YOUR CHILD TO EXPERIENCES BEYOND THEIR DAILY CLASSROOM CURRICULUM. THEY’LL DISCOVER UNIQUE OPPORTUNITIES IN VARIOUS SUBJECTS THAT ARE DESIGNED TO:

- EXPAND THEIR MINDS
- ENERGIZE THEIR BODIES
- BUILD THEIR CONFIDENCE

These programs encourage fun and friendship, creativity and collaboration, growth and development. Discover our entire collection of elective programs.

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YOUR FAMILY WILL HAVE MORE FREE TIME ON NIGHTS AND WEEKENDS!
THE OVERVIEW
Get ready to read! Phonics is an essential piece in beginning reading instruction. In this program, your child will learn key early literacy skills that will allow them to bring home stories they can read to you!

THE BENEFITS
This program features teacher-led small group activities and individual practice focused on helping children learn to read independently. Children learn to:

✓ Decode letters into their respective sounds
✓ Blend word endings with beginning sounds to make new words
✓ Recognize and read all the most common sight words for early readers
✓ Strengthen their understanding of what they've read with comprehension strategies

SIGN UP
Speak with your School Director to sign up.

Cost: $15 per week
Teacher-to-Student Ratio: Maximum 1:5
Schedule: Twice a week for 30 minutes
Length of Program: Three 10-week semesters (Children can enroll at the beginning of any semester)
Ages: For Pre-K children
Materials: At weeks five and ten of each semester, your child will bring home a Spotlight on Phonics storybook that they will be able to read to you! Also, throughout the program, your child will bring home completed workbook pages as well as fun activities to practice at home.
THE OVERVIEW

¡Hola! This program taps into children’s natural curiosity and ability to acquire more than one language. We introduce conversational Spanish, through stories, songs, and games, at an age when their brains are primed to learn a second language.

THE BENEFITS

You’ll see that children love to share their ability to say new words in another language! Language learners show greater cognitive flexibility, enhanced problem-solving skills, and higher order thinking skills.

The benefits of language learning also include:

✓ Connecting children with other cultures and boosting their empathy
✓ Promoting creative thinking

SIGN UP

Speak with your School Director to sign up.

Cost: $15 per week

Teacher-to-Student Ratio: Maximum 1:6

Schedule: Twice a week for 30 minutes

Length of Program: Four 10-week semesters
(Children can enroll at the beginning of any semester)

Ages: For children in Preschool and up

Materials: At the end of each semester, your child will bring home their Spotlight on Spanish Workbook to share what they’ve learned.
THE OVERVIEW
Kindergarten, here we come! This program, designed for Pre-K children, focuses on skills essential to set them up for success in kindergarten and beyond. Each lesson features materials from the industry-leading Handwriting Without Tears curriculum.

THE BENEFITS
Providing additional preparation for kindergarten, this program’s small-group instruction focuses on important academic skills, such as:

✓ 1:1 correspondence, counting, and other early math skills
✓ Letter sounds and letter recognition
✓ Handwriting and letter formation

SIGN UP
Speak with your School Director to sign up.

Cost: See School Director for more information.

Schedule: Taught in small-group sessions during classroom time

Length of Program: Two semesters (Each billed separately)

Ages: For Pre-K children

Materials: At the end of each semester, your child will bring home their student workbooks so they can share what they’ve learned.
THE OVERVIEW
Strike a pose! It’s no stretch to say that children will love this program, which offers a fun, creative way to teach children yoga poses and cooperative games that develop healthy bodies, healthy minds, and healthy communities.

THE BENEFITS
Yoga practice improves children’s ability to self-regulate, sustain attention, and express empathy and compassion, while encouraging physical fitness. It also helps children improve their resilience and their ability to manage their emotions. This program provides children with an opportunity to have fun with their friends while learning skills to help them work well with others:

- Encouragement
- Communication
- Respect

SIGN UP
Speak with your School Director to sign up.

Cost: $15 per week

Schedule: Twice a week for 30 minutes

Program Length: Three 10-week semesters
(Children can enroll at the beginning of any semester)

Ages: For children in Preschool and up

Materials: At the end of each semester, your child will bring home their Grow Fit Yoga Pose Booklet to share what they’ve learned.

Optional Materials: Families can choose to purchase a yoga mat for $20 (or bring their own from home).
THE OVERVIEW
For Twos and Early Preschool only: Our littler learners have the opportunity to practice mindfulness, focus, and self-regulation through a variety of simple yoga poses in a small-group setting.

THE BENEFITS
This program helps younger children build their ability to self-regulate, sustain attention, and express empathy and compassion. It encourages physical fitness and supports children as they learn to manage their emotions.

Children will have fun with their friends, get some great exercise, and work on important skills that will benefit them when it comes to working with others:

✓ Encouragement
✓ Communication
✓ Respect

SIGN UP
Speak with your School Director to sign up.

Cost: $15 per week

Schedule: Twice a week for 30 minutes

Program Length: Three 10-week semesters (Children can enroll at the beginning of any semester)

Ages: For children in Twos and Early Preschool

Materials: At the end of each semester, your child will bring home their Grow Fit Yoga Sprouts! Family Booklet to share what they’ve learned.

Optional Materials: Families can choose to purchase a yoga mat for $20 (or bring their own from home).
THE OVERVIEW
Stretch, baby! This is a “Baby and Me” yoga class, for infants through 23 months and a caregiver. Bond with your little one as they stretch, pose, wiggle, and giggle! Keep calm and yoga on through engaging, repetitive, and soothing movements.

THE BENEFITS
Every week, you and your baby will enjoy this inclusive experience focused on bonding and intentional interactions. Each session is designed to stimulate your baby’s gross and fine motor skills through:

✓ Silly and sweet songs and chants
✓ Engaging warm-ups and poses
✓ Soothing stretches and cool-downs

This program creates a rich environment that encourages mindfulness, playfulness, and deep connections. Namaste.

SIGN UP
Speak with your School Director to sign up.

Cost: $15 per week or 10 weeks for a one-time fee of $100

Schedule: Once a week for 45 minutes

Program Length: Three 10-week semesters (Enroll at the beginning of any semester)

Ages: For infants through 23 months (Note: This is a “Baby and Me” yoga class. Classes require a caregiver to be present to guide their infant through each pose.)

Materials: At the end of each semester, you will receive a Grow Fit Yoga Sprouts Baby! Family Booklet so you can continue to practice at home.

Optional Materials: Families can choose to purchase a yoga mat for $20 (or bring their own from home).
THE OVERVIEW
Is there a song in your heart? Do you dance to your own beat? Ready to rock out? We engage children’s natural love of songs, instruments, movement and imagination. The power and joy of music provides the groundwork to build language, math, and social-emotional skills.

THE BENEFITS
Through fun, engaging musical activities, this program supports all areas of learning, including:

✓ Pattern recognition
✓ Fundamental math skills
✓ Phonological awareness
✓ Fine and gross motor skills

Musical activity helps children connect with one another and the world around them, while building an interest for music exploration. It also promotes creative thinking, teamwork, focus, and memory.

SIGN UP
Speak with your School Director to sign up.

Cost: $15 per week
Schedule: Once a week for 30 minutes
Program Length: 12 four-week sessions
Ages: For children ages 2 and up
THE OVERVIEW
Let’s kick it! In this program, children learn teamwork and soccer skills, while spending time with friends.

THE BENEFITS
The children will work together as a squad to:

✓ Practice soccer skills
✓ Develop important motor skills
✓ Learn about collaboration

The skills developed in this program are essential, both on the field and off. Let’s hear it for squad goals!

SIGN UP
Speak with your School Director to sign up.

Cost: Varies by location

Schedule: Once a week for 30 minutes

Length of Program: 10-week semesters

Ages: For children ages 3 and up (Some children in our Early Preschool room may be able to sign up; see director for details)

Materials: Provided by vendor