

Winter 2020

Cascadia After School Clubs

January 13th-March 20th



Acting- Thor's Hammer: Norse Myths	Grades 1-5	\$215
<p>Join Stone Soup Theatre for acting games, drama exercises, and a staged performance of Thor's Hammer, a script of Norse myths where you'll meet heroes, monsters, gnomes, and giants. The wise one-eyed Odin rules over the gods of Asgard, trying his best to stop the sly Loki from tormenting his hot-tempered son, Thor....</p>		

Advanced Chess	Grades 3-5	\$181
<p>Join Cascadia chess team, one of the State's top competitors! Improve your problem-solving skills, train your memory, think and plan ahead. Learn chess strategies, solve chess puzzles, play competitive and just-for-fun games! Workbooks and other teaching materials are provided, just come ready to learn!</p>		

Art Wizards	Grades 1-5	\$247.50
<p>: In Art Wizards, kids learn to draw the things that kids find exciting. That's where we start. We give them all the information they need to be successful, but not so much that we stifle their imagination or limit their opportunities. They learn that a problem can have more than one solution, that small changes can have a big effect, and that there is more than one way to look at the world around them. With consistent and ongoing practice throughout the school year, our students are amazed at the progress they make. Projects include fish, birds and animals of all kinds, people, landscapes, still life, mythical creatures, movie characters and cartoons. We show them how to break down a scene or character so it comes out looking like what they intended. We show them how easy it can be when they know how to use chalk and oil pastels, when it's better to use colored pencils and where markers and watercolor fit in. It's easy! It's exciting! It's rewarding! And it has a super-positive effect on all other subjects.</p>		

Basketball - Hoops	Grades 2-5	\$190
<p>Join One on One Basketball this semester for After School Hoops®, an ideal after school activity for aspiring athletes. Basketball is a unique sport that combines upper and lower body motor-skill learning with an intense cardiovascular workout. Our organization has decades of experience teaching this sport in a motivating, inclusive and age-appropriate manor. After School Hoops® makes three guarantees: your child will learn, sweat and have fun!</p>		

Bricks Challenge (Lego Engineering)**Grades 1-3****\$320**

The objective of this course is to impart theoretical and applied knowledge in the fields of Science, Technology, Mechanical Engineering, and Mathematics (STEM) by using LEGO® and other exciting tools. The main goal is to illustrate content through stories and demonstrations. Students will learn mathematics and physical principles through intuitive study; develop their independent learning; and improve their building skills. Once the concepts have been demonstrated, students enjoy hands on building the LEGO® models which provides experiential learning and reinforces the lessons. **this is a year-long class and there are all new builds this winter session**

Theme this session: Classical Mechanics

What we will learn this session!!!

Powers and principles in physics: Speed increasing and power increasing transmissions, drive and driven pulleys, centrifugal force and centripetal force, mass and gravity and angular momentum.

Chess 4 Life**Grades 1-5****\$225**

Chess4Life teaches life skills through the game of chess. Chess study has shown to increase math skills, concentration, memory, and self-confidence. Classes are tailored to the level of competency exhibited among the students. All students, of any skill level, are welcome.

For more information about this program, please visit <http://www.chess4life.com>

Cooking around the world**Grades K-2****\$275**

Join us for 8 exciting weeks of cooking from around the world! Each week we will whip up a recipe from across the globe, including everything from sushi to Indian dosas! By the end of this series, students will have the practical skills necessary to begin cooking at home, and the knowledge necessary to eat food in a wholesome, nutritional, and sustainable manner. Students will make themselves a large snack or meal each week. Accommodations for dietary restrictions made if requested 2 weeks prior- please email classes@seattlecucina.com!

Cooking: Crash Course**Grades 3-5****\$250**

Sign up for this hands on Cooking Crash Course with Seattle Cucina Cooking School! Each week we'll whip up a recipe that focuses on important cooking skills. We'll learn how to work with delicious seasonal vegetables, make classic sauces from all over the world, make a well-rounded dinner, bake bread and dessert, prepare the tastiest soups, cook off certain cuts of meat and much much more! Students will have the practical skills necessary to begin cooking at home, and will have new knowledge to eat food in a wholesome, nutritional, and sustainable manner. Students will make themselves a large snack or meal each week. Accommodations for dietary restrictions made up request 2 weeks prior- please email classes@seattlecucina.com!

Creative Coding: Level Up!	Grades 3rd-5th	\$324
<p>Coding gives your kids power over their world. In our class your child can create their own playable computer games & animations, based on their own ideas! And now, they'll run on any internet-capable device, even tablets, so they can show them off to their friends! Woah.</p> <p>This class is open to all 3rd through 5th graders, including brand-new students. For 2020, we've renamed our core class to highlight something returning students already know: Creative Coding classes are designed to be repeated as many times as desired, and each time your child completes a CC class or summer camp, they "Level Up!" just like in video games.</p> <p>Yet, each class day is unique. An ever-changing mix of challenges & hacks will</p>		

Create Your Own Animutants (An Introduction to Found Object Art)	Grades 1-5	\$288
<p>Every week students will design and create an "Animutant". Starting with an ordinary plastic animal, a vast assortment of found objects, and an abundance of imagination, students will repurpose materials to create these one of a kind animals.</p> <p>Students will also make habitats for their creations. In the process of bringing to life the fantasy lands of "Animutania" they will experiment with materials, and problem-solve its design and construction.</p> <p>Please note students will be using hot glue guns specifically designed to be kid friendly and safe.</p> <p>Elaine Woodhouse is a Found Object Artist, Visual Arts teacher and Artist in Residence with over 30 years teaching experience. Elaine received her degrees in Early Childhood Education and Social Work in the United Kingdom. Most recently she earned her certification as a Sign-Language Interpreter.</p>		

Dungeons & Dragons	Grades 2-5	\$270
<p>Let your child's imagination run free with tabletop roleplay! In this class, your child will have fun applying their critical thinking, creativity, problem-solving and math skills to collaboratively shape their adventures, while learning valuable lessons about success and compromise. Your child should bring a pencil and notebook to keep track of all the treasure they'll find! Taught by Robert Duggins of Calico Quest.</p>		

DebateAble	Grades 4-5	\$315
<p>DebateAble Clubs make learning to debate fun while kids grow as critical thinkers, confident public speakers, and collaborative teammates. DebateAble's program was developed exclusively for kids in upper elementary grades, using games, activities and relevant topics to teach debaters to make and respond to arguments in an upbeat, positive environment-- with an emphasis on learning to consider both sides of any topic or issue. DebateAble empowers kids to find their own voices and listen to the voices of others! For more information, go to www.debateablekids.com. (NOTE: Students must participate in fall and/or winter session of debate club in order to register for Spring Tournament Session.)</p>		

Indoor Soccer	Grades 1-3	\$190
<p>Join One on One for an awesome session of indoor Soccer.</p>		

French- The Language Link	Grades 1-5	\$213
<p>Art, music, drama and games guide the curriculum for our French classes. Our classes are conducted entirely in the target language so that students are fully engaged in the language and culture they are studying. Join us for some fun!</p>		

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Introduction to Lego Robotics	Grades 3-5	\$308
<p>This is a beginning course in robotics. We will be utilizing Lego Mindstorms NXT kits, Lego Mindstorms software and various Lego Robotics materials. Activities are designed to be at a very basic level to introduce the student to programming, building techniques, as well as problem solving strategies. Students will be involved in the development, building and programming of a LEGO Mindstorms robot. Students will work hands-on in teams to design, build, and program robotic projects. These projects will start with very simple designs which will grow in complexity through the trimester.</p>		
<p>Students will learn –</p> <ul style="list-style-type: none"> How to collaborate in groups and teams How to design robots for specific activities and scenarios How to use robotics programming software To design, develop and complete robotic activities and challenges 		
<p>The aim of this class is to prepare students for more advanced robotic classes that will explore topics such as motor control, gear ratios, torque, friction, sensors, timing, program loops, logic gates, decision-making, timing sequences, propulsion systems and binary number systems. Participation in this class will allow the teacher to determine skill level and recommend an appropriate level for future classes.</p>		

Jr. Coding	Grades 1st-2nd	\$324
<p>Give your child a gift that will last- get them introduced to coding with our highly-regarded and FUN Junior Coding class! This class for 1st and 2nd graders features a mixture of creative play and guided learning activities using touchscreen tablets (provided). We use Scratch Junior to teach "real coding" at an age-appropriate level using a pictorial drag-and-drop interface. Your child will smile, laugh, struggle, and ultimately triumph as they progress through our curriculum of increasingly complex challenges. Through fun and creative exercises, they'll develop computational thinking skills and build persistence. At the end of the</p>		

Karate	Grades 1-5	\$Varies
<p>In practicing Karate, your child will learn fundamental martial arts techniques in a safe and challenging environment. They will develop motor skills, focus, and self-discipline, coordination, balance, and strength. This is a progressive skill-building program, and good attendance is essential for success.</p> <p>Pricing varies depending on experience. \$340 for new students and \$450 for returning students. Add \$49 for karate uniform and annual membership. For any questions please contact Joanne Factor at: jifactor@feministkarateunion.org</p>		

Magic the Gathering with EXP	Grades 2-5	\$265
<p>Cast fantastic spells, play powerful creatures and have fun with *Magic the Gathering. We build development skills: reading and comprehension, critical thinking, sentiment and valuation, planning, strategy, sportsmanship and math. We provide all the materials needed to develop their skills. Students do not need prior knowledge or investment to join and have fun. Experienced or returning players are encouraged to join and refine their skills. Students will discover new cards over the sessions to change their decks as their skills develop and they invest in their own unique strategies. Students will have fun learning to play, and will refine their skills, in casual and competitive formats and leave with the life skills to continue to learn and grow independently.</p> <p>*Magic the Gathering is a strategy card game where you challenge your friends using decks that you construct in your own way. Cast powerful spells, play fantastic creatures and have fun. The game is dynamic as new cards and abilities are released through the year. There are many different ways to play, different decks to build and ways to win.</p>		

Make a Movie	Grades 1-5	\$248
<p>Does your child love movies? In this class, students will learn how writers tell stories on the big screen. They will then write screenplays, film their movies, and celebrate it all with a class film festival.</p>		

Minecraft	Grades 1-5	\$261
<p>The popular sandbox video game is back at Cascadia! This is not the regular game, but a special version available only to educators, designed to optimize learning. Minecraft: Education Edition is a game-based learning platform with standards-aligned content across K12 subjects and special features designed for classroom use. Your student can play in a multiplayer world shared with other students in the same class.</p> <p>We will be using either the Java version of MinecraftEdu or the Win 10 app Minecraft: Education Edition depending on the lesson plan or IT school resources.</p> <p><i>Experience, for example:</i></p> <p><i>a world of timelines with areas representing the Greek gods, ancient China or Rome; being immersed in a representation of the human respiratory and circulatory systems; creating atoms to mix into chemical compounds that can then be used to create objects</i></p> <p>The game encourages a host of positive and prosocial behaviors. We've watched kids gather with their friends time and time again and, in the course of playing together, dedicating time to planning what they will build, measuring out spatial relations and quantities of resources, dividing labor, and otherwise actively working together to build whatever the project of the day is. When the kids aren't actively playing Minecraft they're talking about it, sharing Minecraft articles with each other, and voraciously reading those articles to learn more about Minecraft.</p>		

RoboBricks	Grades 3-5	\$365
<p>The course objective is to introduce the students to theoretical and practical aspects of the fields of mechanical and software engineering. The course develops algorithmic thinking and program implementation, using the LEGO® WeDo graphic programming. During each lesson, students will build a robot using LEGO® parts and program it according to the required functionality. **this is a year-long class and there are all new builds this winter session**</p>		

Sewing	Grades 1-5	\$225
<p>• Students are invited to learn a skill they will use for a lifetime and a hobby they will forever enjoy...sewing! No experience necessary for boys and girls to learn the basics and beyond. New students will learn machine safety and beginner sewing techniques, while the more experienced students can expand on skills they already have. The class will begin with a simple project, then students will advance at their own pace to more exciting and challenging projects throughout the session. This class is designed to teach children with both beginning and advanced skills. Projects, which are constantly rotating during the quarter, include backpacks, phone cases, clothing, accessories, bags,</p> <p>*For all new sewers, the first class of the session is mandatory, please contact Chelsea Cook if your child is unable to attend*</p>		

Spanish Intro. (Tuesday)- The Language Link	Grades 1-5	\$213
<p>Art, music, drama and games guide the curriculum for our Mandarin classes. Our classes are conducted entirely in the target language so that students are fully engaged in the language and culture they are studying. Join us for some fun!</p>		

Spanish Advanced (Wednesday)- The Language Link	Grades 3-5	\$195
<p>Art, music, drama and games guide the curriculum for our Mandarin classes. Our classes are conducted entirely in the target language so that students are fully engaged in the language and culture they are studying. Join us for some fun!</p>		

Tennis	Grades 1-5	\$285
<p>TGA is serving up aces in our tennis class! We get students moving while teaching them the fundamentals of the game, important life skills, and academic lessons intrinsic to the sport. Station-based games and drills increase in difficulty as players progress through our 5-level enrichment program. Come play with TGA!</p>		

The Piano keyboard club	Grades 1-5	\$235
<p>Kids will have the opportunity to learn to play their favorite songs and music on electric keyboards. Radio hits, movie and television themes are made so easy, that our participants will be playing them after the very first class! The club is a combination of keyboard piano lessons and a music learning workshop, which uses a clever visual method to teach the basics of music reading and piano playing. We've developed lots of learning games and activities designed to teach kids basic music reading skills and playing techniques, in ways that are fun, engaging, and stimulating. We want our students to stay motivated and continue to want to learn to play music, whether they like Bruno Mars or Beethoven. We have all the music they want. We have music from Stars Wars, Jurassic World, Moana, Coco and lots more. Each participant has his/her own keyboard supplied during the class, along with headphones, and books and other materials are included.</p> <p>This session is for both brand new students AND and more advanced students.</p>		

Watercolors	Grades 1-5	\$265
<p>Students explore watercolor painting and self-expression through a combination of guided activities and open-ended experimentation that prompt students to explore a variety of techniques such as wet on wet, dry brush, mixing, blending, and elements of design such as color, value, shape, space, line, and texture. Each session is different as students explore seasonal themes and activities. Students create projects that include animals, nature, and abstract art, as well as have plenty of time to investigate and test creative ideas as they learn to use water colors to create vibrant and original pieces of art while reducing stress and relaxing as they draw, paint, experiment and have fun! A light and healthy snack is provided at the beginning of each class.</p>		

Zumba**Grades 1-5****\$225**

Let's Dance! Zumba kids is a place where kids can be active and JAM out to music from around the world and the latest hits. We use kid friendly routines, break down dance steps and add games/activities and cultural exploration elements. Zumba kids help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness FUN. Come and Join the Dance Party!

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