



Kaiser Woodland PFO

Woodland Elementary After-School Enrichment Classes

Course Descriptions | Fall 2024

Sponsored by the Kaiser Woodland Parent Faculty Organization (KWPF0)

READ THIS PART FIRST, PLEASE: IMPORTANT INFORMATION

- 1). ALL REGISTRATION AND PAYMENT are to be completed ONLINE at www.kwpfo.org/enrichment. Our registration website is mobile-friendly (Apple and Android devices). If you do not have computer/internet access to register, please contact hello@kwpfo.org for assistance. DO NOT CONTACT SCHOOL ADMIN ABOUT REGISTRATION. They have no information and cannot help you with registration.
- 2). **The registration deadline is September 29th.** Registration after September 29th will be by discretion if there are open class spots. Classes will begin October 4 and each class will have 7 or 8 sessions each. If an instructor misses a class, a make-up class may be offered after the last day of scheduled classes or a partial refund issued at the instructor's discretion. Please refer to the enclosed catalog for specific dates. Registration will firmly close upon the first day of classes. If a class does not reach its minimum participation the class will be canceled and paid tuition will be refunded.
- 3). Classes will be filled in the order that registration AND payment are completed and received. Your student will not be enrolled until payment is received. Register early to ensure a spot in the class.
- 4). CONSIDER YOURSELF REGISTERED – PLAN TO ATTEND CLASS ON THE FIRST DAY. You will be notified if the class has been canceled or is already full; in either of these cases, your payment will be returned to you (or you can choose another class). We will not be posting class lists.
- 5). **There are certain classes that will need one parent proctor. *Please indicate if you are interested in serving as proctor when registering.*** If you are selected as proctor, the class fee for your child will be refunded. Parent proctors will assist the instructor with gathering students prior to class, taking attendance, supporting class activities, etc. The parent proctor must attend EVERY CLASS; if your child drops out of the class, you are required to continue your volunteer duties or find someone who can be your replacement. If a class that requires a volunteer parent proctor does not have a parent volunteer that class will be canceled and the tuition refunded. **Parent proctors need to be registered volunteers—if you need help getting registered please contact us at enrichment@kwpfo.org.**
- 6). Class dates and times may vary, so please MARK YOUR CALENDAR accordingly. It is your responsibility to know when classes will be held. Your child must be picked up within five (5) minutes of the class end time. Instructors are not responsible for your child after the class ends. Repeated tardiness in picking up your child will result in him/her being dropped from the class without a refund.
- 7). **There will be no refunds provided after the first class**, regardless of reason. Failure to follow instructor rules and policies may also result in removal from a class, with no refund provided.
- 8). If the cost of the classes is prohibitive to your family's participation, please email enrichment@kwpfo.org to discuss scholarship opportunities.

MONDAY

Taekwondo for TK/K with OCTKD

Dates: October 7, 14, 28, November 4, 18, December 2, 9, 16

Time: 2:05-2:35 (30-minute class)

Location: Outside

Fee: \$155

Class size: Minimum 4, Maximum 14

For: **TK and Kinder Only**

Parent proctor needed.

About This Class: Tae-Kwon-Do means foot-hand-art, is great for all ages! The emphasis of TaeKwonDo (TKD) is the use of the strongest parts of your body, your legs for defense! Students will learn useful life skills such as courtesy, while learning basic self-defense and getting some great exercise. TKD helps with: coordination, focus, mental readiness, social skills, safety awareness and self-awareness. Lessons are taught by Chief Instructor, Mr. Chang, a 5th Degree Master Black Belt.

Taekwondo for Grades 1-2 with OCTKD

Dates: October 7, 14, 28, November 4, 18, December 2, 9, 16

Time: 2:45-3:25 (40-minute class)

Location: Outside

Fee: \$175

Class size: Minimum 4, Maximum 14

For: **Grades 1-2**

No parent proctor needed.

About This Class: Tae-Kwon-Do means foot-hand-art, is great for all ages! The emphasis of TaeKwonDo (TKD) is the use of the strongest parts of your body, your legs for defense! Students will learn useful life skills such as courtesy, while learning basic self-defense and getting some great exercise. TKD helps with: coordination, focus, mental readiness, social skills, safety awareness and self-awareness. Lessons are taught by Chief Instructor, Mr. Chang, a 5th Degree Master Black Belt.

Music and Movement for TK/K with Active Learning

Dates: October 7, 14, 28, November 4, 18, December 2, 9, 16

Time: 2:05-2:35 (30-minute class)

Location: MPR

Fee: \$160

Class size: Minimum 3, Maximum 24

For: **TK and Kinder Only**

Parent proctor needed.

About This Class:

Our Music and Movement classes for TK and Kindergarten students combine the joy of music with fun, playful movements. Children will explore rhythm, melody, and simple musical concepts through songs, instruments, and creative activities. Each class encourages self-expression and develops motor skills,

coordination, and a love for music, all in a lively and supportive environment designed to inspire curiosity and confidence.

Music and Movement for Grades 1-2 with Active Learning

Dates: October 7, 14, 28, November 4, 18, December 2, 9, 16

Time: 2:45-3:45 (60-minute class)

Location: Music Room

Fee: \$160

Class size: Minimum 3, Maximum 24

For: **Grades 1-2 Only**

Parent proctor needed.

About This Class: Our Music and Movement classes for 1st and 2nd graders blend musical exploration with engaging physical activities. Students will experiment with rhythm, melody, and instruments while developing their coordination, motor skills, and musical understanding. Each class fosters creativity and self-expression, encouraging students to move to the music, sing along, and build confidence in a fun and interactive environment that nurtures their love for music and movement.

Skateboarding for TK/K with Intro2Skate

Dates: October 7, 14, 28, November 4, 18, December 2, 9, 16

Time: 2:05-2:35 (30-minute class)

Location: Woodland blacktop

Fee: \$250

Class size: Minimum 5, Maximum 14

For: **TK and Kinder Only**

No parent proctor needed.

About This Class: Learn how to skate with Intro2Skate after school on their mobile skatepark ramps on the school's blacktop. Great for beginners with no experience as all of our coaches are very kind and welcoming. We take a hands-on approach to guiding your kids to safely learning the basics and building confidence at the same time. Skateboard, helmet, knee and elbow pads are required. If you already have your own, please bring it to the class every week. If you do not have any gear you may borrow gear from us. Let's skate!

Skateboarding for Grades 1-2 with Intro2Skate

Dates: October 7, 14, 28, November 4, 18, 25, December 2, 9, 16

Time: 2:45-3:45 (60-minute class)

Location: Woodland blacktop

Fee: \$320

Class size: Minimum 5, Maximum 20

For: **Grade 1-2 Only**

No parent proctor needed.

About This Class: Learn how to skate with Intro2Skate after school on their mobile skatepark ramps on the school's blacktop. Great for beginners with no experience as all of our coaches are very kind and welcoming. We take a hands-on approach to guiding your kids to safely learning the basics and building confidence at the same time. Skateboard, helmet, knee and elbow pads are required. If you already have your own, please bring it to the class every week. If you do not have any gear you may borrow gear from us. Let's skate!

TUESDAY

Yoga for TK/K - By MogYoga

Dates: October 8, 15, 29, November 5, 12, 19, December 3, 10

Time: 2:05-2:35 (30-minute class)

Location: Music Room

Fee: \$160

Class size: Minimum 4, Maximum 10

For: **TK and Kinder Only**

No parent proctor needed.

About This Class: Discover the wonders of yoga, a harmonious blend of physical and mental activities. Enrich your child's daily routine with our mindfulness-centered kids yoga class, designed to boost their well-being and fulfillment. Through a combination of strength-building stretches, calming breathing exercises, and engaging sensory crafts, our class nurtures a tranquil yet vibrant body and mind for your child. Yoga mats provided.

Yoga for Grades 1-2--With MogYoga

Dates: October 8, 15, 29, November 5, 12, 19, December 3, 10

Time: 2:45-3:45 (60-minute class)

Location: Music Room

Fee: \$200

Class size: Minimum 4, Maximum 10

For: **Grades 1-2 Only**

No parent proctor needed.

About This Class: Discover the wonders of yoga, a harmonious blend of physical and mental activities. Enrich your child's daily routine with our mindfulness-centered kids yoga class, designed to boost their well-being and fulfillment. Through a combination of strength-building stretches, calming breathing exercises, and engaging sensory crafts, our class nurtures a tranquil yet vibrant body and mind for your child. Yoga mats provided.

Astronauts Club with Professor Egghead

Dates: October 8, 15, 29, November 5, 12, 19, December 3, 10

Time: 2:05-2:35 (30-minute class)

Location: PK3

Fee: \$165

Class size: Minimum 8, Maximum 14

For: **TK and Kinder Only**

Parent proctor needed.

About This Class: Blast off this session with the Egghead Astronaut Crew as we explore the far reaches of our universe. Students will set off rockets, make huge chemical reactions, make lava slime, look for life and rocks on other planets, recycle water in space, and make out of this world volcanoes on their way to becoming astronauts! The best part? They get to take home their experiment every week! At the end of the session, students will receive their own Egghead Astronaut Degree.

Astronauts Club with Professor Egghead

Dates: October 8, 15, 29, November 5, 12, 19, December 3, 10

Time: 2:45-3:45 (60-minute class)

Location: PK3

Fee: \$190

Class size: Minimum 8, Maximum 14

For: **Grades 1-2**

Parent proctor needed.

About This Class: Blast off this session with the Egghead Astronaut Crew as we explore the far reaches of our universe. Students will set off rockets, make huge chemical reactions, make lava slime, look for life and rocks on other planets, recycle water in space, and make out of this world volcanoes on their way to becoming astronauts! The best part? They get to take home their experiment every week! At the end of the session, students will receive their own Egghead Astronaut Degree.

Multi-sport with Beyond Athletics

Dates: October 8, 15, 29, November 5, 12, 19, December 3, 10

Time: 2:05-2:35 (30-minute class)

Location: Outside

Fee: \$175

Class size: Minimum 4, Maximum 16

For: **TK and Kinder Only**

No parent proctor needed.

About This Class: Over the course of 8 action-packed weeks, your child will be introduced to volleyball, pickleball, basketball, soccer, flag football and more! No matter their skill level, every participant will develop key motor skills, teamwork and sportsmanship—all in a positive and encouraging environment.

Multi-sport with Beyond Athletics

Dates: October 8, 15, 29, November 5, 12, 19, December 3, 10

Time: 2:45-3:45 (60-minute class)

Location: Outside

Fee: \$175

Class size: Minimum 4, Maximum 16

For: **Grades 1-2 Only**

No parent proctor needed.

About This Class: Over the course of 8 action-packed weeks, your child will be introduced to volleyball, pickleball, basketball, soccer, flag football and more! No matter their skill level, every participant will develop key motor skills, teamwork and sportsmanship—all in a positive and encouraging environment.

WEDNESDAY

Fine Art for TK/K with Active Learning

Dates: October 9, 16, 30, November 6, 13, 20, December 4, 11

Time: 1:55-2:25 (30-minute class)

Location: MPR

Fee: \$200

Class size: Minimum 3, Maximum 24

For: **TK/K**

No parent proctor needed.

About This Class: Our Fine Art classes for TK and Kindergarten students give young learners the opportunity to explore their creativity and develop foundational art skills. Children will experiment with various artistic mediums, such as drawing, painting, and simple sculpture, while expressing their unique ideas and imaginations. Each class is designed to inspire curiosity and encourage self-expression, allowing students to create their own original art pieces. Through fun and engaging activities, they will also be introduced to basic art concepts, fostering an appreciation for art and cultural diversity, and building confidence in their abilities.

Fine Art for Grades 1-2 with Active Learning

Dates: October 9, 16, 30, November 6, 13, 20, December 4, 11

Time: 1:55-2:55 (60-minute class)

Location: MPR

Fee: \$200

Class size: Minimum 3, Maximum 24

For: **Grades 1-2**

No parent proctor needed.

About This Class: Our Fine Art classes for 1st and 2nd graders offer young artists a chance to further explore their creativity and build on foundational art skills. Students will experiment with drawing, painting, and sculpture, learning basic techniques while expressing their unique perspectives. Each class encourages imagination and self-expression, allowing children to create original works of art that showcase their individuality. Through guided projects and collaborative activities, they will also begin to explore elements of art history and cultural diversity, helping them grow in confidence and take pride in their artistic creations.

Multi-sport with Beyond Athletics

Dates: October 9, 16, 30, November 6, 13, 20, December 4, 11

Time: 1:55-2:55 (60-minute class)

Location: Outside

Fee: \$175

Class size: Minimum 4, Maximum 16

For: **TK and Kinder Only**

No parent proctor needed.

About This Class: Over the course of 8 action-packed weeks, your child will be introduced to volleyball, pickleball, basketball, soccer, flag football and more! No matter their skill level, every participant will develop key motor skills, teamwork and sportsmanship—all in a positive and encouraging environment.

Multi-sport with Beyond Athletics

Dates: October 9, 16, 30, November 6, 13, 20, December 4, 11

Time: 1:55-2:55 (60-minute class)

Location: Outside

Fee: \$175

Class size: Minimum 4, Maximum 16

For: **Grades 1-2 Only**

No parent proctor needed.

About This Class: Over the course of 8 action-packed weeks, your child will be introduced to volleyball, pickleball, basketball, soccer, flag football and more! No matter their skill level, every participant will develop key motor skills, teamwork and sportsmanship—all in a positive and encouraging environment.

THURSDAY

Intro to Golf for TK/K with TGA

Dates: October 10, 17, 31, November 7, 14, 21, December 5, 12

Time: 2:05-2:35 (30-minute class)

Location: Woodland field

Fee: \$155

Class size: Minimum 4, Maximum 14

For: **TK and Kinder Only**

No parent proctor needed.

About This Class: This class will cover all the fundamentals. We start with G.A.S.P. Grip, Aim, Stance, Posture to install the basics for every student. We will then slowly build the swing starting with pitch and chip shots. Next we move onto half swing and then add a small hinge for L swing. We will wrap up with a full swing. Each week students will work on making solid contact as they increase swing length. Instructors will toss in life lessons and STEM Principals throughout the lessons to keep the kids having fun and learning. TGA supplies all necessary equipment (golf clubs, astro turf hitting surface, whiffle or

nerf golf balls), so the kids need only to bring a positive attitude and willingness to try something new. Looking forward to introducing students to the game of golf!

Intro to Golf for Grades 1-2 with TGA

Dates: October 10, 17, 31, November 7, 14, 21, December 5, 12

Time: 2:45-3:45 (60-minute class)

Location: Woodland field

Fee: \$225

Class size: Minimum 4, Maximum 20

For: **Grades 1-2**

No parent proctor needed.

About This Class: This class will cover all the fundamentals. We start with G.A.S.P. Grip, Aim, Stance, Posture to install the basics for every student. We will then slowly build the swing starting with pitch and chip shots. Next we move onto half swing and then add a small hinge for L swing. We will wrap up with a full swing. Each week students will work on making solid contact as they increase swing length. Instructors will toss in life lessons and STEM Principals throughout the lessons to keep the kids having fun and learning. TGA supplies all necessary equipment (golf clubs, astro turf hitting surface, whiffle or nerf golf balls), so the kids need only to bring a positive attitude and willingness to try something new. Looking forward to introducing students to the game of golf!

Prof Egghead LEGO Engineering: Super Structures

Dates: October 10, 17, 31, November 7, 14, 21, December 5, 12

Time: 2:05-2:35 (30-minute class)

Location: MPR

Fee: \$165

Class size: Minimum 7, Maximum 14

For: **TK and Kinder Only**

Parent proctor needed.

About This Class: Come join the Egghead Engineering Team this session as we design and build huge structures! Using LEGO™ students will build mega bridges that can withstand over 4 lbs. of weight, 4 foot tall skyscrapers, awesome lighthouses, and tons more. Then, we'll try to knock em down, crush them, and put them to the test! At the end of the session, students will receive an Egghead Engineering Super Structures Degree proving they're ready to build anything they can dream up!

Prof Egghead LEGO Engineering: Super Structures

Dates: October 10, 17, 31, November 7, 14, 21, December 5, 12

Time: 2:45-3:45 (60-minute class)

Location: Music Room

Fee: \$190

Class size: Minimum 7, Maximum 14

For: **Grades 1-2**

Parent proctor needed.

About This Class: Come join the Egghead Engineering Team this session as we design and build huge structures! Using LEGO™ students will build mega bridges that can withstand over 4 lbs. of weight, 4 foot tall skyscrapers, awesome lighthouses, and tons more. Then, we'll try to knock em down, crush them, and put them to the test! At the end of the session, students will receive an Egghead Engineering Super Structures Degree proving they're ready to build anything they can dream up!

FRIDAY

Lego Masters with Parker-Anderson

Dates: October 4, 11, November 8, 15, 22, December 6, 13

Time: 2:05-2:35 (30-minute class)

Location: Covered lunch tables

Fee: \$65

Class size: Minimum 5, Maximum 14

For: **TK and Kinder Only**

Parent proctor needed.

About This Class: It's time to knock your blocks off in the LEGO Masters class! Learn basic building techniques as you work with standard Lego bricks to complete team challenges! Being LEGO Smart is more than building with LEGO bricks--it's having the ability to work in teams, solve problems, and build amazing LEGO creations, as you explore your creativity!

Chess Club for Grades 1-2 with Parker-Anderson

Dates: October 4, 11, November 8, 15, 22, December 6, 13

Time: 2:45-3:45 (60-minute class)

Location: Room 2

Fee: \$135

Class size: Minimum 5 , Maximum 20

For: **Grades 1-2 Only**

Parent proctor needed.

About This Class: We introduce chess to students in a fun and exciting way! For all students and all levels, we teach students to play chess and help them succeed in school by stimulating their problem-solving, analytical, and critical thinking skills. Learn chess strategies, defenses, and winning moves that will impress friends and family. Students will participate in a class tournament towards the end of the session to compete for trophies and other chess prizes!

Multicultural Dance for TK/K with Active Learning

Dates: October 4, 11, November 8, 15, 22, December 6, 13

Time: 2:05-2:35 (30-minute class)

Location: MPR

Fee: \$140

Class size: Minimum 5 , Maximum 24

For: **TK and Kinder Only**
Parent proctor needed.

About This Class: Our Multi-Cultural Dance classes for TK and Kindergarten students introduce young children to the joy of movement through dances from around the world. In a fun and engaging environment, children will explore different cultures by learning simple dance steps and rhythms, helping them develop coordination and a love for dance. Each class encourages self-expression and creativity while fostering an appreciation for cultural diversity through music and movement.

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PLEASE REGISTER AND PAY ONLINE AT WWW.KWPFO.ORG/ENRICHMENT

Good to know!: 8% of the vendor price for each enrichment class goes back to the Kaiser Woodland PFO, which supports both Kaiser and Woodland Elementary Schools by furthering the reach of arts, technology, enrichment, and experiences beyond the scope of the schools' established budgets.

?Hablas Español? Pídenos el catálogo de cursos

por email en ENRICHMENT@KWPFO.ORG

QUESTIONS? PLEASE EMAIL ENRICHMENT@KWPFO.ORG