

# Early Childhood & Elementary After School Activity Program Information

Second Semester ~ 2018 - 2019

Dear Families,

We are excited to share with you that the first semester of After School Activity Program will begin on Monday, January 28th for the enjoyment of students ages Kinder through grade 5. Activities will end on Thursday, May 30th. Below is the list of activities and the day(s) on which they will be offered. **To sign up for an activity, fill out [this form](#) and bring it to the Early Childhood office or send it via email to [registration\\_afterschool@cds.ed.cr](mailto:registration_afterschool@cds.ed.cr) ~ **REGISTRATION ENDS FEBRUARY 8<sup>th</sup>****

Activities have limited space, so please sign up as soon as possible. To avoid any problems or confusion, we will time-stamp sign-ups in the order in which they are received. ***You will receive an email from Rocio Rivas if your child is placed on the waiting list for a specific class or club. If you do not receive an email, please assume your child has a spot in the class!*** If for any reason your child wants to drop a class after 2 or more classes, you will be responsible for full payment. **Payment for all classes is due by the SECOND WEEK: Thursday, February 8<sup>th</sup> is the FINAL day for payment. All payments must be paid in the business office or by bank transfer ([CDS Bank accounts](#)).**

Activities begin immediately after school and end at 4:30. All students in After School activities will meet their coach/teacher in the pavilion after school for a short snack and rest before activities begin at 3:15. Wednesday activities will be slightly longer with classes 2:15 - 3:40.

**Monday, Tuesday, and Thursday pick-up time from after school activities is 4:30.** Our employee bus leaves at 4:40, thus teachers and supervisors can not wait with your child if you are not here at 4:30. **On Wednesday, pick-up time is 3:40;** as all CDS staff is involved in Professional Learning on Wednesdays, there is no available staff for supervision after 3:45. Security guards are not authorized to supervise children. We appreciate your understanding and cooperation in arriving on time to get your child. **If your child is picked up late (after 4:45 pm/3:50 on Wednesdays) more than one time it will be necessary to drop your child from the after school activity program and there will be no refund of fees.** We encourage you to come to school well before the pick-up time. You are welcome to come early for a coffee & a snack in the dining hall or take a rest using our free campus wifi in the LRC or pavilion while you wait. Students who take the bus will not be delivered directly to their door and will need to coordinate with the transportation coordinator, Alvaro Zamora: [alvaro\\_zamora@cds.ed.cr](mailto:alvaro_zamora@cds.ed.cr).

Should you have any questions about a specific activity, you may contact the coach/teacher directly, the EC secretary, Evelyn Borbon, or myself. I look forward to an exciting first semester in our After School Activity Program!

Ms. Rocio Rivas ~ [rocio\\_rivas@cds.ed.cr](mailto:rocio_rivas@cds.ed.cr)  
After School Activities Program Coordinator

## MONDAY

Activity	Grade	Cost	Description
<p><b>S.T.E.A.M:</b>            (Science, Technology, Engineering, Art and Math)            Laura Fernandez            3rd Grade CDS Teacher  <a href="mailto:laura_fernandez@cds.ed.cr">laura_fernandez@cds.ed.cr</a></p>	<p>Grades 2 - 5            (Boys &amp; Girls)            *Maximum: 14 students</p>	<p>\$250            (Materials are included)</p>	<p>This afterschool activity will promote the students natural curiosity as we explore Science, Technology, Engineering, Art and Math concepts through inquiry and investigation projects We will look at how things work, why they don't work, and how we can make them better. Our focus will be on questioning, experimenting and exploring instead of finding all the 'right' answers. Students will be encouraged to think for themselves and collaborate with their peers instead of waiting for instructions to solve the problem.</p>
<p><b>LEGO® Club:</b>            Gina Anchia            ES Spanish CDS Teacher  <a href="mailto:gina_anchia@cds.ed.cr">gina_anchia@cds.ed.cr</a>            Katia Delgado            ES Spanish CDS Teacher  <a href="mailto:katia_delgado@cds.ed.cr">katia_delgado@cds.ed.cr</a></p>	<p>Grades K - 5            (Boys &amp; Girls)            *Maximum: 16 students</p>	<p>\$250            (Materials are included)</p>	<p>Lego Club will be a space where imaginations will grow. Some days we will work on a project together with a clear objective. Other days, we will create independently with a clear objective and other days with no objective. My hope is that every student has fun and learns a few things along the way.</p>
<p><b>Prep Soccer:</b>            Rocio Rivas            1st Grade CDS Assistant  <a href="mailto:rocio_rivas@cds.ed.cr">rocio_rivas@cds.ed.cr</a>            Gabriela Cubero            EC Prep A CDS Assistant  <a href="mailto:gabriela_cubero@cds.ed.cr">gabriela_cubero@cds.ed.cr</a></p>	<p>Grade Prep            (Boys &amp; Girls)            *Maximum: 16 students</p>	<p>¢25,000</p>	<p>Students need to have a change of clothes (P.E. uniform okay) and water bottle. Cleats and shin guards required for this group. Information to follow regarding uniforms.</p>
<p><b>Volleyball:</b>            Rose Mary Chavarria            EC PE CDS Teacher  <a href="mailto:rosemary_chavarria@cds.ed.cr">rosemary_chavarria@cds.ed.cr</a></p>	<p>Grades 3 - 5            (Boys &amp; Girls)            *Maximum: 18 students</p>	<p>¢25,000</p>	<p>Students need to have a change of clothes (P.E. uniform okay) and water bottle. Information to follow if uniforms will be used.</p>
<p><b>Soccer 1st &amp; 2nd:</b>            Richard Castañeda            CDS Coach            Cell: 8614-7470</p>	<p>Grade 1 - 2            (Boys)            *Maximum: 18 students</p>	<p>¢25,000</p>	<p>Students need to have a change of clothes (P.E. uniform okay) and water bottle. Cleats and shin guards required for this group. Information to follow regarding uniforms.</p>

<b>Coding Club:</b> Sara Calderon CDS Librarian <a href="mailto:sara_calderon@cds.ed.cr">sara_calderon@cds.ed.cr</a>	Grades 2 - 5 (Boys & Girls) *Maximum: 12 students	\$250 (Materials are included)	Being able to understand and write code is an important skill in today's world. The single most important indicator of being successful in coding is being exposed to code at a young age. It encourages problem solving and critical thinking skills and opens up their world to unlimited possibilities. In this club, we will explore what code is, the history of code, and complete different coding challenges throughout the semester.
<b>Intermediate Piano Club:</b> Fabian Ocampo CDS Music Teacher <a href="mailto:fabian_ocampo@cds.ed.cr">fabian_ocampo@cds.ed.cr</a>	Grades 1 - 4 (Boys & Girls) *Maximum: 10 students	\$250 (Materials are included)	This is a piano class for beginners, where the student will learn the piano and music reading basics skills using Suzuki Piano Book 1.
<b>Digital Animation Club:</b> Freddy Madrigal Cell: 8505 8076 <a href="mailto:fjmcastro07@gmail.com">fjmcastro07@gmail.com</a>	Grades 4 - 5 (Boys & Girls) *Maximum: 12 students	\$250 (Materials are included)	It is with great pleasure that I want to share and present you the first Digital Animation after class. All kids passionated with drawing, comics, videos and animations are more than welcome! Please feel free to check the following link in order to learn everything about this afterschool: <a href="https://drive.google.com/file/d/1Uk7SdbBK8plGV6iyDUqFkMqkTQmf9_wk/view?usp=sharing">https://drive.google.com/file/d/1Uk7SdbBK8plGV6iyDUqFkMqkTQmf9_wk/view?usp=sharing</a> Check my demo reel to know a bit about my creations: <a href="https://www.youtube.com/watch?v=WKgMqbPXo9Y">https://www.youtube.com/watch?v=WKgMqbPXo9Y</a> Want to know what students think about this after school? <a href="https://www.youtube.com/watch?v=SuBqlyHB9Yo">https://www.youtube.com/watch?v=SuBqlyHB9Yo</a> <a href="https://www.youtube.com/watch?v=rKwSb5zXdEM">https://www.youtube.com/watch?v=rKwSb5zXdEM</a> Last but not less, some funny videos we made in class: <a href="https://www.youtube.com/watch?v=dcujBGlw3dc">https://www.youtube.com/watch?v=dcujBGlw3dc</a> <a href="https://youtu.be/HkVgeogy3IU">https://youtu.be/HkVgeogy3IU</a>
<b>Catequesis II &amp; III:</b>		¢75,000 (Materiales incluidos)	This is Part 2 of Catequesis I & II from semester 1. No new participants can be accepted for second semester.

## TUESDAY

Activity	Grade	Cost	Description
<b>Ballet:</b> Irene Goicochea EC Prep B CDS Teacher <a href="mailto:irene_goicochea@cds.ed.cr">irene_goicochea@cds.ed.cr</a>	Grades: K - 2 *Maximum: 12 students	\$250 (Materials are included)	Ballet is a form of expression, is a theatrical entertainment in which dancers, usually accompanied by music, tell a story or express a mood through their movements. I will create an atmosphere of entertainment and discipline, while the students learn, the steps and the ballet positions.

<p><b>Art:</b> Xavier Villafranca MS Art CDS Teacher <a href="mailto:xavier_villafranca@cds.ed.cr">xavier_villafranca@cds.ed.cr</a></p>	<p>Grade 5 (Boys &amp; Girls) *Maximum: 5 students</p>	<p>Provided for School</p>	<p>Students will be able to work on their personal art project with teacher guidance and feedback. They can choose to work with any art form they wish like painting, drawing, photography and sculpture.</p>
<p><b>Soccer 3rd &amp; 4th:</b> Richard Castañeda CDS Coach Cell: 8614-7470</p>	<p>Grades 3 - 4 (Boys) *Maximum: 20 students</p>	<p>€25,000</p>	<p>Students need to have a change of clothes (P.E. uniform okay) and water bottle. Cleats and shin guards required for this group. Information to follow regarding uniforms.</p>
<p><b>Cooking Class:</b> Gabriela Cubero EC Prep A CDS Assistant <a href="mailto:gabriela_cubero@cds.ed.cr">gabriela_cubero@cds.ed.cr</a></p>	<p>Grades K - 2 (Boys &amp; girls) *Maximum: 12 students</p>	<p>\$250 (Materials are included)</p>	<p>Our Cooking Class will introduce the pleasure of preparing and enjoying "real food". Students will learn basic cooking skills and will explore through the senses taste, smell and touch.</p>
<p><b>Kid Pilates:</b> Andrea Chaves Cell: 8823-0300 <a href="mailto:andreamchaves@hotmail.com">andreamchaves@hotmail.com</a></p>	<p>Grades K - 4 (Boys &amp; girls) *Maximum: 12 students</p>	<p>\$250 (Materials are included)</p>	<p>Kid Pilates is the method that teaches kids and adolescents to coordinate body and mind, as well as reach complete awareness in order to achieve an ideal quality of life. With Kid Pilates, kids and adolescents will learn: how to express their love by taking care of themselves; how not to compete with each other but challenge their own bodies and minds; how to gain awareness of what they feel, creating a cheerful and satisfactory atmosphere as well as reaching internal peace; how to improve their physical and mental state as well as the relationships with the people around them; and how to improve their range of motion and flexibility by working the core from early stages of life and acquiring balance, strength, skills, endurance, as well as an improvement in their mental and physical condition, which will result in great confidence and security in themselves.</p>
<p><b>Little Mozart:</b> (Piano Beginners) Kattia Mendez / Andres Castro EC Music CDS Teacher <a href="mailto:kattya_mendez@cds.ed.cr">kattya_mendez@cds.ed.cr</a></p>	<p>Grades K - Prep (Boys &amp; Girls) *Maximum: 12 students</p>	<p>\$250 (Materials are included)</p>	<p>The influence of Music on Young Children's development is so powerful. This is a fun course designed to engage children in the world of music and piano. We will combine some of the most famous methodologies to teach piano to young children and we will use other melodic instruments such as xylophones, pianicas, boomwhackers, bells and of course some movement games. This course combines general musicianship activities with those that develop performance skills at the piano, focusing on keyboard performance, listening, pitch matching, keyboard technique, rhythm, movement, and music appreciation.</p>
<p><b>Karate:</b> Kenneth Contreras Cell: 8707-7002 <a href="mailto:k.contreras@costarricense.cr">k.contreras@costarricense.cr</a></p>	<p>Grades 3 - 5 (Boys &amp; Girls) *Maximum: 16 students</p>	<p>\$250</p>	<p>Karate can be seen as an integral tool to assist in the growth or formation of children, contributing to their physical, mental and social development. Mr. Contreras welcomes the opportunity to speaking to parents individually whose children will join the course. Work plan and information about the uniform to wear in class will be provided.</p>

<p><b>Painting &amp; Beyond:</b> Shirley Garro EC PKC CDS Teacher <a href="mailto:shirley_garro@cds.ed.cr">shirley_garro@cds.ed.cr</a></p>	<p>Grades 1 - 4 (Boys &amp; Girls) *Maximum: 12 students</p>	<p>\$250 (Materials are included)</p>	<p>A casual, fun environment in which children can “unleash the artist within.” They will create their own works of art with easily understood, step-by-step guidance. This is a chance to learn basic skills and techniques to allow students to leave with a painting they will be proud to hang. The class will include basic drawing techniques and the use of watercolor and acrylic paint and techniques.</p>
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## WEDNESDAY

**\*Wednesday activity times will be 2:15-3:40**

Activity	Grade	Cost	Description
<p><b>Swimming:</b> Rose Mary Chavarría EC PE CDS Teacher <a href="mailto:rosemary_chavarria@cds.ed.cr">rosemary_chavarria@cds.ed.cr</a></p>	<p>Grades Prep - 5 (Boys &amp; girls) *Maximum: 18 students</p>	<p>\$250</p>	<p>Learning to swim is great exercise—it builds endurance and muscles at the same time. Being safe around water is a lifelong skill you can learn at any age, whether it's at a pool or walking on the beach. Learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences are our goals for this program.</p>
<p><b>Arts &amp; Manualidades:</b> Evelyn Delgado EC PKC CDS Assistant <a href="mailto:evelyn_delgado@cds.ed.cr">evelyn_delgado@cds.ed.cr</a> Rebeca Cubillo EC PKB CDS Assistant <a href="mailto:rebeca_cubillo@cds.ed.cr">rebeca_cubillo@cds.ed.cr</a></p>	<p>Grades K - 3 (Boys &amp; Girls) *Maximum: 16 students</p>	<p>\$250 (Materials are included)</p>	<p>Selected fun and colorful projects relate to the student interests and complement classroom learning while providing much-needed social interaction, artistic expression, independence, creativity, and fine motor skills. Kind of Projects: paint, jewelry, knitting &amp; more.</p>
<p><b>Soccer 5th:</b> Richard Castañeda CDS Coach Cell: 8614-7470</p>	<p>Grade 5 (Boys) *Maximum: 20 students</p>	<p>¢25,000</p>	<p>Students need to have a change of clothes (P.E. uniform okay) and water bottle. Cleats and shin guards okay but not required. Information to follow if uniforms will be used.</p>
<p><b>Robotics:</b> Martin Madrigal Cell: 8902-2223 Marcela Diaz Cell: 8708-1931 <a href="mailto:marcela.Diaz@cognobotics.com">marcela.Diaz@cognobotics.com</a></p>	<p>Grades K - 6 (Boys &amp; Girls) *Maximum: 16 students</p>	<p>\$250 (Materials are included)</p>	<p>Welcome to Robotics Club!!!!!! Cognobotics is dedicated to guide boys and girls between 6 and 12 years old, in the world of educational robotics. We are pioneers in S.T.E.A.M. education (science, technology, engineering, art and math). Our main objective is to teach kids the basic of robotics, together with mechanics, group work, programing skills, math, engineer and creativity, as a way of preparing them for their professional future, probably in careers that are not invented yet. The students will be given all the necessary material for the class.</p>

			If you have any question you can know more about us in: <a href="https://www.facebook.com/cognobotics">https://www.facebook.com/cognobotics</a>
<p><b>Chess Club:</b>  Francisco Hernandez  (International Chess Teacher FIDE)  Cell: 8916-5689  Web and curriculum:  <a href="http://www.ajedreztico.blogspot.com">www.ajedreztico.blogspot.com</a>  <a href="mailto:mifhb@yahoo.com">mifhb@yahoo.com</a></p>	<p>Grades 2 - 5  (Boys &amp; Girls)  *Maximum: 14 students</p>	<p>\$250  (Materials are included)</p>	<p>Chess Club the chess is a mental strategy game, the idea of the club is that children have fun while they learn chess and develop their intellectual potential. Chess develops: attention and concentration, memory, creativity and imagination, abstract thinking, capability analysis, children learn to win and lose. The pediatrician-neurologist, Harry Chugani demonstrated that the brain of children from three to ten years of age consumes two times more energy than adult's brain, because the brain establishes more connections during those years facilitating sustainable learning of new skills. Here is where we see the importance of Chess in the intellectual training of children, as this game blends development between both hemispheres, both the left (logical), and right (emotional), both sides of the brain work with great intensity during the practice of chess. When chess is taught in schools, better academic performance and behavior improvement is shown in students.</p>
<p><b>Jiu-Jitsu Japonés:</b>  Jeremy Lopez  Cell: 8882-4546  <a href="mailto:jeremylopezquesada@gmail.com">jeremylopezquesada@gmail.com</a></p> <p>En Costa Rica el jiu-jitsu comienza en 1955 año en el que el sensei Orlando Madrigal Valverde quien había aprendido con el profesor Kolychkin en Cuba. Instala la primera academia de judo y jiu-jitsu. Llamada academia costarricense de judo y jiu jitsu.</p>	<p>Grades Prep - 5  (Boys &amp; Girls)  *Maximum: 12 students</p>	<p>\$250</p>	<p>El jiu-jitsu (柔術 jūjutsu lit., «el arte suave») es un arte marcial japonés clásico que abarca una variedad amplia de sistemas de combate modernos basados en la defensa "sin armas" de uno o más agresores tanto armados como desarmados. Las técnicas básicas incluyen principalmente luxaciones articulares, y además golpes, patadas, rodillazos, esquivas, empujones, proyecciones, derribos, y estrangulamientos. Estas técnicas se originan en métodos de batalla de los bushi (guerreros japoneses clásicos), para hacer frente a otros guerreros samurai con armadura, (de ahí su énfasis en atacar con luxaciones, lanzamientos y estrangulaciones, más que fomentar el uso de golpes y patadas) estos se desarrollaron a lo largo de cerca de dos milenios. Actualmente el Jiu Jitsu se divide en tres grandes área que son, el Tachi Waza que incluye el combate de pie que aplica técnicas de patadas, golpes y proyecciones hacia el piso principalmente. El Ne Waza que hace referencia al combate en el piso, donde se aplican técnicas de inmovilización, luxación y estrangulamientos principalmente. Existe una tercera área que incluye técnicas de defensa personal diseñadas para asegurar la deshabilitación del atacante lo más rápido posible. Además el avance de los estudiantes se mide por medio de cinturones de color, que se obtienen a partir de la práctica y manejo de las técnicas. Los cinturones son en orden ascendente blanco, amarillo, naranja, verde, azul, marrón y negra. Desde un punto de vista filosófico el Jiu Jitsu se rige por el Bushido (código de honor del samurai), el cual hace referencias al "Camino del guerrero". Por lo cual se trata de inculcar a los practicantes las 7 virtudes del Bushido que son</p> <ol style="list-style-type: none"> <li>1. Justicia (decisiones correctas)</li> <li>2. Coraje</li> <li>3. Benevolencia</li> <li>4. Respeto, Cortesía</li> <li>5. Honestidad, Sinceridad Absoluta</li> <li>6. Honor</li> <li>7. Lealtad</li> </ol> <p>A través del entrenamiento se estimulan en el estudiante la coordinación, resistencia, fuerza, flexibilidad, control corporal, autocontrol, trabajo en equipo, respeto y disciplina.</p>
<p><b>Touched by Nature:</b>  Elizabeth Facchinei  Maestra Preescolar / Psicopedagoga  Cell: 8982-2921</p>	<p>Grades K - 4  (Boys &amp; Girls)  *Maximum: 10 students</p>	<p>\$250  (Materials are included)</p>	<p>Te gustan los perros??? Esta es una actividad para ti!  El CDS brinda por primera vez una actividad 100% innovadora en la educación. Touched by Nature es un programa diseñado de manera individual que le permitirá a su hijo (a) compartir de una manera única con</p>

<a href="mailto:elifacchinei@hotmail.com">elifacchinei@hotmail.com</a>			el animal más querido del ser humano: "EL PERRO". Realizaremos actividades divertidas con fines educativos. Aprenderemos a interactuar con los perros, a descifrar su lenguaje, adiestramiento básico y muchas cosas más. Nuestra misión es sensibilizar a los chicos con los seres vivos y sólo desde la práctica se puede aprender. Se parte de nuestra manada!!
<b>CheerLeading Club:</b> Belany Alan EC Prep D CDS Assistant <a href="mailto:belany_alan@cds.ed.cr">belany_alan@cds.ed.cr</a> Jorge Sanchez <a href="mailto:CRCheerFM@hotmail.com">CRCheerFM@hotmail.com</a>	Grades 1 - 5 (Boys & Girls) *Maximum: 16 students	\$250 (Materials are included)	Join us in the CheerLeading After School! Fun, active and healthy sport for boys and girls. Cheerleading is an activity where in the participants (referred to as "cheerleaders") cheer for their team as a form of encouragement. Cheerleading is the performance of athletic skills, jumps and dance. Everyone is invited to join our CDS team!!
<b>Catequesis I:</b>		¢75,000 (Materiales incluidos)	This is Part 2 of Catequesis I from semester 1. No new participants can be accepted for second semester.

## THURSDAY

Activity	Grade	Cost	Description
<b><u>Violin: Suzuki Method Group Class:</u></b> Fabian Ocampo CDS Music Teacher <a href="mailto:fabian_ocampo@cds.ed.cr">fabian_ocampo@cds.ed.cr</a>	Grades 1 - 4 (Boys & Girls) *Maximum: 16 students	\$250 (Materials are included)	This is violin group class based on the Suzuki Method in which, by games and activities the student will review and learn new musical skills different than the ones learned in an individual lesson. The idea is not to replace an individual lesson, but to bring all the concepts learned through private instruction into a group environment that will enhances musical growth.
<b><u>Science Club:</u></b> Shannon Sweetman 5th Grade CDS Teacher <a href="mailto:shannon_sweetman@cds.ed.cr">shannon_sweetman@cds.ed.cr</a>	Grades Prep - 5 (Boys & Girls) *Maximum: 15 students	\$250 (Materials are included)	Are you curious? Do you have questions about how things work? Are you interested in trying new things and learning about the world around you? Join the Science Club! Each week our science club will be doing exciting experiments and activities to explore the topic of science and improve our scientific skills!
<b><u>Art &amp; Tech Lab:</u></b> Xavier Villafranca MS Art CDS Teacher <a href="mailto:xavier_villafranca@cds.ed.cr">xavier_villafranca@cds.ed.cr</a>	Grade 5 (Boys & Girls) *Maximum: 5 students	Provided for School	Students will learn to use digital devices to make things move, light up, make sounds and interact with people. They will use the computer to create basic coding and build simple circuits. The idea is to create fun projects that use digital technology and art together.

<p><b><u>Electronic Game Design: Invader Defense: Alien Invasion!</u></b>  Maribel Arce  Cell: 8557-2555  <a href="mailto:maribel@engineeringforkids.net">maribel@engineeringforkids.net</a>  Lil Gutiérrez  <a href="mailto:lilhgtierrez@gmail.com">lilhgtierrez@gmail.com</a>  Joshua Sánchez  <a href="mailto:jos990@gmail.com">jos990@gmail.com</a></p>	<p>Grades 1 - 4  (Boys &amp; Girls)  *Maximum: 10 students</p>	<p>\$250  (Materials are included)  <b><u>This After School has only 12 Classes, starts January 31st ends May 2nd</u></b></p>	<p>In the <b>Electronic Game Design: Invader Defense</b> program, we will create our own version of an invader defense game where we will defend against an invasion. We will use the Engineering Design Process to create a storyboard to outline the rules of play and characters for our game. Then, we will use Clickteam Fusion 2.5® to bring our storyboard to life with programming. At the end of the class, everyone takes home a working Windows-compatible game.</p>
<p><b><u>Programing and Coding: Junior Space Pioneers</u></b>  Maribel Arce  Cell: 8557-2555  <a href="mailto:maribel@engineeringforkids.net">maribel@engineeringforkids.net</a>  Lil Gutiérrez  <a href="mailto:lilhgtierrez@gmail.com">lilhgtierrez@gmail.com</a>  Joshua Sánchez  <a href="mailto:jos990@gmail.com">jos990@gmail.com</a></p>	<p>Grades K - Prep  (Boys &amp; Girls)  *Maximum: 10 students</p>	<p>\$250  (Materials are included)  <b><u>This After School has only 12 Classes, starts January 31st ends May 2nd</u></b></p>	<p>Our future engineers will embark on a fun journey to space with Scratch in the <b>Programing and Coding: Junior Space Pioneers!</b> They will send an astronaut to the moon and defend the moon base from space rocks. They will learn how to use Scratch, which is a great language to introduce children to programing in a logical way. They will learn how to create and program sprites, backdrops and basic scripts. Just as any student can be an engineer, any student can program!</p>
<p><b><u>Basketball:</u></b>  Zulay Aguilar  Cell: 8326-7668</p>	<p>Grades 3 - 5  (Boys &amp; Girls)  *Maximum: 18 students</p>	<p>ø25,000</p>	<p>Students need to have a change of clothes (P.E. uniform okay) and water bottle. Information to follow if uniforms will be used.</p>
<p><b><u>Speed And Agility Camp:</u></b>  Adrian Rivera  Cell: 8981-6210  <a href="mailto:performsystems@gmail.com">performsystems@gmail.com</a></p>	<p>Grade 3 - 5  (Boys &amp; Girls)  *Maximum: 12 students</p>	<p>\$250  (Materials are included)</p>	<p>ULTIMATE SPEED CAMP, is specialized performance / conditioning training that focuses on developing the proper technique for the kid to access maximum speed, strength and explosive power, to “play fast”.</p>
<p><b><u>Karate:</u></b>  Kenneth Contreras  Cell: 8707-7002  <a href="mailto:k.contreras@costarricense.cr">k.contreras@costarricense.cr</a></p>	<p>Grades K - 2  (Boys &amp; Girls)  *Maximum: 12 students</p>	<p>\$250</p>	<p>Karate can be seen as an integral tool to assist in the growth or formation of children, contributing to their physical, mental and social development. Mr. Contreras welcomes the opportunity to speaking to parents individually whose children will join the course. Work plan and information about the uniform to wear in class will be provided.</p>
<p><b><u>Kids in the Kitchen:</u></b>  Amie Knott  1st Grade CDS Teacher  <a href="mailto:amie_knott@cds.ed.cr">amie_knott@cds.ed.cr</a></p>	<p>Grades 2 - 5  (Boys &amp; girls)  *Maximum: 14 students</p>	<p>\$250  (Materials are included)</p>	<p>Inspired to cook? Love to eat? In our Kids in the Kitchen class, your child will explore cuisine from around the world while putting creativity and taste buds to the test! Every week, students will prepare a dish from a different region of the world. Besides the fact that cooking is just plain fun, your child will also learn:</p> <ul style="list-style-type: none"> <li>• English vocabulary</li> <li>• Math skills- measuring and adding, dividing and multiplying fractions are just a few ways that math is used in cooking!</li> </ul>

			<ul style="list-style-type: none"> <li>• Kitchen safety- Learn how to prevent accidents in the kitchen, handle hot objects and use proper knife skills!</li> <li>• Geography- Pinpoint origins of a recipe on a map and become familiar with ingredients that are common to a specific region!</li> <li>• Fun food facts</li> <li>• How to use basic kitchen utensils and appliances...safely!</li> </ul> <p>Ingredients, aprons, cooking equipment, utensils and packing materials will be provided for use during the class.</p>
<b>Girls Soccer 1st - 3rd:</b> Richard Castañeda CDS Coach Cell: 8614-7470 Gabriela Cubero EC Prep A CDS Assistant <a href="mailto:gabriela_cubero@cds.ed.cr">gabriela_cubero@cds.ed.cr</a>	Grades 1 - 3 (Girls) *Maximum: 14 students	φ25,000	Students need to have a change of clothes (P.E. uniform okay) and water bottle. Cleats and shin guards okay but not required. Information to follow if uniforms will be used.
<b>Girls Soccer 4th &amp; 5th:</b> Rocio Rivas 1st Grade CDS Assistant <a href="mailto:rocio_rivas@cds.ed.cr">rocio_rivas@cds.ed.cr</a>	Grades 4 - 5 (Girls) *Maximum: 14 students	φ25,000	Students need to have a change of clothes (P.E. uniform okay) and water bottle. Cleats and shin guards okay but not required. Information to follow if uniforms will be used.

**REGISTRATION ENDS FEBRUARY 8<sup>th</sup>**

**If your child is picked up late (after 4:45 pm/3:50 on Wednesdays) more than one time it will be necessary to drop your child from the after school activity program and there will be no refund of fees.**

# **HOLIDAYS NO SCHOOL**

**Monday February 18 ~ Presidents Day**

**Wednesday March 20 ~ Parent / Teacher Conference Day**

**Monday April 8 - Friday April 12 ~ No Afters School Activities**

**Monday - Friday April 15 - 19 ~ Semana Santa**

**Wednesday May 1st ~ Dia del Trabajador**

# AFTER SCHOOL ACTIVITIES PERMISSION & TRANSPORT

Student Name \_\_\_\_\_ Grade/Class: \_\_\_\_\_

Parent Home/Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

I would like for my child to participate in the following activity (ies):

Mondays: \_\_\_\_\_

Tuesdays: \_\_\_\_\_

Wednesdays: \_\_\_\_\_

Thursdays: \_\_\_\_\_

## Transportation Information

\*Please note: Students who will take the bus will not be delivered to their door and will need to coordinate with transportation coordinator, Alvaro Zamora: [alvaro\\_zamora@cds.ed.cr](mailto:alvaro_zamora@cds.ed.cr).

BUS # \_\_\_\_\_ Parent Pick-Up \_\_\_\_\_

\*\* *Parent Signature:* \_\_\_\_\_

Please return to Early Childhood Office or email to: [rocio\\_rivas@cds.ed.cr](mailto:rocio_rivas@cds.ed.cr)

Thank you,  
Ms. Rivas