

After School Activities Overview

2020 Spring Semester

Helen Sidiropoulos – Instructor

Pre-Ballet

Designed for children between the ages of 3 thru 5, explore movement and dance; helps to develop motor skills and coordination.

Ballet I & Movement

For students between the ages of 6-7; helps to develop coordination and posture. Begin training on graceful technique and flexibility. Dancers begin to memorize dance positions and put them together.

Jazz Fusion/Salsa

Broadway technique fused with some modern and hip-hop movements to make a great fusion of classic jazz and modern dance movements. A fun and exhilarating workout. Latin dance, basic techniques as well as variations and combination turns. Another fun and exhilarating workout.

Beginner's Tap

Great for coordination and a new form of expression, fun and rhythmic.

Tap & Jazz Fusion

Great for coordination and a new form of expression, fun and rhythmic. Broadway technique fused with some modern and hip-hop movements to make a great fusion of classic jazz and modern dance movements. A fun and exhilarating workout.

Latin & Jazz Dance

Acrobatics, Jazz, Hip-Hop lyrical and dance – Basic techniques will be explored, as well as variations and combinations. Another fun and exhilarating workout!

Salsa, Bachata, Merengue

Latin dance, basic techniques as well as variations and combination turns. Another fun and exhilarating workout!

Elementary/Beginner's Ballet

Designed for children, ages 5-6; helps to develop coordination and posture. Learn basic classical positions. For students who have already taken pre-ballet.

Ballet II & III & Lyrical/Contemporary

Students age 8 and up. Posture and coordination development. Grace technique emphasized, flexibility development continued.

Piano – Verna Araujo

Students will be introduced to both the practice and theory of music. They will be allowed to progress at their own pace, but will always be encouraged to strive for excellence. There will be a recital at the end of the semester to demonstrate their musical talents.

Pre K Soccer – Bezuayea Alemu

This class focuses on fun! The children will have lots of opportunities to develop their beginning soccer skills with non-competitive games and drills. During most drills and exercises, each player has a soccer ball. This makes the class more fun and engaging for each child and also helps them to improve.

Drama Fun – Michelle Riggle

Drama Fun is a great way to build confidence while letting your child's imagination flourish. Each week we will explore theatre games, improv, and short skits. The only thing your child needs to bring is the willingness to have fun and try new things!

Co-ed Variety Sports – Mary Howe

Every week, this group gets to play a variety of games. Favorites include Sharks and Minnows, Soccer, Basketball, Kickball, and Whiffle Ball, to name a few. We will learn the fundamentals of the game and emphasize teamwork and good sportsmanship. Games will be played and games, will be played from 3:00 to 4:00 PM. From 4:00 to 4:15 PM we will have open court, please pick your child up during this time. Any child not picked up by 4:15 PM will go to the Extended Day Program, and the parents will be charged. Rainy day activities are in the Lower School classroom at the top of the wooden steps.

Soccer – Adalio Araujo

This activity intends to teach the students skills to play the beautiful game of soccer. We plan to give basic techniques and the know-how to deal with the ball under all of the various conditions that occur in a game. We also plan on teaching the students tactics of the game, starting with the smallest unit possible – 1 player versus 1 player – and gradually progressing to the full team situation.

Chess – Andy Gever

In this class we will work on all three stages of a chess game: the opening, the middle game, and the end game. Beginners will be introduced to the basic strategies of chess, more advanced players will hone their tactics, work on mating patterns, end games and scenarios and openings. The top students will be invited to represent Antilles in the annual team chess tournament, where we have won first place in the last two years!

Beginning to Program with Minecraft – Rob Upson

Young coders will be challenged to solve problems in Minecraft with Redstone, Command Blocks, and the Python programming language. Resources for parents/guardians will be provided to play along at home. Class dates 1/18, 2/1, 2/8, 2/22, 2/29, 3/7, 3/28, 4/4, 4/18, 4/25, 5/9, and 5/16 (optional).