



Afterschool & Foundations Fall 2021 Brochure



Garden School

Cultivating Success in Every Child

After-School Programs AT-A-GLANCE

Monday

3:00–4:00	Acro/Hip Hop combo (Core PK/K)
4:00–5:00	Acrobatics (4th–6th)
3:00–4:00	Swimming (K-1)
4:00–5:00	Swimming (4th/5th)
3:00–4:00	Fairytale Puppets (Core PK/K)
4:00–5:00	Improv Comedy Blitz (1st–3rd)
3:00–4:00	Fun with Spanish (PKFA)

Tuesday

3:00–4:00	Contemporary Dance (1st–3rd)
4:00–5:00	Contemporary Dance (4th–6th)
3:00–4:00	Swimming (2nd/3rd)
4:00–5:00	Swimming (6th Grade)
3:00–4:00	Yoga (Core PK/K)
4:00–5:00	Yoga (1st–3rd)

Wednesday

3:00–4:00	Tap (Core PK/K)
4:00–5:00	Tap (2st–3rd)
3:00–4:00	Fun with Spanish (Core PK/K)
3:00–4:00	Soccer w/ Mr. Johnny (Core PK/K)
3:00–4:00	Swimming (7th Grade)
4:00–5:00	Swimming (8th Grade)
3:00–4:00	Cartoons with Mr. O.

Thursday

3:00–4:00	Acro/Hip Hop combo (1st–3rd)
4:00–5:00	Hip Hop (4th–6th)
3:00–4:00	Chess (1st–3rd)
4:00–5:00	Chess (4th–6th)

Friday

3:00–4:00	Ballet (PK/K)
4:00–5:00	Ballet/Jazz combo (PKFA)
3:00–4:00	Soccer w/Mr. Johnny (PKFA)

**The schedule for soccer with Mr. Cesar and Karate will be announced soon! Thanks so much!*

After-School Program (Nursery to 6th Grade)

Our after-school program for the lower division (N-6) runs weekdays from 3:00-6:00 p.m. and includes snack time, homework help, indoor/outdoor play, organized games, crafts, clubs and special events. The program structure is flexible, so you can arrange an after-school plan that meets your family's needs.



7th and 8th Grade

Garden School has a program for 7th and 8th graders. The After-School Program operates every school day from 3:00-6:00 p.m. to offer homework support and structured activities, including cards, board games, support for sports teams, and free play in the gym or field.

Students who choose to remain at school after 3:00 p.m. and who are not in extra help with a teacher, in a club, on a team, or attending a Foundations course are automatically enrolled in the After-School Program and billed at the daily rate.

After-School Program Rates

Per Hour/Day Rates:

- Until 4:00 p.m.: \$20
- Until 5:00 p.m.: \$25
- Until 6:00 p.m.: \$30

Programs end at 6:00 p.m. In the event of an emergency, please call the school. Pick-ups after 6:00 p.m. will result in an additional charge of \$10/half hour.

Full-Year Discount Rates:

- Until 4:00 p.m. for the year: \$2,500
- Until 5:00 p.m. for the year: \$3,000
- Until 6:00 p.m. for the year: \$3,500

Timely payments are required to qualify for the full-year discount rates. These rates are per family—they are the same regardless of the number of children a family has enrolled in the program. Students enrolled full time for the After-School Program receive a discount on Foundations classes, paying \$220 for the first course and \$180 for each additional course

All Foundations classes are subject to change due to a teacher's absence. If your child's class is cancelled, he or she may attend After-School until pick-up. There will be no charge for the time your child would have been in the lesson.

- In the interest of safety and security, all students in grade 8 and lower must attend After-School if they are not in a club, class, lesson, sports team, or extra help or tutoring session. All children on campus must be supervised.
- If your child is being picked up by someone other than a known parent/guardian, please bring a note to school or contact Ms. Hayes, the After-School Coordinator. This includes family members and parents of your child's friends.
- All parents/guardians must sign the student out in the After-School book. Students are not permitted to wait outside.
- All Foundations classes are subject to cancellation if they do not receive minimum enrollment.
- Any student who is deemed by the teacher or the After-School Coordinator to be a disturbance in a Foundations class will be asked to leave the class and refunds will not be given.

About Foundations

Garden School's specialty classes are geared toward the varied interests of our students and the high standards of our parent/guardian community. Foundation classes broaden students' awareness and bring forth their skills and talents in a nurturing environment.

Unless otherwise noted in the description, classes last for 1 hour, run for 12 weeks, and start the week of September 27, 2021.

For more information, contact Ms. Kim Hayes.

Foundations classes are **\$350 for the first course and \$300 for each additional course**, or if enrolled full-time in the After-School Program, **\$320 for the first course and \$280 for each additional course**.



Foundations Fall Offerings

Acrobatics

Build strength and flexibility through exercises, learn basic tumbling and gymnastics, and put all that together with dance to create an acrobatics routine you'll want to break into every chance you get.



Hip Hop

Ms. Kim, brings us “soul” with Hip Hop. For children who have had some dance experience, Hip Hop will explore some cool moves. The class will focus on isolation of movements while moving different body parts concurrently, but in different ways. Great exercise, fun, fun, fun and a fantastic way to use all of that extra energy!

Acro/Hip Hop combo Grades Core PK/K-Monday 3:00-4:00

Acrobatics Grades 4th-6th-Monday 4:00-5:00

Acro/Hip Hop combo Grades 1st-3rd-Thursday 3:00-4:00

Hip Hop Grades 4th-6th-Thursday 4:00-5:00

Instructor: Ms. Kim

Contemporary Dance

Grades 1st-3rd: Tuesday 3:00-4:00

Grades 4th-6th: Tuesday 4:00-5:00

Instructor: Ms. Kim

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements. (Must take first semester to join second semester)



Tap Dance

Grades Core PK/K: Wednesday 3:00-4:00

Grades 1st-3rd: Wednesday 4:00-5:00

Children will learn the basic tap steps (shuffles, flaps, slides and more) without music – allowing their feet and bodies to literally become percussion instruments. Eventually learning to have their feet accompany music, they will create music and dance that will have them dancing in the streets!



Ballet

Grades Core PK/K: Friday 3:00-4:00
Instructor: Ms. Kim

The perfect start for aspiring dancers! We'll begin with the basic ballet positions and practice the techniques of classical ballet.

With each class, students will learn more and more ballet vocabulary and gain a deeper appreciation for this art form by learning more about ballet moves, positions, poses. Striving for more self confidence with each lesson, our dancers will take their skills to the stage showing off their creativity.

Ballet/Jazz Combo

Grades PKFA: Friday 4:00-5:00
Instructor: Ms. Kim

In this fun introduction to ballet and jazz, we will learn the foundations of ballet which is prevalent in almost all forms of dance. We will be able to build on the basics of ballet to introduce the jazz style. Students thrive in coordination, flexibility and musicality in this combo class!



Yoga

Grades Core PK-K: Tuesday 3:00-4:00

Grades 1st-3rd: Tuesday 4:00-5:00

Instructor: Laura Stewart

This is a Yoga class that is fun, safe, and engaging for kids of all ages who are experiencing Yoga for the first time.

Throughout the course, children will enjoy learning the following:

- child-friendly yoga poses
- partner poses
- group poses
- games
- breathing exercises
- relaxation
- visualization techniques
- strengthening poses



The class will show them creative ways to help build confidence, trust, teamwork, focus, concentration, and will impart a sense of calm to get children to relax and develop self control.

Laura moved to NYC from Scotland in 1994. During 1995 and 1996 she studied to become a Massage Therapist at the Swedish Institute and she received her NY State License to practice Massage Therapy.

Laura discovered yoga many years ago and became an avid practitioner, trying out the many different varieties and settling on the challenging Vinyasa which she enjoys the most. As a mother of two young kids, Laura has been instrumental in nurturing their interest in yoga and her curiosity about it drew her to Karma Kids Yoga which trains Yogis to become teachers for children. She is ready to impart her knowledge of yoga to children in a way that makes it accessible, fun and interesting.

Drawing Cartoons With Mr. O

NEW!

Day: Wednesday 3-4

Grades: 4-6

Instructor: Mr. Eddie Orłowski

In this program, your child will learn how to create their own comic book and cartoon characters that can be used to create their own unique, exciting stories. This class will give your child the ability and the confidence to break down the world around them into simplified shapes and angles and then build up from that foundation to create highly detailed works of art. Along the way, students will learn about some of the most exciting contemporary artists and illustrators at work today. With a little bit of hard work your child can master form and expression but most of all have fun expressing themselves in their own cartoon universe.

This course is taught by our very own Mr. O! Ed Orłowski studied figure drawing, oil and acrylic painting, Italian Renaissance art and the Italian language at Nassau Community College. He continued his studies with advanced classes in studio art, art history, and Italian at CUNY Hunter College, where he completed his Bachelor's Degree in Art History. He would go on to earn his Master's in Art Business from Sotheby's Institute of Art. He has completed a number of artworks for personal commission as well as seasonal storefronts for local businesses. Mr. O has been with Garden School's summer camp September for several years and joined us art teacher in ber 2020.



Swimming



Special 6 week course starting September 8, 2021!

Grades K-1st: Monday 3:00-4:00

Grades 4th-5th: Monday 4:00-5:00

Grades 2nd-3rd: Tuesday 3:00-4:00

Grade 6: Tuesday 4:00-5:00

Grade 7: Wednesday 3:00-4:00

Grade 8: Wednesday 4:00-5:00

Take advantage of the last few weeks of warm weather and join us for a swim! One of our most popular attractions, we now offer swim lessons at Garden School's very own pool! Whether you are brushing up on your breaststroke skills or just learning to blow bubbles and kick, this new Foundations class will bring fun, excitement and a look towards next summer's warm thoughts before heading into winter weather. The majority of the class will be lessons given by our wonderful lifeguard staff with time to spare to have free swim and have fun with our friends. Don't miss out on this new and wonderful opportunity to have fun and get ready for Garden Camp 2022!



Chess

Grades 1st-3rd: Thursday 4:00-5:00

There is a significant body of research that shows the effect of chess on brain development. Students can apply chess to problem-solving skills.

In addition, chess is an academic performance booster as well as a universal “language” for people from different backgrounds – it is a perfect After-School pursuit for Garden School students! All level students are welcome.

This course is designed to introduce kindergarten and first grade students to chess. The students will learn about the chessboard, pieces, basic rules, special moves, introduction to tactics, strategy, & notation. The teaching method involves a hands-on approach in which the children learn by playing games, and solving chess puzzles. The children will be exposed to pattern recognition and spatial problem solving that help develop abstract thinking. This class will be both very entertaining and educational for the children, and will help nurture good sportsmanship and social skills.



Chess Level: Level 3 & 4 Intermediate & Advanced

Grades 4th-6th: Thursday 4:00-5:00



This course is designed for intermediate and advanced chess players who are already familiar with the fundamentals of chess.

The students will learn about tactics, openings principles, mid-game and end game strategy, introduction to chess tournament play, rules related to advanced play.

The teaching method involves a hands-on approach in which the students learn by playing games, and solving advanced chess puzzles. The students will be exposed to the tournament play experience necessary to engage in competitions.

This class is both entertaining and educational for the students, and helps nurture good sportsmanship, social skills, critical and strategic thinking, and helps students gain insight into the nature of competition through the analysis of one's games.

Grades 4th-6th: Thursday 4:00-5:00

Instructor: Beatriz Marinello. WIM (Woman International Master) and United States Chess Federation Life Master Beatriz Marinello moved to the United States from Chile in 1990.

In 2003, Ms. Marinello was elected U.S. Chess Federation's (USCF) President, which is the first and only time a woman has ever served in that capacity. She has established and runs numerous scholastic chess programs in New York City.

Soccer Clinic

PKFA-Wednesday 3:00-4:00

Core PK/K-Wednesday 4:00-5:00

Instructor: Mr. Johnny

Our very own Mr. Johnny will be teaching the basics of one of Garden School's favorite sports...soccer! Dribbling, Passing, shooting and goalkeeping will be just some of the skills students will build on. Have fun while building power, speed, and the agility needed to score big in the future...all while having fun!

Grades 1-3: TBA

Grades 4-6: TBA

Instructor: Mr. Cesar

Cesar Carvajal is a graduate of Garden School's Class of 2016 and is the assistant teacher in our Kindergarten class. He's been playing soccer since he could walk and captained the middle school and varsity teams during his time here at Garden. Cesar values the importance of core skills as the basis of any great soccer player. He will teach simple yet very important skills that are essential in every soccer match. His work with the kids will surely have them ready to follow in his footsteps with the Garden Griffins!



Fairytale Puppetry

Grades Core PK-K: Monday 3:00-4:00
Instructor: Mr. Will Steinberger



In this play-based puppetry class, students will collaboratively create an original short fairytale from found objects, simple arts and crafts supplies, and light and shadow. Students will also enjoy theater games, improvisation, ensemble-building and acting exercises to discover the joy of theatre, physical storytelling, collaboration and acting. Through games and exercises, students will have a great time as they learn cooperation, team building, storytelling and performance techniques while improving cognitive, emotional and social skills. This class is great for young students looking for structured play, confidence building games and silly fun with their peers.



Will Steinberger is thrilled to be joining the Garden School faculty this fall. He most recently taught K-3rd Drama at Blue School in Manhattan. Will has also taught at the Packer Collegiate Institute, Friends Seminary, The Spence School, Friends Select School, and Stages on the Sound. Will has directed at universities including Columbia, Neumann, Drexel and Fordham. His work as a director and producer has been featured in the *New York Times*, *Wall Street Journal*, *Philadelphia Inquirer*, *The Forward*, *WHYY*, *Philadelphia Weekly*, and *Philadelphia Magazine*

Improv Comedy Blitz

Grades 1st-3rd: Monday 4:00-5:00
Instructor: Mr. Will Steinberger



In this improvisation class, students will play classic improv games such as “Change the Channel,” “Park Bench,” “The Question Game,” “Party Quirks,” “Elevator,” “Late Co-Worker,” “Foreign Film Dub,” “Slide Show,” “Freeze,” “What Are You Doing?” and “Who Am I?” In later classes, students will create their own improvised scenes and share them with their classmates. The class focuses on the basics of improv and storytelling: who, what and where. Sessions will incorporate object mime work and exercises to specify physical gestures and storytelling. Each week, students will build an ensemble of supportive and collaborative comedians. This class is great for students looking for silly play, confidence-building games and comedic fun with their peers.



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Fun with Spanish

PKFA: Monday 3:00-4:00

Core PK/K: Wednesday 4:00-5:00

Instructor: Ms. Vanessa Trujillo



Hi! My name is Vanessa Trujillo. In this exciting class, students will learn to count from 1-20, identify and label colors and shapes as well as the alphabet in Spanish. Each week students will learn a welcome and goodbye song. Also students will learn to identify pictures and match words to English and Spanish translation.

Learn Spanish, make a new friend and add fun to your day...EASY AS UNO, DOS, TRES!

Ms. Vanessa Trujillo has been a teacher in Garden's school's PKFA program for two years. Also a Garden school parent, Ms. Vanessa has a Master's in special education in early childhood from Touro College.

Karate

Grades 1st-3rd: TBA
Grades 4th-6th: TBA



The **M'Keka Do (MKD) School of Karate-Kickboxing & Self-Defense** is a traditional, yet unique School, with roots in Kyokushin Karate as well as modern aspects of kickboxing, resulting in a well-rounded training style. Our style is also designed to be a method of self-defense.

M'Keka Do means **The Way of the Strong Foundation.**

We emphasize a strong foundation in conditioning, discipline, techniques and self-growth.

At every class, students develop physical strength and resilience, improved posture and flexibility, and heightened reflexes and timing. At the mental level, students cultivate a mental toughness and an "I can do this" attitude, self-control and discipline. Our training encompasses the art of never giving up and that goes beyond the dojo floor. Our training also nurtures spiritual awareness and being centered.

Our Mission

- Providing the best martial arts and fitness classes to children, teens and adults.
- Instilling discipline, self-esteem, assertiveness, respect for oneself and for others, honor & integrity and responsibility.



Our Values

Our school is based on, encourages and inculcates these values:

- | | | |
|---------------------|------------------|-------------|
| - Discipline | - Respect | - |
| Assertiveness | | |
| - Honor & integrity | - Responsibility | - Listening |
| - Caring | - Courtesy | - Passion |

The Garden School Dance Program

All classes are taught by Kim Hayes ("Ms. Kim"), who has been dancing for over 30 years and teaching students of all ages for more than 20 years. She is trained in ballet, jazz, tap, modern, hip-hop, and acrobatics. Ms. Kim is an assistant teacher here at Garden School as well as our After School coordinator.

Dance class students will perform a recital at the end of the school year.

About Skill Levels: All grade ranges for dance classes are only suggested grades, as skill level really determines which class any student should take. At the time of registration, Ms. Kim will confirm all students' appropriate class levels for both new students and returning dancers. If a change is required or recommended, she will notify you immediately to suggest the best placement for your child.

A Note on What to wear: Leotards with tights or close fitting leggings and shirts are suggested for all dance classes. Children should have jazz oxfords or sneakers for acrobatics and hip hop, ballet slippers for ballet and **MUST** have tap shoes for tap. If you have any questions about where to buy dance clothing or shoes, please contact Ms. Kim.

Ms. Kim will purchase costumes as the recital nears at the cost of \$50 per class.



Garden School Music Conservatory

The Music Conservatory is an ideal way for your child to discover an instrument of choice that suits his or her own unique talents. Professional musicians provide individual instruction for students in Garden School's upper and lower divisions.

- Private instruction for K and up—30-minute lessons, 25 weeks at \$700.
- Private instruction for grades 3 and up—45-minute lessons, 25 weeks at \$800.
- Private instruction for more advanced students—60-minute lessons, 25 at \$900.

bass

voice

drums

electric bass

piano

percussion

guitar



Each lesson involves music technique, sheet music reading, and learning and practicing songs. At-home practice is necessary.

Please note that it is the responsibility of each student to attend his or her scheduled lesson. Missed lessons cannot be made up.

In the event of a teacher's absence, parents and students will be notified immediately and an experienced substitute will fill in for the lesson. Any class that cannot be scheduled in this way will be added to the end of the lesson period.

All Conservatory students are invited to perform in the Annual Spring Music Recital at the end of the school year!

Please contact Ms. Kim for more information!

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4:00–5:00	Swimming (4th/5th)
3:00–4:00	Fairytale Puppets (Core PK/K)
4:00–5:00	Improv Comedy Blitz (1st–3rd)
3:00–4:00	Fun with Spanish (PKFA)

Tuesday

3:00–4:00	Contemporary Dance (1st–3rd)
4:00–5:00	Contemporary Dance (4th–6th)
3:00–4:00	Swimming (2nd/3rd)
4:00–5:00	Swimming (6th Grade)
3:00–4:00	Yoga (Core PK/K)
4:00–5:00	Yoga (1st–3rd)

Wednesday

3:00–4:00	Tap (Core PK/K)
4:00–5:00	Tap (2nd–3rd)
3:00–4:00	Fun with Spanish (Core PK/K)
3:00–4:00	Soccer w/ Mr. Johnny (Core PK/K)
3:00–4:00	Swimming (7th Grade)
4:00–5:00	Swimming (8th Grade)
3:00–4:00	Cartoons with Mr. O.

Thursday

3:00–4:00	Acro/Hip Hop combo (1st–3rd)
4:00–5:00	Hip Hop (4th–6th)
3:00–4:00	Chess (1st–3rd)
4:00–5:00	Chess (4th–6th)

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**The schedule for soccer with Mr. Cesar and Karate will be announced soon! Thanks so much!*



AFTERNOONS AT GARDEN SCHOOL REGISTRATION FORM

Please complete this form with your choices for your child(ren). Return completed form(s) and payment (cash or check payable to Garden School) to the main office or by mail. Credit card payments can be processed in person or by phone: 718-335-6363.

Student Information:

Name(s)/Grade(s): _____

Name(s)/Grade(s): _____

Address: _____

City/State/Zip: _____

Phone number: _____

E-mail of parent/guardian: _____

Emergency contact/phone: _____

Parent/Guardian's signature: _____

Selections

I wish to enroll my child(ren) in the AFTER-SCHOOL PROGRAM for the hours of _____ at the yearly/per-family rate of \$____.

Foundations & Music Conservatory

Foundations Courses: \$350 for the first course and \$300 for each additional course. If enrolled full-time in the After-School Program, \$320 for the first course and \$280 for each additional course.

Student(s) Information

Name(s)/Grade(s): _____

Name(s)/Grade(s): _____

Phone number: _____

E-mail of parent/guardian: _____

Emergency contact/phone: _____

I wish to enroll my child(ren) in the following **FOUNDATIONS COURSES:**

COURSE: _____

DAY/TIME: _____ FEE: _____

COURSE: _____

DAY/TIME: _____ FEE: _____

COURSE: _____

DAY/TIME: _____ FEE: _____

I wish to enroll my child(ren) in the **GARDEN SCHOOL MUSIC CONSERVATORY: 30 min. \$700, 45 min. \$800 or 60 min. \$900** _____

Instrument: _____

Preferred day: _____ FEE: _____

Instrument: _____

Preferred day: _____ FEE: _____

Do not complete below this line. For office use only.

Total Payment Enclosed \$ _____

Cash/Check/Credit Card (circle one)



All After-School programs are supervised by our After School Coordinator
Ms. Kim Hayes
(khayes@gardenschool.org)

Garden School

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