COLONIAL SCHOOL
COMMUNITY FIRST SOLUTIONS

# Extracurricular
## CORE DEVELOPMENT

**We believe that your child develops both inside and outside the classroom**—*which is why we offer a variety of after school programs to further enrich their experience. We have adopted a CORE Wellness philosophy—we believe that fulfilling physical, spiritual and social needs is essential to the core of every person. Our CORE Development programs promote this philosophy from an early age; offering your child exciting ways to exercise, engage with others and reach a sense of pride and purpose in their talents.*

**Dance**

*This class will introduce and build a love for dance, discover movement as a form of self-expression, master basic developmental skills, get comfortable with standard classroom etiquette and introduce musical awareness skills. Students will learn through repetition and imitation. Other areas of focus will include body awareness, large & fine motor skills, coordination & balance skills and group participation. This high energy 30 minute class teaches rhythm, through age-appropriate movements set to fun upbeat music.*

**Session 1 | Mondays, September 14 – October 19**
**Session 2 | Mondays, November 2 – December 14**
**Session 3 | Mondays, January 4 – February 22**
**Session 4 | Mondays, March 8 – April 19**
**6 week session: $65, 12:00-12:30 p.m.**

**Taekwondo**

*Taekwondo is the perfect martial arts class for preschool children. It combines fitness and focus, strength, coordination and self-discipline. Instructors from Hamilton Fairfield Tae Kwon Do will assist children with kicks, punches and blocks. Children will feel a sense of achievement as they earn colored belts as they master additional skills.*

**Session 1 | Tuesdays, September 15 – October 20**
**Session 2 | Tuesdays, November 3 – December 15**
**Session 3 | Tuesdays, January 12 – February 23**
**Session 4 | Tuesdays, March 9 – April 20**
**6 week session: $65, 12:00-12:30 p.m.**

**Soccer Shots**

*Soccer is the most popular sport for boys and girls in America today, and is an excellent source of physical activity and development of healthy habits. Through the activities and games we play, your child's character and attitude will be challenged and molded positively as they are taught elements of teamwork, sharing, communication and respect. Not to mention, it's a lot of fun!*

**Session 1 |Wednesdays, September 16 – October 21**
**Session 2 | Wednesdays, November 4 – December 16**
**Session 3 | Wednesdays, January 13 – February 24**
**Session 4 | Wednesdays, March 10 – April 21**
**6 week session: $65, 12:00-12:30 p.m.**

**Tumbling**

*This class is specifically designed for a new tumbler who is just beginning their tumbling career! Children will be learning cartwheels, forward and backward rolls, bridges and basic skills. They will begin the class by stretching followed by a short warm up that introduces them to the body positions they will be using throughout the class. Basic tumbling skills teaches flexibility, coordination, strength and builds self-esteem! Gold medal here we come!*

**Session 1 |Wednesdays, September 16 – October 21**
**Session 2 | Wednesdays, November 4 – December 16**
**Session 3 | Wednesdays, January 13 – February 24**
**Session 4 | Wednesdays, March 10 – April 21**
**6 week session: $65, 12:00-12:30 p.m.**

****Depending on enrollment, there may be two sessions.*

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# REGISTRATION

*Child's Name:* _____ *Age:* _____

*Address:* _____

*Parent's Name:* _____

*Parent's Address:* _____

*Phone Number:* _____ *Email Address:* _____

*Parent Signature:* _____ *Date:* _____

| CLASS | SESSION |
|---|---|
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| | |

**PAYMENT:** **_____Total due**

_____☐_____ *Cash* _____☐_____ *Check payable to Colonial School* _____☐_____ *Bill Me*

*Minimum participation for a class is four children. Payment must accompany registration form. A full refund will be given if a session is cancelled due to minimum participation. Missed classes will not be made up. You will receive a Class Dojo message confirming your registration.*

**Please return completed registration form and payment to the School office.**