



Fall Session A Enrichment Class Descriptions

Culinary Dude Cooking Class: 8/25/21 to 10/13/21

Grade Level: KINDERGARTEN – 5TH GRADE

Time: 2:45PM – 3:45PM

Days: Wednesday

Program Rate: \$280/8 classes

Description: Roll up your sleeves, sharpen your knife and get ready for recipes that tantalize the senses and taste buds! **This is a hands-on class.** We are a business focused on hands-on culinary education, fun, health, safety, nutrition, and teamwork in and outside the kitchen. Our background in both culinary arts and education has led us to having a superb track record and impressive list of clients which clearly speaks to our ability to engage students of all ages in the best cooking classes & camps in the Bay Area! The Culinary Dude's goal is simple and meaningful: Empower our students with the kitchen skills to become self-sufficient and make healthy choices for themselves, their families, and their future.

Portuguese Futbol Academy: 8/27/21 to 10/13/21

Days: Mondays & Wednesdays

Grade Level: K-5th grade

Kindergarten: 2:00PM – 2:45PM

1ST to 3RD Grade: 2:45PM-3:30PM

4TH – 5TH Grade: 3:30PM – 4:15PM

Program Rate: \$375/15 classes

Description: Our instructor Alek uses his Bachelor of Art in Psychology to combine technical work, fitness, and cognitive decision making to maximum his players' growth on and off the field. The goal for after school programs is to make your kid fall in love with the beautiful game using a open minded approach which leads players to be creative and reach their full potential. The program will focus on technical work implemented with fitness and cognitive decision making.

Awesome Kids Yoga - 8/23/21 to 10/11/21

Grade Levels: K-3rd grade

Duration: Every Monday

Grade Levels: K-3rd Grade

Kindergarten: 1:30PM – 2:30PM

1ST – 3RD GRADE: 2:45PM- 3:45PM

Program Rate: \$140/7 classes

Description: In these classes children will explore ways to take a more mindful approach to their world. We will focus on teaching traditional yoga poses, breathing exercises, meditation and relaxation techniques in a fun and playful way. Students learn important lessons in self-



awareness, self-control, positive thinking and self- esteem. Each class begins with a group discussion followed by yoga poses customized to a daily theme.

23 Elephants – 8/25/21 to 10/13/21

Grade Level: K-5

Duration: Every Wednesday

Time: 1:45pm – 3:45pm

Program Rate: \$480/8 classes

Description: 23 Elephants Theatre Company offers affordable, quality theatre education for all ages, backgrounds and experience levels, exceptional theatrical productions, and the creation of new work for both youth and adults with the goal of bringing together, challenging, inspiring and enriching the lives of the community.

Kid Dance Brigade – 8/27/21 to 10/15/21

Days: Friday

Grade levels: Kindergarten – 2nd grade youth

Time: 3:45PM – 5:00PM

Program Rate: \$200/8 classes

Description: The Kid Dance Brigade After School Program is dance party with fun and easy-to-follow dance routines to contemporary music, such as *Chihuahua*, *Fox*, and *Alexander Hamilton*. With the KDB After School Program, Mr. Tom guides children into creativity, collaboration, and self-confidence. Visit www.kiddancebrigade.com

North Bay Basketball: 8/24/21 to 10/14/21

Days: Tuesday & Thursday

Grade Level: K-2nd

Time: 1:45PM – 3:45PM

Kindergarten: 2:00PM – 2:30PM

1st to 2ND Grade: 2:45PM – 3:45PM

Program Rate: \$195 for 8 sessions, \$295 for 16 sessions

Description: Two-part instructional and recreational league. Sessions begin with practices that focus on fundamentals followed by games immediately after practice. Sessions will focus entirely on fundamentals with an emphasis on ballhandling, shooting, defensive / offensive footwork, rebounding, passing, etc. in a fun and competitive learning environment.

Children 4 Change: 9/2/21 to 10/21/21

Days: Thursday

Age Level: 8-13 years old

Time: 3:15PM – 4:45PM

Program Rate: \$260/8 classes

Description: Join like-minded young people who are passionate about big issues and inspired to make a change in the world! This enrichment program will energize students to see themselves as changemakers and take action that makes a real difference. Participants will play interactive



games, meet with field experts (elected officials, non-profit leaders, scientists, filmmakers, and more), and participate in powerful simulations as they learn about global issues and encourage action in their own community.

The program incorporates all the great elements of Children for Change, a service-learning club that grew up in the Ross Valley School District. Children for Change students learn about an issue (such as climate change, social justice, homelessness, or the environment) in a fun and engaging way and then inspire others to create change in their community through advocacy, youth philanthropy and service work. In addition to the after-school class, participants' families will have access to join in a Change for Good Weekend - a weekend full of service opportunities geared towards young families.

Play Well TEKnologies – LEGO Inspired Engineering Classes – 8/26/21 to 10/14/21

Grade levels: K-5th

Days: Thursday

Time: 2:45pm – 4:15pm

Program Rate: \$216/8 classes

Description: At Play-Well TEKnologies, we know that kids are already naturally gifted creators. What we strive to provide is an environment where students can create without fear of mistakes, explore fundamental STEM concepts through play, and express their creativity in ways they never thought possible. Let your imagination run wild with tens of thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas.