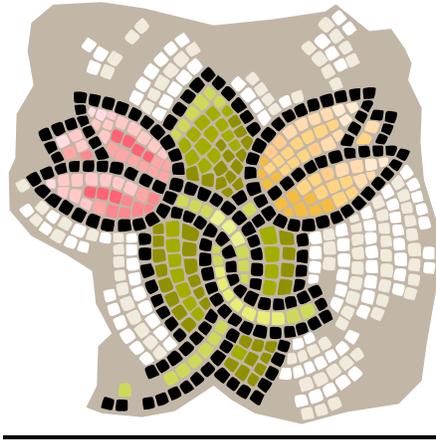


**After School Activities Program  
ASAP  
Spring Course Selections**

\*Please note this document is four pages.



**Course Name:** Yoga

**Day and Time:** Mondays, 2:55 – 3:55p.m.

**Teacher:** Mr. Lee DiGristina

**Location:** Gym

**Course Description:** Come learn the basics of Yoga! This class will offer extremely descriptive details of the asanas (poses), and give students the chance to experience and practice the many benefits of yoga. Mr. DiGristina has been practicing yoga for over six years and is currently enrolled in a 200 hour yoga teacher training program

**Maximum enrollment = 15 students**

**Class fee = \$25**

**Course Name:** Arts and Crafts, Mixed Materials

**Day and Time:** Mondays (Memorial Day Holiday will be made up on Tuesday, May 31st), 2:55 – 3:55p.m.

**Location:** Room 225

**Teachers:** Ms. Laura-Kay Cosenza

Using mixed media, we'll have fun creating a new spring craft each week. We'll make a project with recycled materials, paints, and new items. Example; a bird house or feeder, flowers and a flower pot, etc... Come create with us and bring home a project a week! (Monday class missed for Memorial Day will be held Tuesday, May 31st)

**Maximum enrollment = 10 students**

**Class fee = \$25**

**Course Name:** Spring Watercolors and Drawing

**Day and Time:** Wednesdays, 2:55 – 3:55p.m.

**Teacher:** Ms. Laura-Kay Cosenza

**Location:** 225

**Course Description:** Let's explore watercolor painting of spring subjects, (outside, weather permitting.) We will go outside to draw flowers, birds, trees and other landscapes from around our school grounds. You will then complete your chosen subject by painting with watercolors.

**Maximum enrollment = 10 students**

**Class fee = \$25**

**Course Name:** Volleyball

**Day and Time:** Wednesdays, 2:55 – 3:55p.m.

**Teachers:** Ms. Teri Rocci-McGorty and Ms. Diane Dixon

**Locations:** Gym

**Course Description:** Come join in the fun with a group of friends and/or make some more. We have fun playing the traditional game as well as other forms of the game. (PLEASE WEAR SNEAKERS.)

**Class fee = \$25**

**Maximum number of students = 20**

**Course Name:** Genius Hour

**Day and Time:** Wednesdays, 2:55 – 3:55p.m.

**Teacher:** Ms. Jessi Walsh and Ms. Jillian O'Connor

**Location:** 221

**Course Description:** Did you know that Google employees are allowed to spend a chunk of time at work exploring their own ideas, skills, or passions? Do YOU want to spend some time exploring an interest or a passion you have but may never get a chance to try out? Join us on Wednesdays to get creative and try something new! All students will be able to choose their OWN path for their genius hour, and collaborate with other students when needed. Let's see what we can come up with!

**Class fee = \$25**

**Course Name:** Running and Walking Club

**Day and Time:** Thursdays, 2:55 – 3:55p.m.

**Teacher:** Ms. Jessi Walsh and Ms. Diane Dixon

**Location:** Meet in main lobby – will use Field/Track

**Course Description:** Do you want to have fun, meet new friends, and get some exercise at the same time? Each week, we will get some exercise by moving our feet on the paths around Sherwood's fields. What a great way to enjoy the gorgeous spring weather! Make sure you have comfortable clothes and sneakers, a water bottle to keep you hydrated, and a positive attitude!

**Class fee = \$25**

**Course Name:** Outdoor Fun!

**Day and Time:** Thursdays, 2:55 – 3:55p.m.

**Teacher:** Ms. Janet Duggan and Ms. Caitlin Shaw

**Location:** Meet in room 102

**Course Description:** With spring coming up, take the opportunity to play outdoors. Do you like wiffle ball, kickball, obstacle courses, or other games? Then you will love this program! Here is an opportunity to be outside, participate in team challenges, and have fun!

*\*Students are required to wear sneakers for the activities*

**Class fee = \$25**