

# Heath Brook School After-School

## Art & Enrichment Program

### **Session 2 - THURSDAYS**

*\*\*\*Please note that some of the programs may have different start/end dates and times. Please review program descriptions for more information and all class details.*

#### **Sewing**

Fun with Sewing. This class is for all students; whether or not they've sewn before. Students will learn the basics, as well as things like how to sew in a zipper, all while making several fun projects over the 5-week program. Each semester has new/different projects. Each semester will include a stuffed animal/creature.

Program cost: \$65

Instructor: Diana DiMascio

Dates: 11/9, 11/16, 11/30, 12/14, 12/21

Time: 3:15-5:00 PM

**Minimum** 5 students; **maximum** 8 students

#### **Girls with Goals**

Are you a girl with goals? Then this program is for you! This empowering class is filled with fun theater games, art projects and discussions focusing on the amazing YOU! The topics covered include setting and accomplishing realistic goals, getting to know your own strengths, understanding what it means to be physically and mentally healthy, and developing an appreciation for oneself and one's body, all while increasing self-esteem and confidence!

Instructor: Girls Inc. of Greater Lowell

Program Cost: \$65.00

Dates: 11/9, 11/16, 11/30, 12/14, 12/21

Time: 3:15-4:15 PM

**Minimum** 5 students; **maximum** 13 students

## **Tournament of Champions**

### **HOLIDAY TOURNAMENT CHALLENGE**

#### **For Kids Grades K – 2**

In this action packed class, kids will participate in a variety of games, such as street hockey, soccer, football, dodgeball, basketball and many others. In addition to learning the fundamentals of these sports, we will have exciting discussions about current events in sports, good sportsmanship and understanding the cool statistics on sports cards. Each participant will receive a daily pack of cards.

**Games during this session will be themed in celebration of the holidays. Some find out how to play blizzard ball, holiday pickle, and many other themed favorites!** This program is open to both boys and girls. Come and play like a champion!

Program cost: \$75

Instructor: Sports Zone 101

Dates: 11/9, 11/16, 11/30, 12/14, 12/21

Time: 3:15-4:30 PM

**Minimum** 5 students; **maximum** 40 students

#### **Kid's Test Kitchen**

Kid's Test Kitchen is on a mission to inspire healthy eaters by providing young students the opportunity to cook, taste, and then teach families about nutrient-defense foods. Aspiring chefs meet for a series of classes and work as a team to prepare fun snacks, entrees and side items whose key ingredients are known to be really healthy for us! At the end of the class, participants receive the recipe or a sample of the finished recipe) and the main ingredient so they can cook with family and show off what they learned.

Program cost: \$ 100.00

Instructor: Kid's Test Kitchen

Dates: 11/9, 11/16, 11/30, 12/14, 12/21

Time: 3:15-4:30pm

Our minimum is 10 and the max is 15.