

# Trahan After-School

## Arts & Enrichment Program

### **Session 2 FALL 2018 - WEDNESDAYS**

11/7, 11/14, 11/28, 12/5, 12/12 (NO CLASS 11/21)

Please register on Community Pass at

<https://register.communitypass.net/TewksburyPublicSchools>

#### SEWING

New projects this year! Students will learn the basics of hand sewing and practice what they learn by making projects. Projects may include working with zippers, buttons or velcro as well as different types of material. Students will make several projects over the 5-week program including some type of stuffed project(stuffed animal or similar item). Students will be able to choose from several options for their stuffed project. Bonus projects will be available to students who complete the regular projects ahead of schedule. Repeat students are always welcome. **Please keep in mind, each session is different so if you did a previous class this one will be different than the last one.**

Program cost: \$85.00

Instructor: Diana DiMascio

Dates: 11/7, 11/14, 11/28, 12/5, 12/12 (NO CLASS 11/21)

Time: 3:15-5:00 PM

Minimum 5 students; maximum 8 students



#### KID'S TEST KITCHEN

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients! Each week, we'll work together to prepare fun snacks, entrées, and side items whose key ingredients are known to be really good for us! No matter the season - Kids' Test Kitchen has the perfect recipes in mind. At the end of class, your aspiring chef will receive the main ingredient and the recipe so that they can show off what they've learned! Each session arrives with fresh recipes and ideas to inspire your healthy eater! Kids have food allergies, but they shouldn't miss out on the fun. We know allergies and can work around them, making sure that everyone is having fun and staying safe. \*Please clearly disclose all food allergies and/or dietary restrictions upon registration. [www.facebook.com/kidstestkitchen/](http://www.facebook.com/kidstestkitchen/) **Please keep in mind, each session is different so if you did a previous class this one will be different than the last one.**

Program cost: \$ 110.00

Instructor: Kid's Test Kitchen

Dates: 11/7, 11/14, 11/28, 12/5, 12/12 (NO CLASS 11/21)

Time: 3:15-4:30pm

Our minimum is 8 and the max is 12.



Kids' Test Kitchen  
inspire healthy eaters



## **FALL TOURNAMENT OF CHAMPIONS**

In this action-packed class, kids will participate in a variety of games, such as street hockey, soccer, football, 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. If the weather is nice outside, this session will also allow for outdoor play! Each participant will receive a daily pack of cards. This program is open to both boys and girls. Come and play like a champion!

**Program cost: \$80.00**

**Instructor: Sports Zone 101**

**Dates: 11/7, 11/14, 11/28, 12/5, 12/12 (NO CLASS 11/21)**

**Time: 3:15-4:30 PM**

**Minimum 5 students; maximum 40 students**



## **YOUR VOICE: PUBLIC SPEAKING FOR KIDS**

Famously, Americans' number one fear is public speaking while death only ranks number two. If that's so, this profound fear probably starts at an early age. In our *Public Speaking* class, we take the fear out of speaking before an audience by getting kids talking in front of a supportive group about things in which they are interested. They write speeches on subjects of their choice and practice delivering them to the assembled students. As the kids practice in this low-pressure environment, they learn skills like standing up tall, using a loud voice and making eye contact. We also watch famous and not-so-famous public speakers and critique what is successful and unsuccessful in their deliveries. The class concludes with students creating a TV news broadcast in which they serve as anchors.

See a full curriculum preview: <http://www.rightbraincurriculum.com/>

**Program cost: \$115.00**

**Instructor: Right Brain Curriculum**

**Dates: 11/7, 11/14, 11/28, 12/5, 12/12 (NO CLASS 11/21)**

**Time: 3:15-4:45pm**

**Our minimum is 10.**



## **GIRLS INC. OPERATION S.M.A.R.T. (THIS CLASS IS FOR BOYS AND GIRLS)**

Both boys and girls will enjoy the world of S.T.E.M., get messy, and expand their minds through exploration in our Operation SMART program! This science, technology, engineering, and math program offers students engaging, hands-on science activities that promote STEM skills development in areas such as the engineer design process, chemistry, biology, dissection, and more.

**Program cost: \$65 (PRICE DISCOUNTED THANKS TO A GRANT FROM GIRLS INC., THE CUMMINGS FOUNDATION, AND EASTERN BANK FOUNDATION.)**

**Instructor: Girls Inc. of Greater Lowell**

**Dates: 11/7, 11/14, 11/28, 12/5, 12/12 (NO CLASS 11/21)**

**Time: 3:15-4:15 PM**

**Minimum 5 students; maximum 13 students**



