



Harbor Country Day School
Embracing the extraordinary in every child.™

After School Clubs Spring 2022



"Harbor cherishes childhood, cultivates wonder
and inspires confident learners and leaders"

(631) 584-5555

www.hcdsny.org

After School Activities

Spring 2022

Please complete and return by April 7, 2022

Student name: _____

Grade: _____

Activity or activities: _____

Payment amount: _____

Parent Email: _____

Emergency Contact Information:

Name: _____

Phone number: _____

Name: _____

Phone Number: _____

****Please note, late sign-ups may result in the club not being able to run****

After School Activities Program

Spring 2022

- Our Spring 2022 session begins the week of April 11.
- Student absences cannot be made up or refunded. In the event of a school closure due to inclement weather, or a program teacher's absence, one make-up class will be held at the end of the session.
- At 3:25 pm, Kindergarten-8th grade students will be offered a snack provided by the program. At 3:45 p.m., students will be picked up by the club's presenter and escorted to their club classroom.
- Parent pick-up for Kindergarten-8th grade students is at 4:30 p.m. or 4:45 p.m. (depending on the club) in the front of the school.
- **If students go into After School Child Care after the club, After Care rates will apply.**
- Preschool clubs will begin at 2:55 p.m. and end at 3:25 p.m. Parent pick-up is at the 3:25 p.m. dismissal time.
- **Preschoolers who use After School Child Care on the same day they attend a club are subject to the appropriate After School Child Care fee.**
- If a club is canceled, parents will be notified by the club's presenter (if he/she is a Harbor faculty member) or by Mrs. Bingham. The date for rescheduling will be given at that time.
- No club refunds are permitted, but students may apply a credit to switch to another club running during the same trimester.

The cost for each school-aged club (K-8th grade) is \$300, unless otherwise noted. Preschool clubs are \$150 and run from 2:55 p.m. to 3:25 p.m. Some clubs may have a materials fee. Please make checks payable to *Harbor Country Day School*.

If you have any questions, please contact Casey Bingham at cbingham@hcdsny.org.

Clubs

Yoga Stars:

Instructor: TC Diamond

Dates: 4/14, 4/28, 5/5, 5/12, 5/19, 5/26

Time: 3:30 p.m. - 4:30 p.m.

Grades: K-8

Participants will learn yoga poses, breathing, and relaxation exercises. These practices will help cultivate a calm mind, increase strength and flexibility, improve gross and fine motor skills, improve concentration, and help them understand how to identify and manage emotions and feelings. We will begin to work on "I feel" and "I am" statements and meditation practices to help build a calm and confident mind and body.

**** Minimum of 5 students signed up in order to run****



Yogatots:

Instructor: TC Diamond

Dates: 4/14, 4/28, 5/5, 5/12, 5/19, 5/26

Time: 2:55 p.m. - 3:25 p.m.

Grades: Preschool 3s and 4s

An educational program that combines experimental exploration of the body, mind, and self with the exercise practice of yoga to support and enhance the health, development, and learning of young children. Yoga education at this age helps children to be learning-ready, physically fit, aware of self and others, and to develop coordination and confidence.

**** Minimum of 5 students signed up in order to run****

Sports Club



Instructor: Ralph Pepe

Dates: 4/13, 5/4, 5/11, 5/18, 5/25, 6/1

Time: 3:45 p.m. - 4:45 p.m.

Grades: 5-8

**** Minimum of 8 students signed up in order to run****

Each week will explore a new sport that could potentially become an interscholastic sport in the future. We will continue to build on our passing, defense, communication, and teamwork skills that we worked on in soccer and basketball. Some of the new sports we will try will include the following: flag football, ultimate frisbee, street hockey, and volleyball.

Note These activities will take place outside, but may be canceled due to weather. In the event of inclement weather, that week's session will be made up on the following Friday.*

Cookie Club Jr.

Instructor: April Bier

Dates: 4/29, 5/6, 5/20, 6/3

Time: 2:55-3:25

Grades: Preschool 3s and 4s

Come check out the Cookie Club Jr. for Preschool 3s and 4s. Our youngest chefs will learn how to make easy sweet and savory treats. Students will be introduced to the idea of measurement and the science of baking. Please advise upon enrolling if your child has had any food restrictions.

**** Minimum of 4 students signed up in order to run****



Cookie Club

Instructor: April Bier

Dates: 4/29, 5/6, 5/20, 6/3

Time: 3:30-4:30

Grades: K-8th

Cost: \$200 (4 sessions)

Come check out The Cookie Club, taking students further into culinary adventures. Build on your skills or join anew. During this workshop, you will learn how to make many sweet and savory treats. In addition to baking techniques, you will learn how math and science apply to baking. Please advise if your student has had any changes in food restrictions.

**** Minimum of 4 students signed up in order to run****