

**TRURO CENTRAL SCHOOL  
AFTER SCHOOL ACTIVITIES  
FALL 2018**

**Attached is a list of the available classes for After School Activities Fall 2018. The Fall Session will begin the week of October 15, 2018 for 8 weeks (unless otherwise noted)and all classes run from 3-4PM.**

**The procedure for sign up is as follows:**

**\*Choose the class(es) in which your child(ren) would like to participate, fill out the attached sign up form, sign the attached permission slip and return to school with your payment(please make out checks to Truro After School Activities ). Children will not be permitted to stay for the first class if payment has not been received. Financial assistance is available upon request.**

**Let's sign up for lots of classes and have a great time!!!!**

**Please feel free to contact me with any questions,**

**Heather Harper  
school: 508-487-1558x203  
email: harperh@truromass.org**

## AFTER SCHOOL ACTIVITIES CLASS SCHEDULE

Fall 2018

Classes will begin the week of October 15, 2018 unless otherwise indicated

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### MONDAYS

FLOOR HOCKEY

INSTRUCTOR: MEGAN O'LEARY

GRADES: 3-6

Learn about the game and have fun!!!!

COST: \$40.00

8 WEEKS

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### MONDAYS

CRAFT AND CREATE

INSTRUCTOR: STACEY KLIMKOSKY

GRADES: K-6

Get ready to create a pile of presents that are ready for giving!! Each week we will make at least one handmade item which will be collected as we work. We will use items from nature, recyclables and more. At the last class, we will have a wrapping party and each student will go home with a bag of their creations just in time for Winter celebrations!!

COST: \$50.00

8 WEEKS

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### TUESDAYS

THE UNIVERSE IN A NUTSHELL- INTRODUCTION TO ASTRONOMY

INSTRUCTOR: TRESSA LYONNE

GRADES: 3-6

Our universe offers so much to explore! We'll start with what's most familiar, our planet and solar system, then move on to stars and galaxies and the equipment used to observe them. We'll use simple experiments to better understand complicated processes, but most of all, we'll have some fun!

COST: \$55.00

8 WEEKS

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WEDNESDAYS  
READER'S THEATER

INSTRUCTOR: LINDSEY WHITE

GRADES: 1-3

Come join Reader's Theater!! Act out short fables and fairy tales. We will make puppets, masks and small props!!

COST: \$40.00

8 WEEKS

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WEDNESDAYS  
UKULELE AND XYLOPHONE

INSTRUCTOR: DANA AYERS

GRADES: 1-6

Students will have the opportunity to play rhythms, melodies, and songs together on the xylophones and ukuleles.

Instruments: Instruments that we have in the music room will be available to use during class, but not to take home.

COST: \$40.00

8 WEEKS

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THURSDAYS  
CAPOEIRA  
GRADES: K-6

INSTRUCTOR: ANDRE LIMA

Capoeira is a fantastic opportunity for kids to be exposed to a unique blend of martial arts, music, culture and camaraderie. Capoeira involves movement utilizing the entire body developing strength, coordination and flexibility. Kids also get a chance to play traditional Capoeira instruments and learn to sing traditional Capoeira songs in Portuguese.

"Children of all ages can benefit from the fun and friendly atmosphere that not only provides a challenging aerobic and acrobatic workout, but also helps kids develop their confidence and self esteem."

Andre Lima has been practicing CAPOEIRA for fourteen years under the supervision of Master Kinha from Capoeira Besouro Hawaii. He is the founder of Capoeira Besouro Cape Cod teaching after school programs for three years.

COST: \$40.00

8 WEEKS

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THURSDAYS  
YOGA  
GRADES K-3

INSTRUCTOR: CHELSEY PRICE

The class will be a combination of activities involving yoga poses, games ,songs, dancing and always ending the class with a guided meditation. Children will learn all the amazing benefits of yoga as they grow, glow and flow.

COST: \$40.00

8 WEEKS

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THURSDAYS  
CLAY FOR KIDS

INSTRUCTOR: DAVID WRIGHT

GRADES: 1-6

Explore the fine art of creating beautiful art pieces in clay.

COST: \$65.00

8 WEEKS

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Truro Central School is an Affirmative Action Employer and we are committed to ensuring that all of our programs and facilities are accessible to all members of the public. We do not discriminate on the basis of age, color, disability, national origin, race, religion, gender, gender identity or sexual orientation