



NCE | ELEMENTARY PROGRAMS

Needham Community Education



Fall 2018 After School Enrichment Programs

Your child won't want to miss out on the fun!

There are enrichment classes at each school that will appeal to your child. Evening classes are also available!

These fun and engaging workshops, taught by Needham Public Schools staff and other qualified professionals, enable students to extend their learning beyond the classroom in a relaxed environment.

**Registration opens at 7:00am, September 18th.
Classes begin October 15th.**

Important Registration Information

Registration begins at 7:00am on Tuesday, September 18th.

Registrations will be taken online* through SchoolPay:
<https://www.schoolpay.com/link/NCEFall18>

* *Scholarship registrations cannot be taken online. Please contact NCE for assistance at 781-455-0400 (option 5).*

SchoolPay: Please note that you will NOT be able to use your child's Nutrition Services SchoolPay account to register and/or pay for NCE classes. The NCE Elementary catalog and related emails will include a direct link to the NCE Elementary registration page on SchoolPay, where you will then be prompted to complete all required information and checkout (*without using your child's student account*). We apologize for this inconvenience, but the student accounts do not enable NCE to capture all of the information we need for each student.

Please note that some classes fill quickly. Registrations are taken on a first-come, first-served basis. Register early to avoid being closed out.

Wait List: If you would like to add your child to a wait list for a full class, please email Carolyn Colonna, NCE Program Director, at carolyn_colonna@needham.k12.ma.us. Include the class name, class location, your child's name and your best daytime phone number. If a spot becomes available, you will be contacted right away.

Classes may be cancelled by NCE due to low enrollment, so please register early. Classes cancelled by NCE will be refunded in full. Refunds will be made by check from the Town of Needham and may take up to three weeks.

Registration deadline is Thursday, October 4th, or until classes fill.

Confirmations: Upon registration, you will receive a confirmation email from SchoolPay. Your child is confirmed in the class upon receipt. If you don't receive your receipt, please check your SPAM folder. NCE will be happy to assist if the receipt cannot be located.

Scholarship assistance is available. Students who qualify for free or reduced lunch may take one class per session with NCE at a reduced price. Scholarship registrations cannot be taken online. Please contact NCE for assistance at: 781-455-0400 (option 5).

Withdrawal Policy: There are no refunds for withdrawals once a registration has been completed. There will be a \$20 administrative fee assessed for all requested changes to original registrations.

Needham Public Schools

Superintendent

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Needham School Committee

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Needham Non-Discrimination Policy

The Needham Public Schools do not discriminate on the basis of race, color, sex, sexual orientation, gender identity, religion, disability, age, active military/veteran status, ancestry, genetic information or national or ethnic origin in the administration of its educational policies, and other administered programs and activities. In addition, students who are homeless or of limited English-speaking ability are protected from discrimination in accessing the course of study and other opportunities available through schools.

Needham Community Education

Needham Community Education (NCE) is an office of the Needham Public Schools and combines a number of out-of-school time programs into one administrative office. Programs are self-sustaining and include elementary and middle school after school programs, Adult Education, Summer Explorations and other summer programs, Kindergarten Enrichment (KASE) and more. We hope to provide quality lifelong learning experiences that are accessible to children, teens and adults. We seek to offer interesting educational, cultural, and skill-building classes at a reasonable cost.

Contact Information:

Needham Community Education (NCE)
School Administration Building, 1st Floor
1330 Highland Avenue, Needham, MA 02492

Phone: 781-455-0400 (option 5)

Fax: 781-455-0417

Web: www.needham.k12.ma.us/community_ed

Office Hours: 8:00am–4:00pm, Monday–Friday

The catalog cover art is artwork that was created by an NCE student in the NCE Young Rembrandts Drawing class from 2017–2018.



Important Program Information

NCE Elementary programs are open to all students.

Are there special considerations we should know about so that your child will have a positive experience in the program? If so, please list them in the designated areas of the online registration form.

Note: NCE Elementary instructors and staff have no access to IEPs.

Please note that no nurse will be on duty during NCE Elementary programs,

and staff members have no access to medications, including EpiPens and inhalers. If your child requires an EpiPen, please deliver an EpiPen and a copy of your child's Allergy Action Plan to the NCE Elementary On-Site Coordinator on the first day of the program. If these items are not provided, staff will call 911 in the event of an apparent allergic reaction. If your child will be bringing their inhaler, please provide the On-Site Coordinator with a note indicating 1) that your child can self-administer and 2) that you have provided the school nurse with a copy of the medical order for the inhaler.

Behavior Policy:

We expect our students to follow their teacher's instructions and to treat each other and staff with respect. If your child does not meet these expectations we will communicate with you to discuss the behavior. If your child's behavior does not improve, we will ask you to withdraw your child from the class and no refund will be given. If your child exhibits threatening behavior toward others in the class, they will be withdrawn immediately and no refund will be given. All school policies outlined in the school Student Handbook apply to NCE Elementary classes.

Notify your child's classroom teacher:

Please send a note to your child's classroom/KASE teacher, letting them know that your child will be staying after school to attend their NCE class.

For students in NEDP:

Students enrolled in NEDP may also register for NCE Elementary programs. They will be escorted back to NEDP at the end of their class. *Note: Please provide NEDP with a Dismissal Change Form to notify NEDP that your child will be attending their NCE class and returning to NEDP upon its conclusion.*

Absences:

For the safety of our students, if your child attends school but does not plan to attend their after school class, please be sure to send a note or call your child's school.

Snacks:

Students are encouraged to bring a nut-free snack to eat prior to the start of their class.

Inclement Weather:

If the Needham Public Schools are closed or released early due to inclement weather, after-school and evening classes will be cancelled. Make-up classes will be scheduled if possible.

Afternoon classes begin at the end of the school day. Students are dismissed to the designated NCE waiting area of their school, where they are supervised by the NCE On-Site Coordinator until the instructor arrives to escort the students to their classroom.

For students arriving from other schools:

If you arrive after 2:55pm (3:20pm at Newman), please enter through the main entrance and have your child go directly to the classroom (the front office staff can direct you).

No transportation is provided between schools or home for NCE Elementary program participants.

Dismissal:

The NCE On-Site Coordinator will dismiss children from the front lobby. Children will not be permitted to leave on their own or with anyone other than their parent/guardian unless the On-Site Coordinator has been notified. Please pick up your child promptly.

Prompt pick-up:

If you are delayed, there is a 5-minute grace period before late charges begin. Delays beyond 5 minutes will result in a charge of \$2/each additional 5-minute period that the On-Site Coordinator remains with your child. Needham Community Education will bill you for these charges.



Contact Us:

If you have any questions regarding registration, please feel free to contact:
Carolyn Colonna, NCE Elementary Program Director
Needham Community Education Office
781-455-0400 (option 5)
carolyn_colonna@needham.k12.ma.us

NCE ELEMENTARY – 2018 | Fall | Week at a Glance

- Your child may take a class at any school, but NCE does not provide transportation.
- No classes on school vacation days. No afternoon classes on early release days.

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
BROADMEADOW 2:55–3:55pm	Soccer and More (Gr. 1–2) Soccer and More (Gr. 3–5) 10/15–12/10 (no class 11/12)	Wicked Cool: Superhero Science (Gr. 1–3) 10/30–12/11 (no class 11/20) Chess (Gr. 1–5) 10/16–12/11 (no class 11/20)	Acting Workshop with Watertown Children’s Theatre: Crazy Characters (Gr. K–2) 10/17–12/12 (no class 11/21) Young Rembrandts: Drawing (Gr. 1–5) <i>All new projects. Returning students welcome!</i> 10/17–12/12 (no class 11/21)	Einstein’s Workshop: 3D Printing and Design with BlocksCAD (Gr. 3–5) 10/18–12/13 (no class 10/25, 11/22)
ELIOT 2:55–3:55pm	Einstein’s Workshop: Robotics and Programming with LEGO WeDo (Gr. 1–3) 10/15–12/10 (no class 11/12)	Acting Workshop with Watertown Children’s Theatre: Crazy Characters (Gr. K–2) 10/16–12/11 (no class 11/20) Chess (Gr. 1–5) 10/16–12/11 (no class 11/20)	Wicked Cool: Superhero Science (Gr. 1–3) 10/31–12/12 (no class 11/21) Empow: Stop-Motion Animation (Gr. 3–5) 10/17–12/12 (no class 11/21)	Soccer and More (Gr. 1–2) 10/18–12/13 (no class 10/25, 11/22) Fun Fitness: Endurance, Agility and Teamwork (Gr. 3–5) 10/18–12/13 (no class 10/25, 11/22)
HILLSIDE 2:55–3:55pm	Chess (Gr. 1–5) 10/15–12/10 (no class 11/12)	Fun and Games (Gr. K–2) 10/16–12/11 (no class 11/20) Clay and Mixed Media (Gr. 1–5) 10/16–12/11 (no class 11/20)	Global Child: Mandarin (Gr. K–3) 10/17–12/12 (no class 11/21) Einstein’s Workshop: 3D Printing and Design with BlocksCAD (Gr. 3–5) 10/17–12/12 (no class 11/21)	Wicked Cool: Superhero Science (Gr. 1–3) 11/1–12/13 (no class 11/22) Basketball Clinic (Gr. 3–5) 10/18–12/13 (no class 10/25, 11/22)
MITCHELL 2:55–3:55pm	Intro to Kung Fu (Gr. K–2) 10/15–12/10 (no class 11/12) Empow: Stop-Motion Animation (Gr. 3–5) 10/15–12/10 (no class 11/12)	Young Rembrandts: Drawing (Gr. 1–5) <i>All new projects. Returning students welcome!</i> 10/16–12/11 (no class 11/20) Flag Football (Gr. 3–5) 10/16–11/20 (no class 11/6)	Chess (Gr. 1–3) 10/17–12/12 (no class 11/21)	Clay and Mixed Media (Gr. 1–5) 10/18–12/13 (no class 10/25, 11/22) Chess (Gr. 3–5) 10/18–12/13 (no class 10/25, 11/22)
NEWMAN 3:20–4:20pm	Fun and Games (Gr. K–2) 10/15–12/10 (no class 11/12) Wicked Cool: LEGO Robotics (Gr. 3–5) 10/29–12/10 (no class 11/12)	LEGO Mania (K–2) 10/16–12/11 (no class 11/20) Empow: Stop-Motion Animation (Gr. 3–5) 10/16–12/11 (no class 11/20)	Soccer and More (Gr. 1–3) <i>(outdoor class)</i> 10/17–11/14 Sew Fun! (Gr. 3–5) 10/17–12/12 (no class 11/21)	Chess (Gr. 1–5) 10/18–12/13 (no class 10/25, 11/22)
EVENING CLASSES		Fencing for Beginners and Advanced Beginners (Gr. 4–8) 10/16–1/22, (no class 11/20, 12/25 and 1/1) 6:30–7:30pm at High Rock		Blue Lotus Healing Arts: Kids Yoga and Art (Gr. 2–5) 10/18–12/13 (no class 11/22) 4:00–5:30pm at Blue Lotus Healing Arts’ studio

Class Details

Actor's Workshop with Watertown Children's Theatre — *Crazy Characters*

Grades: K–2

Instructor: Watertown Children's Theatre teaching artist

This season's theme of *Crazy Characters* is all about fun and creativity! Students will stretch their imaginations, build confidence and learn basic acting concepts. Using their imaginations as their guides, students will explore familiar characters and create new ones through creative play, movement, visual art and puppet making. **Family and friends are invited to join us for an informal sharing of the students' favorite *Crazy Characters* on the final day of class at 3:30pm.**

Limited to 12 students

Broadmeadow School

Wednesdays: 2:55–3:55pm
10/17–12/12 (no class 11/21) 8 weeks \$130

Eliot School

Tuesdays: 2:55–3:55pm
10/16–12/11 (no class 11/20) 8 weeks \$130



Registration Online at:
www.schoolpay.com/link/NCEEfall18

Basketball Clinic

Grades: 3–5

Instructor: Catherine Cournoyer, Hillside P.E. Teacher

Mrs. Cournoyer played on the Providence College Division 1 Basketball team for four years, and she enjoys sharing her knowledge and her love of the game with students. Do you want to improve your basketball skills? Then come spend an hour a week in the Basketball Clinic, where you will work on basic techniques, learn new skills, develop as a team player, and have fun playing pick-up games.

Limited to 15 students

Hillside School

Thursdays: 2:55–3:55pm
10/18–12/13 (no class 10/25, 11/22) 7 weeks \$95

Chess

Grades: 1–5

*Instructor (Mitchell and Broadmeadow):
Maryanne Reilly, Chess Coach*

Instructor (Newman): Valery Frenklakh, Chess Coach

Instructor (Hillside and Eliot): Ilya Krasik, Chess Coach

Taught by chess masters, the NCE chess instructors will prepare you for competitive play. Whether you have only recently learned how to play, or if you are already a competent competitor, your skills will be further advanced and your love for the game will blossom.

Students must be familiar with basic chess moves and have a strong interest in furthering their chess skills.

Broadmeadow School (Grades: 1–5) — limited to 16 students

Tuesdays: 2:55–3:55pm
10/16–12/11 (no class 11/20) 8 weeks \$165

Eliot School (Grades: 1–5) — limited to 15 students

Tuesdays: 2:55–3:55pm
10/16–12/11 (no class 11/20) 8 weeks \$165

Hillside School (Grades: 1–5) — limited to 15 students

Mondays: 2:55–3:55pm
10/15–12/10 (no class 11/12) 8 weeks \$165

Mitchell School (Grades: 1–3) — limited to 12 students

Wednesdays: 2:55–3:55pm
10/17–12/12 (no class 11/21) 8 weeks \$165

Mitchell School (Grades: 3–5) — limited to 16 students

Thursdays: 2:55–3:55pm
10/18–12/13 (no class 10/25, 11/22) 7 weeks \$145

Newman School (Grades: 3–5) — limited to 18 students

Thursdays: 3:20–4:20pm
10/18–12/13 (no class 10/25, 11/22) 7 weeks \$145

Clay and Mixed Media

Grades: 1–5

Instructor: Maxine Sorokin, Professional Artist

Fire up your imagination with this exciting art class! Join us to learn various hand-building ceramics techniques. We will also create several fun projects using “dry media” techniques such as weaving, string construction, embroidery and hand sewing. Students will get to glaze their ceramics projects and Maxine will fire the pieces in her studio kiln. Finished pieces will be returned at or after completion of the fall session.

Returning students welcome!

Limited to 15 students

Hillside School

Tuesdays: 2:55–3:55pm

10/16–12/11 (no class 11/20) 8 weeks \$175

Mitchell School

Thursdays: 2:55–3:55pm

10/18–12/13 (no class 10/25, 11/22) 7 weeks \$155

Einstein’s Workshop: 3D Printing and Design with BlocksCAD

Grades: 3–5

Instructor: Einstein’s Workshop staff member

See how the seemingly impossible is achieved! 3-D printing takes digital files and transforms them into real objects. In this class, you will learn basic 3-D computer-aided design (CAD) principles and use BlocksCAD software to create unique, three-dimensional designs. After designing a few of your own projects your instructor will print these outside of class and bring them back for you to take home. While you are being creative and having fun, you will also be learning real programming concepts and computational skills.

Limited to 12 students

Broadmeadow School

Thursdays: 2:55–3:55pm

10/18–12/13 (no class 10/25, 11/22) 7 weeks \$185

Hillside School

Wednesdays: 2:55–3:55pm

10/17–12/12 (no class 11/21) 8 weeks \$205

Einstein’s Workshop: LEGO Robotics and Programming with LEGO WeDo 2.0

Grades: 1–3

Instructor: Einstein’s Workshop staff member

Students will use a line of robotics from LEGO Education called WeDo 2.0 to design robots and solve programming challenges. Robots can be controlled wirelessly on tablets or a computer, giving kids more freedom to explore, create, and learn!

No prior experience with robotics necessary.

Limited to 12 students

Eliot School

Mondays: 2:55–3:55pm

10/15–12/10 (no class 11/12) 8 weeks \$205



Registration Online at:

www.schoolpay.com/link/NCEFall18

Empow: Stop Motion Animation

Grades: 3–5

Instructor: Empow Studios staff member

With movies like Frozen, Inside Out, and Zootopia, animations have never been more popular. This class takes one form of animation, Stop-Motion Animation, and teaches kids how to create their own animated mini-movies through storyboarding, filming, and post-production. Materials like clay and paper are used to create characters, backgrounds, and props. Children work in pairs and depict their stories to show setting, rising action, conflict, and resolution. Once characters and backgrounds are made, students use computers, webcams and animation software to bring their stories to life! Movies are available to take home to share with family & friends.

Limited to 12 students

Eliot School

Wednesdays: 2:55–3:55pm

10/17–12/12 (no class 11/21) 8 weeks \$200

Mitchell School

Mondays: 2:55–3:55pm

10/15–12/10 (no class 11/12) 8 weeks \$200

Newman School

Tuesdays: 3:20–4:20pm

10/16–12/11 (no class 11/20) 8 weeks \$200

Flag Football

Grades: 3–5

Instructor: Ryan Martin, Mitchell P.E. Teacher

Flag football is increasing in popularity because it is a fun and safe way to learn one of America's favorite sports. You will practice proper techniques through drills, small-sided games, and scrimmages. All games and drills will be age appropriate and are sure to improve skills.

Limited to 18 students

Mitchell School

Tuesdays: 2:55–3:55pm

10/16–11/20 (no class 11/6) 5 weeks \$75



Registration Online at:

www.schoolpay.com/link/NCEEfall18

Fun and Games

Grades: K–2

Instructor: Tracy Gay, Hillside & Newman

Occupational Therapist

This class is all about having fun while playing indoor games including, but not limited to, board games, dice games, card games, and puzzles. You will begin to identify games that require mostly skill vs. ones that are pure luck. You can even challenge yourself to try strategy games. We will also play classroom movement games. While we will have a great time in this class, at the same time you will develop some important skills: fine motor skills, visual perceptual skills, social skills, and even some academic skills! On the last day of the class, you will have a packet to bring home that includes the description of games you tried, your own review of them, and a list of the great skills those games helped you practice. There will be something for everyone such as Candy Land, Jenga, Charades, Mancala, Memory, and Uno, just to name a few. Come join us after school to have fun while playing games!

Limited to 12 students

Hillside School

Tuesdays: 2:55–3:55pm

10/16–12/11 (no class 11/20) 8 weeks \$115

Newman School

Mondays: 3:20–4:20pm

10/15–12/10 (no class 11/12) 8 weeks \$115

Fun Fitness: Endurance, Agility and Teamwork

Grades: 3–5

Instructors: Anne Burgholzer and Kim Hoffman,

Eliot Special Ed Teachers

Get your body moving to some awesome music with *Fun Fitness!* Each week this class will expose you to a wide range of fitness activities.... work up a sweat with calisthenics, flex and stretch with yoga, increase strength with strength training, work together with team building activities and more. You'll build endurance, improve your agility, enjoy physical challenges and, most importantly, have fun. Come get your sweat on with *Fun Fitness!*

Limited to 18 students

Eliot School

Thursdays: 2:55–3:55pm

10/18–12/13 (no class 10/25, 11/22) 7 weeks \$110

Global Child: Mandarin Language and Culture

Grades: K–3

Instructor: Global Child staff member

Get a jump-start on foreign language learning in the Global Child Mandarin program! In this fun and active program, you will learn or improve your Mandarin through games, songs, rhymes, skits, and cultural activities. Participants will receive a student booklet and audio CD so they can practice at home. This class is appropriate for new and returning students.

Returning students will learn all new material.

Limited to 12 students

Hillside School

Wednesdays: 2:55–3:55pm

10/17–12/12 (no class 11/21) 8 weeks \$150

Intro to Kung Fu

Grades: K–2

Instructors: Steve DeMasco's Shaolin Studios Sensei

Steve DeMasco's Shaolin Studios has been instructing martial arts for over 35 years. Grandmaster DeMasco is the only martial artist in the country endorsed by the US Department of Education and certified by the famous Shaolin Temple, the birthplace of the martial arts. All instructors are internationally certified and graduates of the Professional Instructors Martial Arts Academy. Your child will learn self-defense and traditional Kung Fu. In addition to the martial arts training, your child will be introduced to our exclusive life skills program, which teaches respect, patience, self-discipline, self-control, honesty and how they can be applied at home and in school. Upon completion of the program, students will have the opportunity to earn their yellow belt.

Limited to 20 students

Mitchell School

Mondays: 2:55–3:55pm

10/15–12/10 (no class 11/12) 8 weeks \$140

LEGO Mania

Grades: K–2

Instructor: Victoria Neale, High Rock Teaching Assistant

Have fun creating LEGO inventions and sharing them with new friends. Build projects based on a theme (animals, buildings etc.) or design your own LEGO masterpieces.

Limited to 10 students

Newman School

Tuesdays: 3:20–4:20pm

10/16–12/11 (no class 11/20) 8 weeks \$110

Sew Fun!

Grades: 3–5

Teacher: Jasmine Sanders, Newman Elementary

Sew Fun is a class for beginner sewists. Learn basic hand-sewing techniques, sewing terminology and how to read patterns all while having fun and making cool projects. Students will cut their own fabric, sew by hand using needle, thread and felt fabric and learn to sew on buttons while following along with the teacher's instructions. Join us as we get creative, use our imaginations and make new friends...it's going to be *Sew Fun!*

Limited to 10 students

Newman School

Wednesdays: 3:20–4:20pm

10/17–12/12 (no class 11/21) 8 weeks \$115



Registration Online at:

www.schoolpay.com/link/NCEFall18

Soccer and More

See below for grade information.

Instructor: Sports Zone 101 Coach

In this action packed class, you will learn the fundamentals of soccer, do drills to develop and improve your skills, and play soccer games. At the end of each class, we will discuss current events in sports, good sportsmanship, and gain an understanding of the cool statistics on sports cards. As an added bonus, you will receive sports trading cards each week!

► **NOTE:** The first 4–5 weeks of classes will be held outdoors for Eliot and Hillside students. Students should dress accordingly. In inclement weather Eliot classes will take place in the gym and Newman classes will take place in a classroom where students will enjoy a lesson on sportsmanship and current sports events.

Limited to 18 students

Broadmeadow School (Grades: 1–2 and Grades 3–5)

Mondays: 2:55–3:55pm

10/15–12/10 (no class 11/12) 8 weeks \$160

Eliot School (Grades: 1–2)

Thursdays: 2:55–3:55pm

10/18–12/13 (no class 10/25, 11/22) 7 weeks \$140

Newman School (Grades: 1–3)

Wednesdays: 3:20–4:20pm

10/17–11/14 5 weeks \$110

Wicked Cool: LEGO Robotics

Grades: 3–5

Instructor: Wicked Cool staff member

LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.

Limited to 12 students

Newman School

Mondays: 3:20–4:20pm

10/29–12/10 (no class 11/12) 6 weeks \$150

Wicked Cool: Superhero Science

Grades: 1–3

Instructor: Wicked Cool staff member

What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. Investigate how Spiderman (and real spiders) can walk up walls. Examine Batman's super gadgets and morph into the world of superheroes using the science that could make superheroes a reality.

Limited to 12 students

Broadmeadow School

Tuesdays: 2:55–3:55pm

10/30–12/11 (no class 11/20) 6 weeks \$150

Eliot School

Wednesdays: 2:55–3:55pm

10/31–12/12 (no class 11/21) 6 weeks \$150

Hillside School

Thursdays: 2:55–3:55pm

11/1–12/13 (no class 11/22) 6 weeks \$150

Young Rembrandts: Drawing

Grades: 1–5

Instructor: Young Rembrandts staff member

Looking for a creative boost to start the school year off right? Our *Drawing* class is the perfect anecdote. Drawing provides that added boost children need; tying together basic academic tenets and giving them the experience and space to express themselves. Our structured step by step method introduces students to the world of color, pattern and design. Lessons are kid-friendly and relevant for today's world. A brand new lesson each week focuses on specific art terms and techniques, and once a month we incorporate art history in to the mix— introducing a historical aspect in a tangible and relatable way makes the art come alive and creates the space for an additional educational aspect. **Each lesson is always new: with over seven years of curriculum, we never repeat a drawing while your child is in elementary school.** Students love our upbeat and positive classroom environment. Come join the fun...no prior drawing experience is required. Instructors are trained and certified in our method and are great at engaging students at all levels.

Returning students welcome!

Limited to 14 students

Broadmeadow School

Wednesdays: 2:55–3:55pm

10/17–12/12 (no class 11/21) 8 weeks \$165

Mitchell School

Tuesdays: 2:55–3:55pm

10/16–12/11 (no class 11/20) 8 weeks \$165

Evening Programs

Blue Lotus Healing Arts: Kids Yoga and Art

Grades: 2–5

Instructor: Lyn Jekowsky, Blue Lotus yoga teacher

Tapping into the growing independence and self-awareness of children in this age group, this class will encourage a deeper sense of body awareness, interpersonal skills and exploration of self in relation to the world. This class is a perfect after school activity to allow children to explore movement and art. Yoga poses, breathing techniques, art and relaxation are interwoven, encouraging imagination and connection.

Limited to 10 students

Blue Lotus Healing Arts Studio

945 Great Plain Ave, Needham

Evening Class: Thursdays: 4:00–5:30pm

10/18–12/13 (no class 11/22) 8 weeks \$155

Fencing for Beginners and Advanced Beginners

Grades: 4–8

Instructors: International Fencing Club coach

Fencing has been in existence since the days of ancient Egypt and Rome. Regarded as more than a sport—fencing is an art form and a deeply personal, individual form of expression. The practice of fencing develops stamina, flexibility, strength, dexterity, hand and eye coordination, physical and mental agility, and leg power. If you were ever curious to try this sport, or if you have prior fencing experience, sign up now for this program geared toward beginners and advanced beginners.

Limited to 15 students

High Rock

Evening Class: Tuesdays: 6:30–7:30pm

10/16–1/22 (no class 11/20, 12/25, 1/1) 12 weeks \$210



Registration Online at:

www.schoolpay.com/link/NCEEFall18