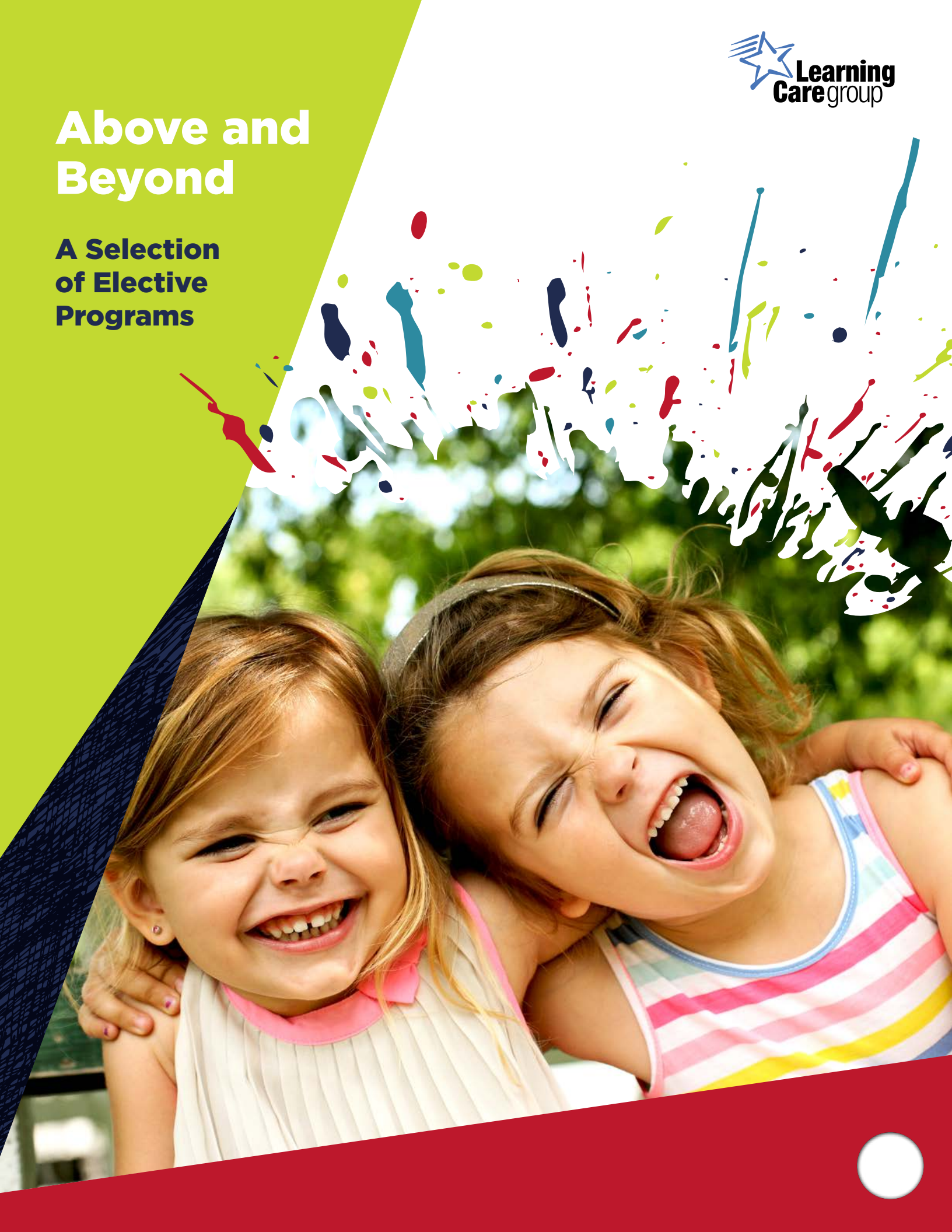


# Above and Beyond

**A Selection  
of Elective  
Programs**



# EXPLORE

INDIVIDUAL SCHOOLS  
MAY HAVE ADDITIONAL  
PROGRAM OFFERINGS.

WE OFFER SEVERAL EXTRACURRICULAR OPPORTUNITIES, FOR AN ADDITIONAL FEE, THAT WILL INTRODUCE YOUR CHILD TO EXPERIENCES BEYOND THEIR DAILY CLASSROOM CURRICULUM. THEY'LL DISCOVER UNIQUE OPPORTUNITIES IN VARIOUS SUBJECTS THAT ARE DESIGNED TO:



**EXPAND THEIR MINDS**



**ENERGIZE THEIR BODIES**



**BUILD THEIR CONFIDENCE**

These programs encourage *fun* and *friendship, creativity* and *collaboration, growth* and *development*. Discover our entire collection of elective programs.

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**YOUR FAMILY WILL HAVE MORE FREE TIME ON NIGHTS AND WEEKENDS!**





# SPOTLIGHT ON Phonics

## THE OVERVIEW

Get ready to read! Phonics is an essential piece in beginning reading instruction. In this program, your child will learn key early literacy skills that will allow them to bring home stories they can read to you!

## THE BENEFITS

This program features teacher-led small-group activities and individual practice focused on helping children learn to read independently. Children learn to:

- ✓ Decode letters into their respective sounds
- ✓ Blend word endings with beginning sounds to make new words
- ✓ Recognize letters and their corresponding sounds to understand how letters create words
- ✓ Strengthen their understanding of what they've read with comprehension strategies



## SIGN UP

Speak with your School Director to sign up.

**Cost:** \$15 per week

**Schedule:** Twice a week for 30 minutes

**Length of Program:** Three 10-week semesters  
(Children can enroll at the beginning of any semester)

**Ages:** For Pre-K children ages 4 and up

**Materials:** At weeks five and ten of each semester, your child will bring home a *Spotlight on Phonics* storybook that they will be able to read to you! Also, throughout the program, your child will bring home completed workbook pages as well as fun activities to practice at home.







# SPOTLIGHT ON SPANISH



## THE OVERVIEW

*¡Hola!* This program taps into children’s curiosity and natural aptitude for second language acquisition. We introduce conversational Spanish through stories, songs, and games, at an age when their brains are primed to learn a second language.

## THE BENEFITS

You’ll see that children love to share their ability to say new words in another language! Language learners show greater cognitive flexibility, enhanced problem-solving skills, and a wider worldview.

The benefits of language learning also include:

- ✓ Connecting children with other cultures and boosting their empathy
- ✓ Promoting creative thinking



## SIGN UP

Speak with your School Director to sign up.

**Cost:** \$15 per week

**Schedule:** Twice a week for 30 minutes

**Length of Program:** Four 10-week semesters  
(Children can enroll at the beginning of any semester)

**Ages:** For children in Preschool and up

**Materials:** At the end of each semester, your child will bring home their *Spotlight on Spanish* Workbook to share what they’ve learned.

HELLO!

¡HOLA!





# SPOTLIGHT ON Kindergarten

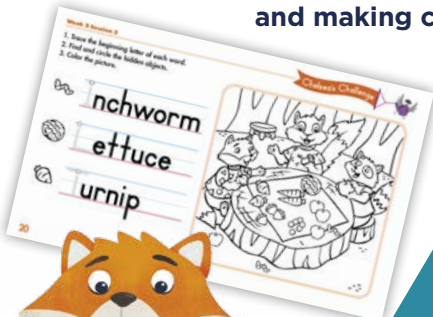
## THE OVERVIEW

Kindergarten, here we come! This program, designed for Pre-K children, focuses on skills essential to set them up for success in kindergarten and beyond. Each week students take part in three lessons, covering Handwriting, Math, and Problem-Solving.

## THE BENEFITS

Providing additional preparation for kindergarten, this program's small-group instruction focuses on important academic skills, such as:

- ✓ **Handwriting**
- ✓ **Letter sounds and letter identification, recognition of sight words**
- ✓ **Early numeracy skills, including exposure to data and measurement, and making comparisons**



## SIGN UP

Speak with your School Director to sign up.

**Cost:** See School Director for more information.

**Schedule:** Taught in small-group sessions during classroom time

**Length of Program:** Two semesters (Each billed separately)

**Ages:** For Pre-K children

**Materials:** At the end of each semester, your child will bring home their student workbooks so they can share what they've learned.







## THE OVERVIEW

Strike a pose! It's no stretch to say that children will love this program, which offers a fun, creative way to teach children yoga poses and cooperative games that develop healthy bodies, healthy minds, and healthy communities.

## THE BENEFITS

Yoga practice improves children's ability to self-regulate, sustain attention, and express empathy and compassion, while encouraging physical fitness. It also helps children improve their resilience and their ability to manage their emotions. This program provides children with an opportunity to have fun with their friends while learning skills to help them work well with others:

- ✓ Encouragement
- ✓ Communication
- ✓ Respect

## SIGN UP

Speak with your School Director to sign up.

**Cost:** \$15 per week

**Schedule:** Twice a week for 30 minutes

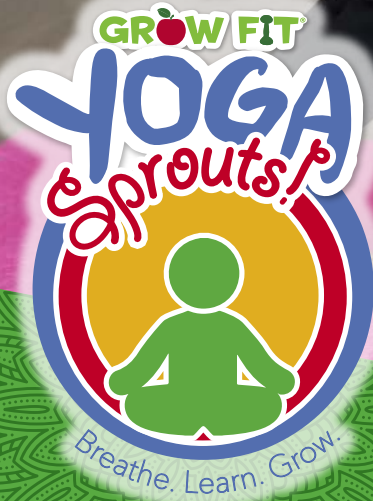
**Program Length:** Three 10-week semesters  
(Children can enroll at the beginning of any semester)

**Ages:** For children in Preschool and up

**Materials:** At the end of each semester, your child will bring home their *Grow Fit Yoga Pose Booklet* to share what they've learned.

**Optional Materials:** Families can choose to purchase a yoga mat for \$20 (or bring their own from home).





### THE OVERVIEW

For Twos and Early Preschool only: Our younger learners have the opportunity to practice mindfulness, focus, and self-regulation through a variety of simple yoga poses in a small-group setting.

### THE BENEFITS

This program helps younger children build their ability to self-regulate, sustain attention, and express empathy and compassion. It encourages physical fitness and supports children as they learn to manage their emotions.

Children will have fun with their friends, get some great exercise, and work on important skills that will benefit them when it comes to working with others:

- ✓ Encouragement
- ✓ Communication
- ✓ Respect

### SIGN UP

Speak with your School Director to sign up.

**Cost:** \$15 per week

**Schedule:** Twice a week for 30 minutes

**Program Length:** Three 10-week semesters  
(Children can enroll at the beginning of any semester)

**Ages:** For children in Twos and Early Preschool

**Materials:** At the end of each semester, your child will bring home their *Grow Fit Yoga Sprouts!* Family Booklet to share what they've learned.

**Optional Materials:** Families can choose to purchase a yoga mat for \$20 (or bring their own from home).







## THE OVERVIEW

Stretch, baby! This is a “Baby and Me” yoga class, for infants through 23 months and a caregiver. Bond with your little one as they stretch, pose, wiggle, and giggle! Keep calm and yoga on through engaging, repetitive, and soothing movements.

## THE BENEFITS

Every week, you and your baby will enjoy this inclusive experience focused on bonding and intentional interactions. Each session is designed to stimulate your baby’s gross and fine motor skills through:

- ✓ Silly and sweet songs and chants
- ✓ Engaging warm-ups and poses
- ✓ Soothing stretches and cool-downs

This program creates a rich environment that encourages mindfulness, playfulness, and deep connections. *Namaste.*

## SIGN UP

Speak with your School Director to sign up.

**Cost:** \$15 per week or 10 weeks for a one-time fee of \$100

**Schedule:** Once a week for 45 minutes

**Program Length:** Three 10-week semesters (Enroll at the beginning of any semester)

**Ages:** For infants through 23 months (Note: This is a “Baby and Me” yoga class. Classes require a caregiver to be present to guide their infant through each pose.)

**Materials:** At the end of each semester, you will receive a *Grow Fit Yoga Sprouts Baby!* Family Booklet so you can continue to practice at home.

**Optional Materials:** Families can choose to purchase a yoga mat for \$20 (or bring their own from home).





# Kindermusik®

## THE OVERVIEW

Is there a song in your heart? Do you dance to your own beat? Ready to rock out? We engage children's natural love of songs, instruments, movement and imagination. The power and joy of music provides the groundwork to build language, math, and social-emotional skills. This program also includes at-home digital access so that families may participate in their child's learning.



## THE BENEFITS

Through fun, engaging musical activities, this program supports all areas of learning, including:

- ✓ **Pattern recognition**
- ✓ **Fundamental math skills**
- ✓ **Phonological awareness**
- ✓ **Fine and gross motor skills**

Musical activity helps children connect with one another and the world around them, while building an interest for music exploration. It also promotes creative thinking, teamwork, focus, and memory.



## SIGN UP

Speak with your School Director to sign up.

**Cost:** \$15 per week

**Schedule:** Once a week for 30 minutes

**Program Length:** 12 four-week sessions

**Ages:** For children ages 2 and up







# SOCCER

## THE OVERVIEW

Let's kick it! In this program, children learn teamwork and soccer skills, while spending time with friends.

## THE BENEFITS

The children will work together as a squad to:

- ✓ Practice soccer skills
- ✓ Develop important motor skills
- ✓ Learn about collaboration

The skills developed in this program are essential, both on the field and off. Let's hear it for squad goals!



## SIGN UP

Speak with your School Director to sign up.

**Cost:** Varies by location

**Schedule:** Once a week for 30 minutes

**Length of Program:** 10-week semesters

**Ages:** For children ages 3 and up (Some children in our Early Preschool room may be able to sign up; see director for details)

**Materials:** Provided by vendor



