



HE'ATID CHUGIM

AFTER-SCHOOL ENRICHMENT INFORMATION BOOKLET

SPRING 2024

The Yeshivat He'Atid Parent Association is excited to announce the new semester of the After-School Clubs to be offered at Yeshivat He'Atid in Spring 2024. This semester we are offering clubs for Nursery through 8th grade from Tuesday through Friday.

The attached booklet contains all relevant information, policies, brief descriptions of the clubs being offered, fee information, and detailed dates when each club will be held.

Please note that club spaces are limited, so please register as soon as possible.

Please pay attention to the grade requirements for each club when registering your children.

ALL CLUBS ARE OPEN TO BOYS AND GIRLS! (unless specifically noted)

REGISTRATION WILL OPEN ON: Sunday, February 25th at 9:00am and will close Sunday, March 3rd at midnight.

The website will be open at that time at www.yeshivatheatid.org/after-school-clubs

We expect some clubs to fill up very quickly, so we are trying to give as much advance notice as possible of the registration date and time. **PLEASE LOOK OVER THE CLUB CHOICES WITH YOUR CHILDREN TO MAKE SURE THAT THEY WANT TO ATTEND THE CLUBS YOU ARE REGISTERING THEM FOR.**

If you have any questions, please email afterschool@yeshivatheatid.org.

GENERAL INFORMATION AND POLICIES

Registration and Payment: Please complete the registration form in its entirety. The YHPA collects payment, so you will be able to add them to your cart and checkout. **Registration must be accompanied by payment. This is a two step process!** Registration is on a first-come, first-serve basis. If a club does not get the minimum number of children required to run, you will be notified via email and will have the option to enroll in a different club, based on availability.

Club Cancellations: From time to time, a personal issue may prevent an instructor from being able to come on a scheduled day. We will do our best to notify the parents involved as soon as possible. If the situation arises where an instructor does not show up, we will notify parents as soon as possible, but we will make sure that the affected children are kept entertained by the club monitor until they are picked up.

Refunds: Cancellations may be made before the first class for a full refund, minus credit card fees. After the first class you may switch your child into another class (based on availability) but no refunds will be given.

Cancellations may be made before the first class for a full refund, minus credit card fees. Refund requests must be in writing prior to the 1st class to afterschool@yeshivatheatid.org

Absences: Due to the careful planning and scheduling of each club, there are no makeup classes for individual absences. Makeup classes will only be scheduled for canceled classes.

Snacks: Since clubs will be starting after dismissal, children will have a short break between dismissal and the beginning of clubs. We strongly suggest that you send a small snack and water bottle for your child to re-energize before clubs. Please remember that the school is **nut-free**, and parents should be mindful of this policy as if the snacks were being sent into class.

Behavior: Please keep in mind that our instructors are there to instruct, and ensure that the kids are learning and having fun at the same time. Any inappropriate, disruptive or disrespectful behavior will not be tolerated. If your child is reported to the YHPA as being disruptive in any way, you will receive a call or email as a warning. We expect you to discuss this with your child to make sure it does not happen again. If the behavior continues, we will have to dismiss the child from that club. **Refunds will not be given if a child is dismissed for improper behavior.** Please make your children aware of this policy in advance.

Clubs Dismissal:

Changes to dismissal should be emailed to transportation@yeshivatheatid.org

Instructors will be wrapping up their club sessions between 4:20 and 4:25 pm, in order to be ready for carpool pick up by 4:30 pm. Middle School clubs run from 4:30-5:30, unless otherwise noted.

Please make sure that you arrive at the school no later than 4:25 pm to pick up your children. We ask that you please be respectful of the instructors schedules and arrive on time for dismissal. If a situation arises where a parent is consistently late for dismissal, a decision will be made on whether or not the child will be allowed to continue in after-school clubs.

For 4:30 Pick Up: Elementary school children that have a middle school sibling leaving on the 4:30pm carpool, may leave with them on the regular carpool line. All other students should be picked up on the other side of the building where the buses pick up. (Specific instructions for Fridays will be sent out)

Students in KC Kids CAN attend clubs and then go to KC Kids afterwards.

There are no clubs on days where middle school ends at 3:30. Mark your calendars with the dates of each club!

TUESDAYS

Mindful Mini Explorers

Instructor: Aja Calvitti

Grades: Nursery, PreK (3:30-4:25)

Tuesdays: March 19, 26, April 2, 9, 16, May 7, 21, 28

(No classes: April 23, 20, May 14)

A super fun interactive journey for kids into the world of mindfulness! 🚀 Through exciting activities like yoga, creative games, and imaginative storytelling, we'll spark joy, promote focus, and build healthy habits. Let's embark on this adventure together!



Aja teaches at various schools and studios in Northern New Jersey and loves every minute of it. She believes that each child should leave class with a smile on their face and love in their heart. Hope to see you there!

Fee: \$160 for 8 sessions

Min 8 students, Max 12 students

Life Skills With The Canine Dojo - Learn with Dogs!

Instructor: Isaac Mass aka "The Holistic Dog Coach LLC"

Grades: K, 1st, 2nd (3:30-4:25)

Tuesdays: March 26, April 2, 9, 16, May 7, 21, 28, June 4

(No classes: April 23, 20, May 14)

Limited Space: Only open to new participants who have not taken Life Skills With Dogs in the winter session.

With the "Life Skills Dog Support" classes we are focusing on creating better versions of leaders of ourselves. We perfect our communication style, possible social or anxiety, our overall assertiveness, nurturing personality, confidence and mental focus as well. This unique fusion club offers a holistic approach to personal

development for both humans and their furry companions. The club focuses on two pillars: teaching martial arts for self-defense and promoting positive interaction and training with dogs. Our dog training sessions incorporate obedience training, agility exercises, and socialization techniques. Through positive reinforcement methods, students learn how to build a strong bond with dogs while teaching them essential life skills and manners.

Dogs require a very alert, confident and loving figure to rely on and when we focus on those elements of our lives we will see immediate results in the trained dogs that we are handling.

(This is a beautiful program geared towards those who have low self confidence, suffer from social anxiety, ADHD and low self awareness as well.)

Fee: \$210 for 8 sessions

Min 5 students, Max 8 students

Young Hollywood: Imagination and Improvisation

Instructor: Kathy Stout, our incredible theater director who has years of experience working with children in theater

Grades: K, 1st, 2nd (3:30-4:25pm)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Mini-performance at 5pm on 5/30

Students explore the endless world of imagination with improvisational comedy and theater games. We will laugh, create, and share our stories all while learning the building blocks of theater, improvisation, and performance. This class is perfect for students with an interest in storytelling, imagination, comedy, public speaking, and fun! Parents are invited to attend our mini-performance after the final class and share in the limitless wonder of our young performers!

Fee: \$190 for 8 sessions

Min 8 students, Max 15 students

Homework Help - NEW!

Instructor: Michelle Golbari, He'Atid 2nd grade teacher

Grades: 1st, 2nd, 3rd (3:30-4:25)

Tuesdays: March 26, April 2, 9, 16, May 7, 21, 28, June 4

(No classes: April 23, 20, May 14)

Homework Help is where students can receive assistance with their general studies and Judaic academic assignments. The focus is on fostering effective study habits, time management skills, and organizational strategies to empower students to become independent and confident learners. Help your student reach their full potential!

Fee: \$160 for 8 sessions

Min 5 students, Max 10 students

Engineering Discovery and Explorers

Instructors from Team Makers of NJ

Grades: 3rd, 4th, 5th (3:30-4:25)

Tuesdays: March 19, 26, April 2, 9, 16, May 7, 21, 28

(No classes: April 23, 20, May 14)

During the Discovery and Explorers classes students use the Engineering Design Process to design, create, test, race, and refine a variety of projects. They may create balloon racer cars, as well as build their own electro-magnets and explore and refine a variety of machines and mechanical systems. Students will learn the basics of structural mechanics, simple machines, and other design and engineering concepts while possibly constructing giant labyrinths, straw rockets, build-your-own flashlights, and other fun creations. All students will create and get to keep at least 2 and probably more of their creations.

\$190 for 8 sessions

Min 8 students, Max 12 students

Culinary Arts: Fun With Food

Instructor: Toby Moses, Head of Culinary Arts at The Frisch School

Grades: 6th,7th,8th (4:30-5:45)

Tuesdays: March 19, 26, April 2, 9, 16, May 7, 21, 28

(No classes: April 23, 30, May 14)

Back by popular demand! In this introduction to culinary arts, Toby has designed a series of cooking classes perfect for cooks that are just starting out or would like to refresh their fundamentals. The 8 week series consists of fun, hands-on, creative classes exploring a wide variety of culinary concepts. Students will learn knife skills, ingredient procurement, kitchen safety techniques, menu planning and most of all, competency to cook/bake independently.

There will be a new innovative and exciting curriculum for those who have already participated in Culinary Arts in the past.

Min 10 students, Max 20 students

\$280 for 8 sessions (includes all food and supplies)

WEDNESDAYS

Construction Zone

Instructors from Team Makers NJ

Grades: Pre-K, K (3:30-4:25)

Wednesdays: March 20, 27, April 10,17, May 8,15, 22, 29

(No classes: April 3, 24, May 1)

Building with different materials and then getting to knock it all down in creative ways is the benchmark of this program. Working together the children build massive structures using giant foam blocks one week, foam tiles, another, giant buckets, bricks, and maze walkways are all other weekly adventures. The class needs use logic, strategy, and planning to create the various designs in each week's challenge.

Then using other materials the children get to learn how to de-construct their design and possibly rebuild it in a different format elsewhere in the classroom.

\$190 for 8 sessions

Min 8 students, Max 12 students

Claymation - Animation with Clay!

Instructor: ZINEniac

Grades: 1st, 2nd (3:30-4:25)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Claymation offers a dynamic and hands-on experience for children interested in the art of stop-motion animation using clay. They'll learn techniques for shaping clay characters, creating movement, and bringing their creations to life frame by frame. They create a story, storyboard, characters and make a movie. Students will develop essential skills in storytelling and teamwork, all while unleashing their creativity and honing their artistic talents. Join Claymation and embark on a magical journey of creativity and discovery through the fascinating world of stop-motion animation.

Clay play can be a very invigorating, yet soothing activity. Working the clay is a positive way to express emotions, a good stress-reliever and, since it's generally an unhurried activity, also a calming pastime for kids. This multi-sensory hobby helps develop fine-motor skills and coordination.

Fee: \$230 for 8 sessions

Min 8 students, Max 12 students

SuperHero Games

Instructors from Team Makers NJ

Grades: 1st, 2nd (3:30-4:25)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Each week children will pick a different super hero and then using their unique skills, will solve a series of challenging games and activities. They will learn creative play and how to use different parts of their bodies and minds to work together to complete the challenges. Other times, they may each select a different super hero and then, working together, have to solve how to beat the "arch villain" (our facilitator) who has set a "trap" for the class to cooperate to be able to figure it out.

\$190 for 8 sessions

Min 8 students, Max 12 students

Cartooning

Instructor: Chari Pere

Grades: 2nd, 3rd, 4th, 5th (3:30-4:25)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Your young doodler will join an artistic crew to stretch their creativity through expert-led demonstrations and challenges that draw on their imagination (pun intended!). Throughout this awesome chug, your artist will join professional cartoonist Chari Pere to learn new techniques about creating characters, designing backgrounds, and the foundations of storytelling in comics. All you need is a drawing utensil and paper.

Chari has worked as an in-house illustrator/storyboard artist at an ad agency while working on such accounts as Red Bull, Jockey, and Wise. She has created content for major publications such as The Washington Post's The Lily and Mad Magazine. She has collaborated with such people as #1 New York Times bestselling author Gretchen Rubin and actress Mayim Bialik. Storyboarded for such companies as Comedy Central, Bud Light, and Purina. www.charipere.com

Fee: \$190 for 8 sessions

Min 8 students, Max 12 students

Upcycle Fashion- Making something old NEW again!

Instructor: Aja Calvitti

Grades: 3rd, 4th, 5th (3:30-4:25)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Have a hole in one of your favorite items of clothing? Perhaps it doesn't fit well? Not wearing it as often as you once did? No need to throw it away and send it to landfill, let's turn it into something new! Our Upcycling class is a great way for students to get creative and learn about sustainable fashion. In this class, students will be asked to bring in old clothes and fabric scraps that will be turned into a new creation that they design. We will be hand sewing and mending preloved articles of clothing that will become our new favorites. No previous sewing skills are necessary. Throughout the class, students will learn about the dangerous effects of fast fashion and how upcycling can help repair not just their old clothes, but the fashion world at large. One small step has the ability to create BIG change! Come with an open mind and open heart and let's have fun with fashion!

Fee: \$190 for 8 sessions

Min 8 students, Max 15 students

Guitar Lessons - Level 2

Instructors from Ben Hyman Music

Grades: 3rd, 4th, 5th (3:30-4:25)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Learn to play the guitar! We will cover music fundamentals, basic strumming and chords while playing songs. Students will learn foundational skills, practice habits, progress tracking, proper technique, guitar terms and parts, tuning, the intricacies of the fretboard, and even changing strings!

Important: Students must bring their own guitar (borrow, rent or buy!) each week so that they can practice at home.

This is for students who have taken guitar as part of the fall or winter sessions, this is an appropriate skill level for them.

Ben Hyman Music is a premier music education service providing high-quality, private, in-home music lessons in Bergen County, NJ, and New York City. With a team of highly skilled instructors who have toured the globe, performed with Grammy Award-winning artists, and have over 20 years of private teaching experience, we offer the best one-on-one music lessons in guitar, voice, piano, and drums. Our instructors, who have studied at some of the finest music schools in the country, provide expert instruction for students of all ages, fostering a love for music that lasts a lifetime!

Fee: \$250 for 8 sessions

Min 4 students, Max 6 students (multiple small groups based on interest)

Theater Deep Dive

Instructor: Kathy Stout, our incredible theater director who has years of experience working with children in theater

Grades: 3rd, 4th, 5th (3:30-4:25pm)

Wednesdays: March 20, 27, April 10,17, May 8.15, 22, 29

(No classes: April 3, 24, May 1)

Mini-performance at 5pm on 5/30

Theater Deep Dive is an immersive program designed to ignite children's passion for theater, improvisation and storytelling. This club explores aspects of theater, from acting and stagecraft to character development.

Through hands-on workshops, games, and exercises, children will develop their acting skills and build confidence in public speaking. This is a supportive and inclusive environment where children can unleash creativity, collaborate with their peers, and partake in improvisational comedy and theater games while having fun!

Parents are invited to attend our special showcase after the final class and share in the limitless wonder of our young performers!

Fee: \$190 for 8 sessions

Min 8 students, Max 15 students

FRIDAYS

Karate Kid - NEW!

Instructor from Barr Karate

Grades: 1st, 2nd, 3rd, 4th (1:50-2:50)

Fridays: April 5, 12, May 3, 10, 17, 24, 31, June 7

(No Club: April 19, 26)

Karate focuses on traditional martial arts values such as discipline, respect, and perseverance while providing a supportive environment for personal growth and development. Improve your physical fitness, learn self-defense techniques, or simply enjoy the camaraderie of fellow karate enthusiasts. Join us and embark on a journey of self-discovery and empowerment through the art of karate. Karate should not be used for fighting, but a way to learn self defense and self-confidence as students are taught basic karate blocks, kicks and strikes.

Soke Grandmaster Larry Barr is a 10th degree black belt and the founder of Seido Ryu Karate, which means "Way of Life Style." Soke has been training for almost 35 years, with a strong background in Traditional karate. For 25 years, he has volunteered his time and passion for the martial arts towards helping youth through the power of karate. He believes in karate as a method for building self-esteem.

\$190 for 8 sessions

Min 8 students, Max 20 students

Ukulele Lessons - Beginner

Instructors from Ben Hyman Music

Grades: 1st, 2nd, 3rd (1:50-2:50)

Fridays: April 5, 12, May 3, 10, 17, 24, 31, June 7
(No Club: April 19, 26)

Dive into the Joyful World of Ukulele Playing!

Music Fundamentals: Grasp the core principles of music.

Strumming & Chords: Learn basic to advanced strumming patterns and chord progressions while enjoying a wide range of songs.

Build a Strong Foundation: Develop essential skills, effective practice routines, and consistent progress tracking.

Learn the Techniques: Embrace proper playing techniques to enhance your musicality.

Tuning & Maintenance: Gain independence in tuning your instrument and changing strings like a pro.

Join Us for a Harmonious Journey! Let's strum our way to musical brilliance together!

Enroll Now and Start Your Musical Adventure!

Important: Students must bring their own ukulele (borrow, rent or buy!) each week so that they can practice at home.

Ben Hyman Music is a premier music education service providing high-quality, private, in-home music lessons in Bergen County, NJ, and New York City. With a team of highly skilled instructors who have toured the globe, performed with Grammy Award-winning artists, and have over 20 years of private teaching experience, we offer the best one-on-one music lessons in guitar, voice, piano, and drums. Our instructors, who have studied at some of the finest music schools in the country, provide expert instruction for students of all ages, fostering a love for music that lasts a lifetime!

Fee: \$250 for 8 sessions

Min 4 students, Max 6 students (multiple small groups based on interest)

Dance

Instructor: Jennifer Moskowitz from The Tate Academy

Grades: 3rd, 4th, 5th GIRLS, 1:50-2:50

Fridays: April 5, 12, May 3, 10, 17, 24, 31, June 7

(No Club: April 19, 26)

Dance like your favorite pop star! You'll learn awesome moves, make new friends, and show off your rhythm and style on the dance floor to popular dance trends. Unleash your inner dancer and have a blast in a supportive and energetic environment that's all about fun and creativity. Please wear sneakers and bring a water bottle. If preferred, students can change into sweatpants/t-shirt.

Jennifer Moskowitz began her adventure in dance at the age of 9 and never looked back. She received her BFA in Jazz/Theater Dance from The University of the Arts; training with inspiring teachers and creative choreographers. Upon graduating, she performed with Winifred R. Harris Between Lines for two seasons. During her time in Los Angeles she discovered that not only did she love performing but she was passionate about passing on what she had learned over the years; and so began the next big adventure. Jennifer took the next three years and concentrated on honing her own style of teaching. Her choreography has been performed in New York at Steps on Broadway and in DUMBO at White Wave, in Florida her competitive choreography won the Best Choreography Award at OnStage Dance Competition for Wild Things in spring 2011. Jennifer has been back in New York teaching since 2011 and has continued to build on her dreams. In 2013 she began For Love of Dance, a children's dance party entertainment company, as a way to combine her excitement for teaching, kids and birthdays. She is pursuing a Master's in Dance/Movement Therapy at Sarah Lawrence College. Jennifer is very excited to become a part of He'Atid Chugim.

\$190 for 8 sessions

Min 8 students, Max 20 students

Basketball Skills at Votee Park

Instructors: Coach Aaron Neufeld with David Bitton, TABC Senior

Grades: 5th & 6th (1:50-3:00)

Fridays: March 15, 22, 29 April 5, 12, May 3, 10, 17 (No Club: April 19, 26)

Develop your basketball fundamentals in a fun and supportive environment with Coach Aaron Neufeld, coach of our own He'Atid Hurricanes! Athletes will enhance their dribbling, shooting, passing, and defensive skills. Teamwork, sportsmanship and confidence-building is the name of the game!

Students will be walked to the basketball courts at Votee Park from the school. There will be a group for boys and a group for girls.

Rain Dates: You will be notified of a cancellation the Thursday night before. In that case, an additional week will be added as a make-up day. (Rain Dates: May 24, 31, June 7)

Students in this chug should be picked up from Votee Park at 3pm.

\$210 for 8 sessions - Sign up for either BOYS or GIRLS group.

Min 8 students, Max 20 students

CAN'T WAIT TO SEE YOU AT HE'ATID CHUGIM!