

## DIY Toys

Inspired from past after school art classes, we will focus this class on popular activities from recent DIY classes. We will make our own unique stuffed animals, games, toys and more. Taught by Molly Campbell, Freelance Artist with a Master’s Degree in Art Education.

## Crouching Tiger – Kung Fu

It’s not just about kicking and punching, it’s about learning life skills and the complete personal development of each child. This class teaches Kung Fu wrestling and self-defense techniques in a fun and enriching environment. Martial arts are built on timeless principles of non-violence and always doing your best. Children learn to concentrate and focus their energy constructively, resulting in a higher quality of schoolwork and grades. They will gain new anger management skills and a “can do” attitude. Taught by Bernadette Otterbein, European and World Cup Champion in Shaolin Kung Fu.

## Hidden Dragon – Modern Wushu

Wushu is a martial art form characterized by its elegance. It showcases a series of expressive moves and develops skills with graceful ease rather than utilizing brute force and abrupt movements. Wushu also incorporates stunning aerial, tumbling techniques and an array of traditional weapons. In this fun and structured class, children will learn the basics of stretching, punching, kicking, blocking, and tumbling. Taught by Bernadette Otterbein, European and World Cup Champion in Shaolin Kung Fu.

## Chess Mania!

This class is designed for all skill levels from beginner to advanced! Students will learn the basic principles behind this ancient game, while developing patience and fostering critical thinking skills. All students will receive an exclusive workbook. Taught by Jesse Dioquino, Academic Chess founder.

## Lego Engineering

Students will take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of Lego material. From racecars to battletracks, this is a hands-on and minds-on program suitable for Lego novices to “maniacs.” Taught by Lego Engineering staff.

## It’s Sew Time!

If you’re just learning, or already know how it doesn’t matter; come join us for some sewing fun. We’ll involve hand stitching as well as machine stitching to make satchels, purses, stuffies, and more. We’ll use patterns or our imagination to make a lot of different pieces. Taught by Live Oak Extended Care lead teacher, Sharon Perry.

## Private Piano Lessons K-8

Piano lessons will be tailored to the musical and learning needs of your child, providing a broad and solid foundation for your child’s future artistic and musical pursuits. These lessons are available for all age levels. Lessons are 30 minutes and take place Tuesdays 3:30 - 5:30pm, Wednesdays 2:30 - 4:30pm and Thursdays 3:30pm – 5:30pm. Lesson spots are available on a first-come, first-serve basis. Please contact Extended Care Director, Elena Valencia at 861-8840 x253 for available openings. Taught by Devin Farney.

## Private Guitar Lessons K-8

The lessons are open to guitarists at any level. Beginners will focus on learning basic chords, strumming patterns, picking, and ultimately learning a few fun songs. More advanced players will continue to develop by looking at improvisation, expanding their chord vocabulary, and gaining even more dexterity in both hands. Lessons are 30 minutes and take place Tuesdays and Thursdays from 3:30 - 5:30pm. Lesson spots are available on a first-come, first-serve basis. Please contact Extended Care Director, Elena Valencia at 861-8840 x253 for available openings. Taught by Rock Project Staff.

## Private Drum Lessons K-8

Focusing on snare drum and drum set techniques. These lessons will provide an understanding of reading, writing and rhythmic concepts, while promoting creativity and encouraging catharsis and fun that playing drums has to offer. Whether your goals are a place in an orchestra, marching band, a concert at the Fillmore or just exploring a new and exciting means of self-expression, playing drums might be perfect for you. Lessons are 30 minutes and take place Thursdays from 3:30 - 5:30pm. Lesson spots are available on a first-come, first-serve basis. Please contact Extended Care Director, Elena Valencia at 861-8840 x253 for available openings. Taught by Warren Huegel.

## Firehorse Taekwondo Club

Taekwondo is a traditional Korean martial art known throughout the world for its dynamic kicking and striking techniques. In Taekwondo they will emphasize flexibility, conditioning and endurance. Students will learn self-confidence, discipline and gain a sense of their own strengths. Traditional forms and sparring techniques will be demonstrated, and the fundamentals of basic strikes and kicks will lead students into a new world of understanding themselves and others. Taught by Delonzo Pope, 3<sup>rd</sup> Dan Black Belt, AAU TKD Champion and founder of Firehorse TKD.

## “Stretch Your Brain”(Yoga)

This class offers a blend of child friendly Yoga, sensory integration, evidence based social thinking strategies, and fun. These techniques work together to increase each participant’s focus, social awareness, cooperation, academic learning, and physical stamina. This class is effective with many different ages and student populations. Taught by Kahlon Family Services Staff.

## Beginning/Intermediate Fencing

Come join us for an exciting trimester with the modern Olympic sport of fencing. The San Francisco Fencers Club will provide beginning and intermediate level instruction in blade techniques of attack, riposte, parry and disengage. SFFC will emphasize accurate fencing positions, footwork movement, balance and coordination. Taught by SFFC Staff.

## Urban Farming

Become a farmer! This class is open to budding gardeners and farmers of all skill levels. The sessions will focus on creating a fertile green garden space across the street at the Jackson Park Garden using edibles, natives, fruit trees and wildflowers. Students will learn about the concepts of stewardship, place making and building healthy soil structure. Activities will include vermicomposting (worms), building soil, appropriate planting for our microclimate and companion competition (bugs!) using integrated pest management. Taught by Tree Frog Treks Staff.

## Middle School Math Support

Whether you are studying for a test or just looking for homework help, don’t wait until the last minute to seek support! This class focuses on refreshing your memory, reinforcing class work and reviewing for tests. This is a small tutoring

<i>Sign up for:</i>	<i>Day</i>	<i>Time</i>	<i>Price</i>
Lego Engineering (2-5)	Mon	3:30	250.00
Middle School Math (6–8)	Mon	3:30	300.00
Hidden Dragon (2-4)	Mon	3:30	200.00
DIY Toys (K-3)	Mon	3:30	185.00
Stretch Your Brain (K-2)	Tue	3:30	200.00
Chess Mania (1-5)	Tue	3:30	185.00
Urban Farming (K-5)	Tue	3:30	185.00
Fencing (2-5)	Wed	2:30	250.00
Taekwondo (4-8)	Wed	3:35	200.00
Crouching Tiger (K-2)	Wed	2:30	200.00
Taekwondo (1-5)	Thurs	3:30	200.00
It’s Sew Time (K-3)	Thurs	3:30	185.00

For piano lessons, guitar Lessons and drum Lessons please call to schedule (861-8840 ext. 253. \$375 per session (ten half-hour classes). Pervious students have priority to hold their original time slot.

**Deadline for registration is Wednesday, Sept. 7.**

\*Check Extended Care board on Thursday, Sept. 8, For class numbers (a minimum of 8 students per class). If you receive tuition assistance, you are also eligible for assistance for R&B. Please call Nancy Fels at ext. 255.

Student Name: \_\_\_\_\_

Parent/Guardian Signature:

\_\_\_\_\_

I have enclosed a check for: \_\_\_\_\_

\_\_\_\_\_

# Fall 2011

Roots + Branches  
After School Program  
Fall 2011

Elena Valencia  
Extended Care Director

**Live Oak** School  
Phone: 415-861-8840 x253  
Fax: 415-861-7153  
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<b>Lego Engineering</b>	<b>250.00</b>
<b>Lego: Grades 2-5</b>	Mon. 3:30 – 4:45pm
Sept. 12 – Nov. 14	
<b>Middle School Math Support</b>	<b>300.00</b>
<b>Math Support: Grades 6-8</b>	Mon. 3:30 – 4:30pm
Sept. 12 – Nov. 14	
<b>Hidden Dragon</b>	<b>200.00</b>
<b>Hidden Dragon: Grades 2-4</b>	Mon. 3:30 – 4:30pm
Sept. 12 – Nov. 14	
<b>DIY Toys</b>	<b>185.00</b>
<b>DIY: Grades K-3</b>	Mon. 3:30 – 4:30pm
Sept. 12 – Nov. 14	
<b>Stretch Your Brain Yoga</b>	<b>200.00</b>
<b>Yoga: Grades K-2</b>	Tue. 3:30 - 4:30pm
Sept. 13 – Nov. 15	
<b>Chess Mania!</b>	<b>185.00</b>
<b>Chess: Grades 1-5</b>	Tue. 3:30 – 4:30pm
Sept. 13 – Nov. 15	
<b>Urban Farming</b>	<b>185.00</b>
<b>Urban Farming: Grades K-5</b>	Tue. 3:30 – 4:30pm
Sept. 13 – Nov. 15	
<b>Fencing</b>	<b>250.00</b>
<b>Fencing: Grades 2-5</b>	Wed. 2:30 – 3:30pm
Sept. 14 – Nov. 16	
<b>Taekwondo</b>	<b>200.00</b>
<b>Taekwondo: Grades 4-8</b>	Wed. 3:35 – 4:35pm
Sept. 14 – Nov. 16	
<b>Crouching Tiger</b>	<b>200.00</b>
<b>Crouching Tiger: Grades K-2</b>	Wed. 2:30 – 3:30pm
Sept. 14 – Nov. 16	
<b>Taekwondo</b>	<b>200.00</b>
<b>Taekwondo: Grades 1-5</b>	Thurs. 3:30 – 4:30pm
Sept. 15 – Nov. 17	
<b>It's Sew Time</b>	<b>185.00</b>
<b>It's Sew Time: Grades K-3</b>	Thurs. 3:30 – 4:30pm
Sept. 15 – Nov. 17	

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