



FREDERICKSBURG ACADEMY

ENRICHMENT III Classes: January 14-February 22

Information, Registration: www.fredericksburgacademy.org/for-families/falcon-club
Meredith Hilleary, Director of Auxiliary Programs, mhilleary@fredericksburgacademy.org

MINDFUL MOVEMENT, Grades PK-1, Mondays 3:45-4:15 p.m.



4 Sessions, \$60, January 14, 28, February 4, 11

Yoga Foundation of Fredericksburg's accredited early childhood instructor Emily Webb will creatively introduce students to yoga through song, games, and movement designed to help develop social-emotional skills, body awareness and balance. *Maximum of 10 students*

BALLET I, Grades K-2, Mondays 3:45-4:30 p.m.

BALLET II, Grades 3-5, Mondays 4:30-5:15 p.m.

4 Sessions, \$60, January 14, 28, February 4, 11

Christin Pristas, Ballet Mistress of Fredericksburg Studio of the Arts, will introduce students to a classical ballet structure with music, posture and positions. Students will work toward sequences to music from ballets such as Swan Lake, Giselle, The Nutcracker and Don Quixote. Ballet shoes, black leggings, and a t-shirt top are required, as the student's line and posture are important for the instructor to see. *Maximum of 12 students*



STRATEGIES OF CHESS, Grades K-5, Thursdays 3:30-5:00 p.m.



6 Sessions, \$72, January 17, 24, 31, February 7, 14, 21

Introductory knowledge of the Game of Kings required. Led by veteran chess and speed chess player, Jake Barber, students will learn classical openings, general strategy, specific tactics, and practice common endgame scenarios. Students will be better prepared to tackle the competition, and in-class pairings will test the students' abilities against their peers each meeting.

STEAM DISCOVERY, Grades 1-3, Wednesdays 3:45-4:45 p.m.

6 Sessions, \$72, January 16, 23, 30, February 6, 13, 20

UMW Education student Sabine Wills will engage students with STEAM-based challenges in Science, Technology, Engineering, Arts and Math. Each week, new inquiries will be based on fabulous works of fiction such as *Bartholomew and the Oobleck*, *The Three Little Pigs: An Architectural Tale*, and *Twenty-One Elephants* as students collaborate, innovate, and problem solve.



GIRL BALANCE, Grades 2-5, Tuesdays 3:45-4:45 p.m.

6 Sessions, \$90, January 15, 22, 29, February 5, 12, 19



Yoga Foundation of Fredericksburg's accredited instructor Christine Garman will lead young women as they build skills to help themselves find balance and set boundaries in life. The class will incorporate principles of yoga and mindfulness as girls work together to focus on strengths to overcome challenges and develop tools for finding balance in aspects of everyday life including friendships, academics, athletics, and family. *Minimum of six students*

HIP HOP DANCE: Grades 2-5, Thursdays 3:30-4:30 p.m.

6 Sessions, \$72, January 17, 24, 31, February 7, 14, 21

Madie Bartosh, instructor at Fredericksburg Studio of the Arts, will guide students through fundamentals of the hip-hop style of dance, working to increase rhythm and coordination through creative movement. The class will practice steps to music and progress each week to perform a dance combo to a song. *Maximum of 14 students*



KNITTING CIRCLE, Grades 4-6, Wednesdays 3:45-5:00 p.m.



6 Sessions, \$90, January 16, 23, 30, February 6, 13, 20

FA instructor Michelle Midkiff will guide students through the basics of the textile art of knitting, practicing essential stitches, skills, and techniques with a pair of knitting needles and yarn for each student included with class fee. Even experienced knitters will enjoy new creative challenges and all will benefit from the increased focus and reduction of stress and anxiety. *Maximum of 8 students*

LET'S GO FOR A RUN, Grades 4-8, Mondays and Thursdays 4:00-5:00 p.m.

10 Sessions, \$120, January 14, 17, 24, 28, 31, February 4, 7, 11, 14, 21

FA Cross Country Coach Camille Atkins and FA Varsity Cross Country athletes will motivate runners of all experience levels to push through their personal goals. Students will run or walk two to three miles each class meeting, and Coach Atkins will develop special challenges and training opportunities off-campus during the session. *Minimum of 4 students*



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MINDFUL MOVEMENT, Grades PK-1, Mondays 3:45-4:15 p.m.

4 Sessions, \$60, January 14, 28, February 4, 11

Student Name: _____ Grade: _____ Class Fee: _____

BEGINNING BALLET, Grades K-2, Mondays 3:45-4:30 p.m.

INTERMEDIATE BALLET, Grades 3-5, Mondays 4:30-5:15 p.m.

4 Sessions, \$60, January 14, 28, February 4, 11

Student Name: _____ Grade: _____ Class Fee: _____

STRATEGIES OF CHESS, Grades K-5, Thursdays 3:30-5:00 p.m.

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Checks Payable to Fredericksburg Academy, Memo: Enrichment Class, Child's Name Total Fee: _____

I understand that Enrichment Classes are an extension of Fredericksburg Academy's learning program. Pricing includes Falcon Club between dismissal and class start time. There are no refunds for class days that school and/or afternoon activities are cancelled due to inclement weather.

Parent Name: _____ Signature: _____ Date: _____

Parent Email: _____ Parent contact number: _____ Text? Y/ N

Return completed registration and payment to the Lower School Receptionist, Lisa Diskin