

Camps, care, and enrichment programs designed to educate, entertain, and engage students.



# **FALL ENRICHMENT SCHEDULE**

**SESSIONS BEGIN OCTOBER 7TH** 

TIME	MONDAY (6 WEEK SESSION)	TUESDAY (8 WEEK SESSION)	WEDNESDAY (8 WEEK SESSION)	THURSDAY (7 WEEK SESSION)	FRIDAY
03:20PM - 04:30PM	Flour Power  iCook  Grades: K - 4 \$206.00	Little Investors  Spark Business Academy  Grades: K - 2 \$334.00	Chess Club  Magnus Chess  Grades: K - 5 \$292.00	Artistic Drawing  Innovative Minds dba Young Rembrandts  Grades: K - 5 \$209.00	
03:20PM - 04:30PM	Karate  Kaizen Karate  Grades: K - 5  \$224.00	Mystery Solvers  Amore Learning  Grades: 1 - 4 \$298.00	Tennis  TGA  Grades: PreK - 5  \$298.00	Yoga & Creative Movement  Breathing Space  Grades: PreK - K  \$225.00	
03:20PM - 04:30PM	Girls Lacrosse  TGA  Grades: PreK - 5  \$224.00	Tippi Jam  Tippi Toes  Grades: PreK - K \$298.00	Lego Engineering  Amore Learning  Grades: PreK - 1  \$298.00	Wilderness Medicine  Little Medical School  Grades: K - 5 \$259.00	
03:20PM - 04:30PM	Hip Hop  Tippi Toes  Grades: 1 - 5  \$224.00			Fashion Boot Camp  Red Sprinkle  Grades: 1 - 5  \$298.00	
03:30PM - 04:30PM		Autumn Artifacts  Jimmy Potter Workshop  Grades: K - 5  \$336.00	Yoga & Mindfulness  Breathing Space  Grades: 1 - 5  \$257.00		

#### **REGISTRATION:**

BEGINS SEPTEMBER 24th at 5pm - CLOSES OCTOBER 1st at 11:59pm

**CLASSES BEGIN THE WEEK OF OCTOBER 7, 2024** 

**VISIT WWW.FLEXACADEMIES.COM** AND SELECT ENROLL NOW

**REGISTER FROM** YOUR PHONE →



**WEBSITE:** https://flexacademies.com/

**CONTACT US:** info@flexacademies.com









Camps, care, and enrichment programs designed to educate, entertain, and engage students.



# **CLASS DESCRIPTION**

### FLOUR POWER

In this baking course, our chefs-in-training will learn how to make delicious and nutritious desserts. We will explore ingredients familiar and new to bake savory and sweet dishes. Students will make Key Lime Pie, Little Orange Cakes, Avocado Brownies, and so much more! Foundational cooking skills will be taught, including proper techniques for measuring, mixing, slicing, dicing, and of course, kitchen safety! We hope to see you in the kitchen soon.

#### **CHESS CLUB**MAGNUS CHESS

Learn chess with Magnus Academy, five-time world champion Magnus Carlsen's academy! We've taught 100,000 children to play including state & national champions, but most students are beginners looking to learn a new skill and have FUN. Class time is divided between lessons and practice games. Lessons range from the basic rules to advanced tournament strategies. Students will have the opportunity to play in tournaments (in-person and online) outside of club time. This in-person club includes free online extras including weekly practice tournaments, a Chesskid Gold membership (\$49 value!), and an event with a chess celebrity. Last year's guests were World Champion Magnus Carlsen and Judit Polgar (the best female chess player of all time). All chess supplies provided. All skill levels are welcome. For more information please visit chessacademy.com

#### KARATE KAIZEN KARATE

This popular class is a disciplined introduction to the sport by Kaizen Karate. Your child will learn the beautiful art of karate while gaining safety and defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline. Returning students will continue to work toward new belts while first time students will be able to start the belt program.

#### TENNIS TGA

TGA is excited to welcome your child to our tennis class! In a fun and supportive environment, they'll learn the basics of tennis—like proper techniques, footwork, rules and etiquette —while also gaining important life lessons in teamwork, perseverance, and sportsmanship. With a low coach-to-student ratio, every child gets the attention they need to thrive. No need to worry about equipment; we provide everything, so your child just needs to show up ready to play. Plus, our partnership with the USTA ensures top-notch instruction. Whether your child is new to tennis or has some experience, our class is all about building confidence, making new friends, and having

### GIRLS LACROSSE

Welcome to your girls' lacrosse class! In a fun and supportive environment, your child will learn the fundamentals of lacrosse—like stick handling, passing, and basic strategies—while also gaining important life lessons in teamwork, perseverance, and sportsmanship. With a low coach-to-student ratio, each player receives the attention they need to succeed. No need to worry about equipment; we provide everything, so your child just needs to come ready to play. Whether they are new to lacrosse or have some experience, our class is all about building confidence, making new friends, and enjoying every moment on the field!

## LITTLE INVESTORS SPARK BUSINESS ACADEMY

In this "inventive" program, students design and create solutions to problems, teaming up to identify the need for a new invention, and producing real structures and solutions. In one STEM challenge, students build bridges using a variety of materials and experiment with how much weight they can hold. Students will also learn about famous inventors, and discuss how inventions improve our lives.

### ARTISTIC DRAWING INNOVATIVE MINDS DBA YOUNG REMBRANDTS

Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts™ drawing class. Young Rembrandts™ Drawing curriculum uses a structured stepwise format to teach elementary students useful drawing skills, while developing creative thinking strategies. Students deconstruct complex objects into familiar shapes; then use problem-solving and imagination to make their own works of art. Innovative reasoning skills are developed through creativity, collaborative communication, and critical thinking. A variety of engaging images challenge students with realistic, abstract and graphic art styles. Our Artistic Drawing curriculum develops academically relevant skills, including spatial-motor planning, mental discipline and fine motor skills, while providing a fun, enriching experience for our students. New lesson every week with six-year curriculum! Students never see a repeat lesson while enrolled from kindergarten to 6th grade.

#### MYSTERY SOLVERS AMORE LEARNING

Join our exciting after-school club where young detectives will dive into the world of mystery solving and code breaking! Students will learn how to analyze clues, solve puzzles, decode secret messages, and explore the fascinating history of spies, all while working together to crack a case each week. This hands-on class fosters critical thinking, teamwork, and creativity, making learning both fun and educational.

## YOGA & CREATIVE MOVEMENT BREATHING SPACE

Breathing Space students have fun playing and moving through age-appropriate poses, breathing exercises, creative movement games, mindfulness, and relaxation. Yoga practice helps children learn techniques for concentrating, reducing stress, and connecting to their bodies in a loving way while having fun and building fitness. Our classes incorporate an ethical principle, philosophical concept, or natural theme. Activities sometimes include books, art, or other creative activities to explore a theme, and always include some form of quiet relaxation.

### TIPPI JAM TIPPI TOES

Join Tippi Toes® for a high-energy dance class designed to keep boys and girls engaged in continual motion from the first step to the last beat. Our positive, upbeat classes are based on original, imaginative, and FUN music which has hit the Billboard charts! This class allows children 3-6 years to exercise their bodies and imaginations while getting a wonderful introduction to ballet, tap and jazz.

WEBSITE: <a href="https://flexacademies.com/">https://flexacademies.com/</a>
CONTACT US: info@flexacademies.com









Camps, care, and enrichment programs designed to educate, entertain, and engage students.



# **CLASS DESCRIPTION**

#### LEGO ENGINEERING AMORE LEARNING

Who doesn't love building with LEGOs?!? In this class, we will build (pun intended!) upon this excitement by teaching LEGO enthusiasts about engineering – how to make a plan, execute it, reflect upon it, consider the physics of it, and make changes for next time. Tapping into our executive functioning skills, we will use our imaginations to build new innovations while learning about the classics (Eiffel Tower, Burj Khalifa, Big Ben, etc!). This course will conclude with a final "showcase of learning" during which families will be invited to the classroom to see what has been learned, and maybe even to build alongside their children if they're lucky!

### HIP HOP TIPPI TOES

Hip Hop/Jazz dance classes are created especially for children 6-12 years of age. Using popular music the students start learning dances and choreography quickly as well as learning various dance elements. Our version of hip hop/jazz dance is extremely tasteful and clean and our priority is offering age-appropriate material in a fun way!

#### **AUTUMN ARTIFACTS**JIMMY POTTER WORKSHOP

This fall, embark on a cultural journey with "Autumn Artifacts: Pottery from Around the World" at Jimmy Potters' mobile pottery workshop! Each week, young artists will explore a new country, delving into its rich pottery traditions and crafting their own clay creations inspired by global masterpieces. From the intricate designs of Moroccan ceramics to the vibrant patterns of Mexican Talavera tiles, children will experience the beauty and history of diverse cultures. This workshop offers a unique blend of cultural education and hands-on creativity, perfect for sparking curiosity and artistic expression. Sign up now and let your child discover the world through the timeless art of pottery this autumn!

## WILDERNESS MEDICINE LITTLE MEDICAL SCHOOL

Little Wilderness School brings medicine, science, and the importance of health to children in an entertaining, exciting, and fun way. Our program will teach children about some of the dangers in the wild and how to safely handle a medical situation. For example, students will learn about snake bites, hypothermia, how to tie a tourniquet, splint a broken leg, filter dirty water, 20 uses of a bandana, and how to treat bug bites. Our classes are led by a trained Little Medical School instructor. Each child receives a diploma, disposable lab coat, LMS bandana, thermal blanket and so much more.

#### **FASHION BOOT CAMP**

RED SPRINKLE

Dive into the world of fashion design with hands-on projects including designing and creating your own clothing and accessories. Students will explore various techniques such as hand and machine sewing techniques, screen printing, accessory design, and upcycling materials to create unique, personalized items.

#### YOGA & MINDFULNESS BREATHING SPACE

Breathing Space students have fun playing and moving through age-appropriate poses, breathing exercises, creative movement games, mindfulness, and relaxation. Yoga practice helps children learn techniques for concentrating, reducing stress, and connecting to their bodies in a loving way while having fun and building fitness. Our classes incorporate an ethical principle, philosophical concept, or natural theme. Activities sometimes include books, art, or other creative activities to explore a theme, and always include some form of quiet relaxation.





