

NewGate After School Activities and Studios



Look for the **French Chefs Club!**

We are thrilled to be able to offer a variety of afterschool clubs, sports, and classes for our elementary and secondary students this semester. Here are some questions and answers about the programs.

Are there fees for these activities?

Most of these afterschool activities are free of charge but a few have nominal fees to cover the cost of materials, ingredients, or specialized instructors. See course descriptions for details.

Are there limits to the number of students in each Club, Class, or Sport?

Yes, in some cases. Refer to course descriptions for details.

How long do studios last?

They start on Tuesday, September 3 and end on Friday, October 25 (8 weeks).

What ages can participate?

Each activity has a designated age group. Please read course descriptions carefully to find out.

How do we register?

Register for studios in Lorna's office during the week of August 26-30.

You can register for your child or with your child. *Students who sign-up on their own must have written permission for specific studios and applicable fees.

My child is enrolled in the Full Year After Care Program. Can he sign up for these activities?

Yes. In fact, he will need to sign up because Coach Dave will be busy with Running Club and PE Extensions from 3:45-5:00pm each day. Your child can and should register for any of the after school activities. At 5:00pm your child will go with Coach Dave until you arrive for pick up.

What if my child doesn't want to continue in a studio that he/she has registered for?

Please strongly encourage your child to stick with their studio choices. Often they will find that as the studios get going the activities become more involved, fun, and challenging. We want our students to learn about making a commitment and following through with it. If there is serious reason for wanting to withdraw, please contact Lorna.

Please read over the course descriptions on the next pages with your child and decide what your child might wish to participate in.

Notice that there are specific levels that the activities are geared towards.

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Course Descriptions:

PE Extensions – Coach Dave – Mondays & Thursdays - 3:45-5:00pm
Elem. & Secondary ***Starts – September 5** – NGS bleachers -
If you can't get enough P.E. during the week or you just want to get some exercise and have fun after school, then "PE Extensions " is just for you! Students will participate in a variety of organized games and sports with Coach Dave. (minimum of 10 students)

Classical Guitar – Katka Krskova (NG parent and accomplished guitarist and teacher) – Mondays – 3:30-5:00pm
8 yr. olds-Secondary ***Starts – September 9** – Maria Montessori Rm.
One-on-one lessons, lasting 20-30 minutes depending on the age/stamina of the student – Students need their own guitars. They will learn to read music, become familiar with the fret board, and develop good fingering technique.

Running Club – Coach Dave – T, W, F - 3:45-5:00pm
Upper Elem. & Secondary ***Starts – September 3** – NGS bleachers
NewGate Running Club is a beginning running program, for the students of NewGate School. It is meant to be an informal introduction to running both individually and with a group. Each practice includes some different courses and new goals for the students to try to complete. We will participate in local running events in the Sarasota area on the weekends. Students pay their own entry fees for races. Participants must commit to at least two days per week.

Let's Rock Sarasota – Gene Hodsdon – Tuesdays & Fridays – 3:30-4:30pm
Elementary & Secondary – Beginners & Intermediate Levels –
Tuesday, August 27 – Tryouts to determine skill level –
***Sessions start – Tuesday, September 3** – Maria Montessori Rm.



Do you want to be in a rock band? If so, this is your studio. Learn about music theory and composition while rocking out and having fun! Minimum of 5 students. \$120 for 8 sessions to be paid to Let's Rock Sarasota www.letsrocksarasota.com

Suzuki Violin Lessons – Bob Birdsall – Tuesdays – Individual & group lessons – 3:00pm on – 4 yr. olds-Elementary ***Starts – September 3** – Jacques Cousteau Rm.
Students need to be accompanied by an adult for their lessons. For more information and to schedule lessons go to www.sarasotasuzuki.org.

Odyssey of the Mind – Ms Jacki,, Ms Cheryl, & Ms Kristi – Tuesdays – 3:45-5:00pm – 5 yr. olds-Secondary – Parents and students must attend an important meeting on Thursday, August 29 at 6:30pmin the Rachel Carson Rm. to be included in the drawing. Teams will be selected by a drawing of names from interested and committed parents and students. ***Starts – September 3** - Participating in Odyssey is a wonderful opportunity for students to practice team work, be creative, think outside of the box, and problem solve. And, it takes commitment on the part of the students as well as their parents. www.odysseyofthemind.com

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Capoeira – Fatima Beltran (NG parent and accomplished Capoeira, Maculele, and Samba instructor) – Wednesdays – 3:45-5:00pm – 6 yr. olds-Secondary ***Starts - September 4** – Maria Montessori Rm. Capoeira originated in Brazil over the centuries. It began as a way for enslaved Africans who were brought to Brazil to hold on to their traditions from their homeland. Because the slaves were not allowed to practice martial arts they disguised the practice with music and dance. Participants will learn the martial arts, dance, and music of this Brazilian program. Participants need to wear comfortable pants (preferably white). The girls usually wear tank tops under t-shirts (helps with modesty on the upside down moves). They will practice in bare feet. Maximum of 10 students

Suzuki Piano Lessons – Instructor will be provided by The Suzuki Institute School of Music – Wednesdays – 3:00pm on – 4 yr. olds-Elementary ***Starts - September 4** – Jacques Cousteau Rm. Each student needs to be accompanied by an adult for their lessons. For more information and to schedule lessons go to www.sarasotasuzuki.org.

Art and Explorations – Ms Robby & others – Wednesdays – 3:45-5:00pm - Elementary ***Starts – September 5** – Wassily Kandinsky Rm. Join Art and Explorations Club and experience fun after school activities – a different program each week! Topics include: art, crafts, theatre, group games, creative design and story-telling. Maximum of 10 students

French Chefs Club – Ms Sabrina – Thursdays – 3:45-5:00pm Upper Elementary & Secondary ***Starts – September 5** – Wassily Kandinsky Rm. This studio is geared for students who enjoy cooking and eating. Participants will be creating French and Italian dishes. They will

mainly be meat free but not always. We expect to have an enjoyable, tasty, and safe time together! This studio is limited to 10 students. \$15 fee for ingredients.

Science Club – Dr. Alina – Fridays – 3:45-5:00pm - Elementary ***Starts – September 6** – Jacques Cousteau Rm.

This session's theme will be "exploring plant science through gardening." Participants will plant seed and watch their growth as well as care for seedlings. They will design a specific area for their campus garden. They will observe and study the growth and development of the plants in their care and the effects that temperature, sun or shade, amount of moisture in the soil, and soil types have on them.

Special Saturday Offering NewGate Kids Sports

Mr. Robin and Scott Treibly (NG parent and accomplished tennis pro) – 9:15-10:15am – 4 yr. olds-Lower Elementary ***Starts – September 7** – NG athletic field on the bleachers. Participants will be involved in learning tennis and soccer skills including sportsmanship, motor skills, and overall play in a fun and enjoyable environment. \$80 for 8 sessions or \$15 for individual sessions



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Studio times are 3:45-5:00pm unless otherwise specified.
Please plan to be on campus and ready to pick your child at the designated time.

Mondays

PE Extensions – M, Th

Elementary & Secondary
Coach Dave – NewGate bleachers

Classical Guitar

Katka Krskova – Jacques Cousteau Rm.
20-30 minute sessions – starting at 3:30pm
Students must have guitar.

Tuesdays

Running Club – T, W, F

Upper Elementary & Secondary
Coach Dave - NewGate bleachers
Students pay their entry fees for competitions.

Suzuki Violin Lessons – 3:00pm on

4 yr olds-Elementary
Bob Birdsall – Jacques Cousteau Rm.
Call Suzuki Institute for times and fees.

Let's Rock Sarasota – T & F - 3:30-4:30pm

Elementary & Secondary
Gene Hodsdon – Maria Montessori Rm.
\$120 for 8 sessions – Students must have their own instruments.

Tryouts – Tues. 8/27 – 3:30pm – Maria Montessori Rm.

Odyssey of the Mind – T & F

Ms Jacki, Ms Cheryl, & Ms Kristi

Introductory Meeting – Thurs. 8/29 – 6:30pm

Rachel Carson Rm.

Wednesdays

Art and Explorations

Elementary & Secondary
Ms. Robby & other NGS community members
Wassily Kandinsky Rm

Running Club – (see Tuesdays)

Suzuki Piano Lessons – 3:00pm on

4 yr olds-Elementary
Jacques Cousteau Rm.
Call Suzuki Institute for times and fees.

Capoeira

6 yr. olds-Secondary
Fatima Beltran
Maria Montessori Rm.

Thursdays

PE Extensions – (see Mondays)

French Chefs Club

Upper Elementary & Secondary
Ms Sabrina – Wassily Kandinsky Rm.
10 Students Only - \$15/10 weeks

Fridays

Running Club – (see Tuesdays)

Science Club

Elementary & Secondary
Dr. Alina – Jacques Cousteau Rm.
Exploring Plant Science through Gardening
Let's Rock Sarasota – (See Tuesdays)

Saturdays

NG Kids Sports – 9:15-10:15am

4 yr. olds-Lower Elementary - NG athletic field
Mr. Robin & Scott Treibly - \$120 for 8 sessions/\$15 individual sessions