



WEDNESDAY CLUBS *(continued)*
January 27th, February 3rd, 10th, 24th, March 3rd & 10th

◇ **Karate** (limit 11)

This class will teach basic karate techniques including blocking, punching, kicking and basic self defense with an emphasis on respect for self and others. Karate will also help with other aspects of athletics such as strength, balance, flexibility and endurance. *Bring plenty of water!* Transportation provided to Fitness Club (at train station) and back to OSMS.

Additional Fee: \$24.00

Led by: Bob Secchi

◇ **Explorations in Art** (6th, 7th & 8th Grades ONLY—limit 12)

Let your creative spirit fly in this creative artistic environment. We will dabble with paints as well as clay to create your own unique pieces of art. Join your friends, have some fun and be your own Picasso!

Additional Fee: \$5.00

Led by: Mrs. Kielich



THURSDAY CLUBS

January 28th, February 4th, 11th, 25th, March 4th & 11th

◇ **Dodgeball** (6th, 7th & 8th Grades ONLY—min 8)

Unwind with your friends each week in a friendly game of dodgeball at the Rec Center.

Led by: OS Park & Rec Dept.

◇ **YMCA Fit Kids Aquatics** (limit 10)

Swim for fun and fitness for all ages and abilities. Learn water safety and lifelong swimming skills. Transportation provided to YMCA facility and back to OSMS.

Additional Fee: \$24.00

Led by: YMCA's Heather Husted

◇ **Birdhouse Making** (6th, 7th & 8th Grades ONLY—min 8-limit 15)

*** 4 SESSIONS ONLY—1/28, 2/4, 2/11 & 3/4 ***

Get together with friends, learn some basic carpentry skills and help out our feathered friends! Together we will be constructing birdhouses to be donated to the Old Saybrook Historical Society as part of their 125th anniversary celebration.

Additional Fee: \$4.00

Led by: Mrs. Looney



Old Saybrook Middle School
AFTER SCHOOL CLUBS
2009-2010

Session #3

Monday - Thursday

January 25th - March 11th

2:30 pm - 4:00 pm

Registrations due by January 20th

HAVE FUN!

MAKE NEW FRIENDS!

STAY BUSY!



LEARN SOMETHING NEW!

Sponsored by:
The Enrichments for All Program
OS Youth and Family Services
OS Parks & Recreation Department

Funding Support provided through the SAMHSA Drug-Free Communities Grant

AFTER SCHOOL CLUB FAQ's

- ☞ All students are invited to participate in one club per day.
- ☞ Snacks and sign-in at 2:35 to 2:45 in the cafeteria.
- ☞ A snack is provided (or you may bring your own).
- ☞ Unless otherwise noted, clubs begin at 2:45 and end at 4:00.
- ☞ Clubs will be filled on a **First Come, First Served** basis in the order in which registration forms are turned into the office.
- ☞ Some clubs may have minimum and/or enrollment requirements.
- ☞ Once registered for a club, attendance is expected at each session. Parental excused absences only.
- ☞ Photos may be taken during clubs and used to publicize the success of the program. Please attach a note to let us know if you choose **NOT** to have your child photographed. Thank you.
- ☞ **LATE BUS** is available on "after school club days". However, please note the following:
 - * This is not door to door service
 - * **Students MUST sign up *each day* in the office by 11:00 in order to ride.**
 - * Bus leaves promptly at 4:00. It is the student's responsibility to report to the bus in a timely manner.
- ☞ Transportation is **NOT** available for "Special Evening Clubs". Students participating in evening clubs are to check in and be picked up at the specified times at the club location.
- ☞ To **change plans** for student transportation or to be **picked up at club location** student must:
 1. Submit a written request (signed by parent) to the office by 11:00 for each occurrence.
 2. Request must be approved, signed by principal and presented to club leader at the start of the club session.



MONDAY CLUBS

January 25th, February 1st, 8th, 22nd, March 1st & 8th

◇ Hip-Hop

Learn some sick tricks and hip-hop routines with Miss Tracey and guest helpers from the World Champion Street Elite Dance Team! Prepare to work hard toward our next public performances at the Hidden Treasures Variety show this spring. Please wear sneakers and clothes you can stretch in and *bring plenty of water*.
Led by: Tracey Morin

◇ Hab' Spass mit Deutsch! (Min. 4)

Sprechen sie Deutsch? Come have fun with your friends while learning the basics of the German language. Together we will explore the country's unique customs and culture, and sample a bit of it's traditional cuisine.
Led by: Frau Zumbaum

◇ Holiday Crafts (limit 12)

Are you a crafty person who likes to make things with your hands? Are you interested in crafts but just not too sure where to begin? Join your friends and create your very own holiday crafts.
Additional Fee: \$5.00
Led by: Brandy Donahue



TUESDAY CLUBS

January 26th, February 2nd, 9th, 23rd, March 2nd & 9th

◇ Fitness Fun—Spring Conditioning

Whether you play an organized sport or simply enjoy a friendly game of kickball, this is your chance to prepare your body for your activities ahead! Listen to tunes, move to the beat and wake up those tired muscles. "Spin" through your warm up before moving on to floor exercises for a complete strength workout. Have fun and share some laughs while exercising with your friends! Sessions are led by certified instructors and designed for **ALL** fitness levels. Wear your sneakers and clothes you can stretch in. *Bring plenty of water!* Transportation provided to Fitness Club (at train station) and back to OSMS.

Additional Fee: \$24.00

Led by: Mr. & Mrs. Wieland

◇ Bowling

Bowl for one hour each week and have fun with friends. Includes games and shoe rental. Transportation provided to the bowling alley and back to OSMS.

Additional Fee: \$24.00

◇ Clayhouse

Show your creativity as you make special gifts for others or even something for yourself. Transportation will be provided to the studio at the *Old Saybrook Shopping Center* and back to OSMS.

Additional Fee: \$9.00 per session toward materials

Led by: Ms. Marquis



WEDNESDAY CLUBS

January 27th, February 3rd, 10th, 24th, March 3rd & 10th

◇ Babysitting Course (6th, 7th & 8th Grades ONLY—limit 12)

This popular course is back!! Through this 6-week course you will gain skills to better prepare you for the responsibilities of babysitting. You will receive your very own copy of *The What To Expect - Babysitter's Handbook* to use throughout the course and your future babysitting experiences. Sessions will be taught by Youth and Family Services' Youth Coordinator, Community Police Officer, firefighters, nurses and more. Upon successful completion of the course, you will be certified as babysitters through Youth and Family Services and eligible to participate in the YFS Youth Employment Service.

Additional Fee: \$10.00

Led by: Mrs. Moen, YFS Youth Coordinator

◇ Just 4 Girlz (4th & 5th Grades ONLY—limit 10)

Come hang out with your friends, play games, meet new people, and talk about things "Just 4 Girlz"!

Led by: OSHS Students Kelsey Root and Amy Vinciguerra

Chaperones: Mrs. Pandiani, Mrs. Vinciguerra and/or Mrs. Root

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