

## Jones Afterschool Club Spring 2024 Session 2

Tap: Joe Mohar

Grade 3-5

Wednesdays 250-350pm

Learn how to tap dance! Express yourself through making music with your feet! We'll learn steps, get some exercise, make some noise, and learn about its history. A limited number of tap shoes will be available; hard-soled dress shoes work well too.

Yoga and Art: Federica Colina

Grades K-3

Wednesdays 250-350pm

In this workshop series we will explore creative movements and yoga postures, visualizations, and a variety of art mediums. Children will learn tools for self-regulation, build social-emotional skills, and practice a variety of mindfulness techniques. We will use art as a means to expand and deepen this practice, inspired by our visualizations and yoga stories. This combination of Yoga & Art helps to guide children in self-exploration and self-expression, increasing mind and body awareness, strength, flexibility, focus, and creativity.

Knitting: Ms. Immy

Grade 3-5

Wednesdays 250-350pm

Come join us to learn the very beginning basics of knitting OR join us to further your knitting knowledge. Badges will be awarded as you learn new skills and friendships will form as we chat and knit. I can't wait to see you there!

Garden Club: Ms. Suarez

All ages

Wednesdays 250-350pm

Do you love Spring? Are you interested in spending time outside, learning about gardening, and helping beautify the school? Our mission in the Garden club is to learn the process of gardening and planting flowers and vegetables throughout the school.

Sun Soo Tae Kwon Do

Instructors: Master Season Jacques (4th Degree Black Belt), Ms. Leah Dickinson (3rd Degree Black Belt)

Wednesdays 250-350pm

All Grades

Class description: During this 6-class series, "Introduction to Traditional Tae Kwon Do," your child will be introduced to many of the fundamentals of this Korean martial arts practice. Included in their experience are opportunities for growth and learning across all domains of life – spanning Body, Mind and Spirit. They will experience engagement with centering exercises, meditation, the character tenets of Tae Kwon Do – *Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit*, light fundamentals of stretching, basic blocking, striking and kicking, safety-awareness, bully prevention, goal setting and disciplined follow-through – and all in the context of personal responsibility, gratitude and an appreciation for excellence! We will increase confidence and capacity through additional emphasis on respectful manners, successful social interactions and increased capacity to focus and be effective in the present moment. Instruction will be provided by Asheville Sun Soo Martial Arts, voted # 1 Martial Arts School in WNC for 16 years straight and Martial Arts School of the Year in the USA in 2021! For the duration of the 6-week introductory class series, participating students will have access to up to 2 additional classes/week at the Asheville Sun Soo Martial Arts main studio (800 Fairview Rd / Suite D-2, in the River Ridge Market Place) in order to amplify their otherwise once-per-week experience in the Jones Elementary After School class. This is an excellent "first exposure" experience and will provide an excellent foundation for any students wanting to continue their martial arts practice at the conclusion of the 6-week series. Limited spots are available for repeat students. If your student already took the six week series, the system needs you to use THIS code for registration.

Robotics: Ms. Sorenson

Grade 2-5

Wednesdays 250-350pm

Students will learn how to program Dash, Sphero and Ozobots. They will be given challenges and will work together to design solutions using their robot.

Capoeira: Ms. Hannah Peerless

Grade 2-5

Wednesdays 355-455pm

Capoeira Angola is an African-Brazilian martial art/dance that weaves together dance, martial art movements, music and philosophy. In class students learn to move their body in new ways. These movements teach control, balance, agility, body awareness and how to be aware of others. Music is an integral part of Capoeira Angola. Students learn traditional songs that accompany Capoeira Angola jogos (games). They learn to play instruments of the bateria (Berimbau, pondeiro, agogo, reco-reco and atabaque) and the traditional lyrics of these songs (in Portuguese).

School of Rock: Kayla McKinney

Grades 3-5

Wednesdays 355-455pm

Students will have the opportunity to play bass, drums, keyboard, and/or guitar while exploring popular music. They will focus on simple theory and learn about rhythm. They will gain experience working together in a group, develop listening skills, and build confidence in their musical ability.

BYO Lego: Katie Toth

All ages

Wednesdays 355-455pm

Build Your Own Legos! Each week we will focus on a theme related to a topic they are learning in school. Then, each student will come up with their very own lego design. At the end of each session we will display our new creations for the entire school to see in display cases by the main entrance for an entire week. All legos will be provided.

Spanish: Ms. Suarez

All ages

Wednesdays 355-455pm

Spanish is the second most used language in the world. 41 million Americans speak Spanish. Learning a new language helps in so many ways: appreciation towards another culture, traveling opportunities, improves your cognitive function, memory, and creativity. Just to name a few! So if you're looking to learn some Spanish 101, sign up for Spanish Club!

Paint Explorers: Unleash Creativity through Color!: Mechelle Bertollini

Wednesdays 355-455pm

Grade K-3

Welcome to "Paint Explorers," where kids dive into the colorful world of paint! Led by mixed media artist Mechelle Bertollini, children explore diverse painting techniques, from brushstrokes, pour painting and finger painting, while delving into themes like celebrating nature and fun ways to learn about famous painters in history. This dynamic class fosters self-expression, creativity, and artistic development in a supportive environment. Join us and unleash your inner artist today!

Singing and Ukulele: Ms. Park

Grades 2-5

Thursdays 250-350pm

Come make music with Ms. Park! If you love to sing, this club is for you. Ms. Park will be teaching students about singing in harmony through rounds and honing their musical

"ear." We will also learn how to play some basic ukulele chords and practice singing while playing! Students do not need any materials... just their voice and a love of music

Board game club: Ms Lifchez

Grades K-2

Thursdays 250-350pm

Are you someone who enjoys playing games? Family game nights? Then come join the Board Game Club where each week we will learn a new board game! As we play, we will also be working on taking turns, speaking with kindness and respect, but most importantly having fun!

Coding: Ms. Sorenson

Thursdays 250-350pm

Grade 3-5

Students will explore various types of computer coding- Scratch, Blockly, and some basic computer science. If they like Hour of Code- they will love this club!

International Dance: Rachael Anthony

Thursdays 250-350pm

Grade 3-5

The class will explore the basics of Waltz, Salsa, ChaCha, Swing, Tango and Foxtrot. Dance enhances a students confidence in so many skills including social, cognitive, physical, musical and just so much fun!

Soccer with Suarez

Thursdays 250-350pm All grades

Thursday 355-455 pm All grades

Soccer is the most universal sport in the world! In Soccer club, we will work on teamwork, perseverance, and decision making. All while having fun, breathing in the fresh air, and having great exercise along the way!

Spring Afterschool Camp Bangin' & Sangin'! with Billy Jonas

Thursday 355-455 pm

Grade 3-5

Students are invited to drum, sing and move on Thursdays with nationally renowned Asheville-based singer/songmaker/percussionist Billy Jonas (also a Jones parent!). No prior experience necessary! We'll be using buckets and yoga balls for drums, making mallets and other homemade recyclable instruments, creating original songs, and singing!

Yoga by Asheville Community Yoga

Thursday 355-455 pm

Grade K-2

Youth classes can be expected to be a combination of unique and engaging practices of mindfulness and yoga. Children will build self awareness, connect with others through social interactions, move, stretch, tap into their creativity and playfulness and find calmness through stillness, breath, guided visualization and relaxation. Classes will have a general theme woven and will be specifically tailored to meet the children's energy, capability and needs

Mosaics: Patricia Whitson and Sallie Broach

Thursday 355-455 pm

Grade 3-5

Students will learn about the history of mosaics and see photos of some of the most famous and beautiful examples from around the world. They will then create two mosaic projects using their own art work or a free-style design with the help of the instructors. The two projects are a picture frame and a small serving tray. All supplies will be provided.

Activity Book Club: Devin Browning

Thursday 344-455pm

All

Join this Club for fun with stickers, mazes, word searches, you name it! This club will be great for practicing fine motor skills, numbers, letters, etc. Books purchased will be based on the grade level of the registered child. There may be a couple of occasions when this club plays outside.