



## EBS AFTER SCHOOL ENRICHMENT



2021-2022 EBS ELEMENTARY

**LEVEL UP**  
ENRICHMENT





# TABLE OF CONTENTS

ABOUT OUR COMPANY	3	ZENI DANCE	9
		ACTIVE KIDDOS	10
STEM PROGRAMS		YOGA & MEDITATION	10
TINY TINKERERS	4	EXPRESSIVE ART PROGRAMS	
CREATIVE BUILDERS	4	MAGIC & ILLUSIONS	11
CREATIVE BUILDERS STEM	5	LEGO VIDEO CREATION	11
MATH: FUN WITH NUMBERS	5	YOUR OWN YOUTUBE	12
CODING KIDS	6	MR RYAN'S UKELELE CLASS	12
KEYBOARDING EDUCATIONAL	6	CHILDREN'S FILM ACADEMY	12
CRAZY SCIENCE	7	SKILL-BUILDING PROGRAMS	
DOCTOR KIDDOS	7	ESCAPE ROOM EXPERIENCE	13
SPORTS PROGRAMS		CHESS CLUBHOUSE	13
MINI TENNIS	8	SPANISH	14
JR. BASKETBALL	8	BOARD GAME CLUB	14
ZENI FITNESS	9	HOMEWORK HELP	14



# ABOUT OUR COMPANY

Level UP Enrichment offers a variety of unique after-school, summer, and skill-building enrichment programs throughout California public and private schools.

All our programs offer no more than 8 students to 1 teacher ratios and we keep our class sizes small, with a maximum of 18 students per class. Our emergent curriculum and approach are focused on providing personalized attention so students get the most out of each class. Students are often split into smaller groups with similar abilities to help challenge each group specific to their strengths. Level UP trains the highest quality instructors and coaches with valuable childcare and teaching backgrounds.

## **Safety & COVID Procedures:**

All Level UP Instructors must submit proof of vaccination to work at a school. We host mandatory safety trainings to discuss best practices during this rapidly changing time, while also following all CDC guidelines. Masks will always worn by our instructors, temperatures will be checked before every class, and hand sanitizer will be provided and used regularly. Students will also be encouraged to wash their hands before and after each class, while also following social distancing protocols. Your student's and our instructors' safety will always be our highest priority. Please feel free to contact us with any questions or concerns.

info@levelupenrichment.com  
(858) 461-8616



# STEM PROGRAMS

Preparing today's children to become the innovators and inventors of tomorrow begins with STEM education programs. Our classes provide opportunities to take traditional learning and pivot it to prioritize the hands-on experience and real-world application necessary for developing an innovative mind.



## **Tiny Tinkerers (K-2nd Grade)**

Tuesdays, 3:15pm - 4:15pm

Create, Challenge, and Launch! Creative Builders II is a unique, creative, and hands-on technical class for children of any skill level who are interested in building, creating, and engineering. Our Instructors will guide students through each project, encouraging creative thinking while developing technical fine motor skills. There will be a variety of challenging projects throughout the program. Possible projects include:

- Lego Challenge Day
- Catapult Design & Building
- Magnet Experiment Day
- Rattle Snake Prank Kit
- PVC Fort Day!
- Building Challenge Day

Instructor Ratio: 6 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$168



## **Creative Builders (3rd-6th Grade)**

Wednesdays, 3:15pm - 4:15pm

Energy, Force, & Experiments! Creative Builders is a unique, creative, and hands-on technical class for children of any skill level who are interested in building, challenges, experiments, engineering, and more. There will be a variety of challenging projects throughout the program. Possible projects include:

- Stomp Rockets
- Meteor Rockets Creations
- Laser Maze and Solar Kits
- Cool Circuits & Bristle Robot Construction
- Car Launcher Building

With Level UP's 6 to 1 student to instructor ratio, each project will be tailored to the skill level and interests of the students enrolled. Students will take home many projects in this class too!

Instructor Ratio: 6 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$168

# STEM PROGRAMS



## **Creative Builders STEM (3rd-6th)**

Thursday Camp Option: 2:45pm - 3:45pm

Aerodynamics, Velocity, & Speed! Like other Creative Builders classes, Creative Builders STEM II is a unique, creative, and hands-on technical class for children of any skill level who are interested in going more in depth on STEM concepts. This class offers opportunities for students to enhance skills in building & creating, performing experiments, engineering, learning simple calculations, and more. There will be a variety of challenging projects throughout the program. Possible projects include:

- Rocket Creation & Launching
- Sounds & Vibrations Exploration
- Boat Design & Buoyancy Experiment
- Planetarium Construction
- K'nex Challenge Day

Each project will be tailored to the skill level and interests of the students enrolled. Each class, students will come home with new projects and knowledge to share!

Instructor Ratio: 6 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week Thursday Camp (24 Classes) from 1:40pm - 4:50pm: \$250



## **Math Enrichment: Fun With Numbers!**

K-2nd / Mondays, 3:15pm - 4:15pm

3rd-6th / Mondays, 3:15pm - 4:15pm

Have you been struggling with math? Do you have a hard time understanding why it even exists? Or maybe you just love it and can't get enough! Here at Level UP, we understand that every student learns differently, and that not everyone loves math. And even if you do, there's still room to love it more! This after school enrichment program has been designed to touch on the standards of the specified grade levels through projects and activities that allow students to gain mastery over critical thinking concepts. Our goal is to encourage students to connect with mathematical concepts on a deeper, real-life level, in a fun and engaging way! Projects may include:

- 3D Geometric Constructions
- Learning to Measure & Draw to Scale
- Solving Puzzles & Word Problems
- Engaging in Critical Thinking Games

Interested in taking this class more than once? This class evolves each session to challenge their new skills and support students' academic growth.

Instructor Ratio: 8 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$150

# STEM PROGRAMS



## **Keyboarding/Educational Internet Sites (K-6th)**

Mondays 3:15pm - 4:15pm

Practice your keyboarding skills and take a deep dive into all kinds of educational internet fun! Finish a homework project, do your math for the week, find amazing and educational games that will keep you entertained and learning, too.

Use sites like TypingClub (Typing Ninja), Typing.com, Typing games and fun, STMath, mathisfun.com, Epic, StoryLine Online, Starfall and more!

Instructor Ratio: up to 17 to 1  
Class Minimum: 4  
Class Maximum: 17  
Cost for 8 weeks session: \$150



## **Coding Kids**

K-2nd / Wednesdays, 3:15pm - 4:15pm  
3rd-6th / Tuesdays, 3:15pm - 4:15pm

Learn the language of the future – CODE! Build a world, earn stars, make an app, create a fuzz bug...all while learning a new language so you can tell the computer what to do!

Use websites like Codespark.com, code.org, Kodable.com, Tynker.com, Scratch jr., and more!

Instructor Ratio: up to 10 to 1  
Class Minimum: 6  
Class Maximum: 10  
Cost for 8 weeks session: \$150



# STEM PROGRAMS



## **Doctor Kiddos: Health Science for Kids**

K-6th / Mondays, 3:15pm - 4:15pm

Heads, shoulders, knees, and toes... and everything inside and out! Doctor Kiddo is a hands-on class, focused on teaching how the inside of a human body works. Utilizing fun and exploratory activities to show the ins and outs of body systems. The class is filled with exciting projects that are perfect for all groups and help to answer those 'why' questions that kids have for our body. Some projects include:

- What is sound?
- Yummy in my Tummy
- I see with my little eyes.
- Detective Fingerprint
- What do you smell?
- Tasty or Yucky?
- Sense of Touch

Come join us to learn about the body parts and start to understand how our amazing bodies work. Each week will focus on a different system, including our 5 senses, and more!

A portion of the proceeds for this class goes to supporting the The Cardiology Initiative who provide outreach programs and support for indigenous peoples in Mexico. Learn more at: [www.thecardiologyinitiative.org](http://www.thecardiologyinitiative.org)

Instructor Ratio: 6 to 1  
Minimum: 6 students  
Maximum: 18  
Cost for 8 weeks session: \$168



## **Crazy Science (3rd-6th)**

Thursdays 12:35pm - 1:35pm or 1:40pm - 2:40pm

Science helps children develop key life skills, including an ability to communicate, remain organized and focused, and form an opinion based on observation. Science also helps children develop their senses and overall awareness. Students will have fun learning about science through a variety of hands-on experiments. We'll ask questions like the following:

- Can a thin plastic bag lift two kids up?
- Can you use a trash can, shower curtain, and bungee cord to knock a cup over from 15 feet away?

Come find out the answers to these questions and more. And see how crazy science can get! Each week will be themed around a topic such as Bernoulli's Principle, gravity, friction, and more!

Instructor Ratio: up to 10 to 1  
Class Minimum: 6  
Class Maximum: 10  
Cost for 8 weeks session: \$160  
Cost for 8 week Thursday Camp (24 Classes) from 1:40pm - 4:50pm: \$250

# SPORTS PROGRAMS

Getting your child involved in sports has many benefits; like promoting an active lifestyle and learning sportsmanship. Participation in sports allows kids to make lasting friendships, develop communication skills, feel a sense of community, and learn to respect their teammates and coaches.



## Mini Tennis (K-6th)

Thursdays, 12:35pm - 1:35pm

Level UP's Mini Tennis program is designed to introduce children to fundamental tennis skills through fun and captivating games. Our energetic and experienced coaches from Level Up will bring all the equipment necessary and tailor their instruction to fit the skill level of the class. This class is unique in that it offers a 6 to 1 student to instructor ratio to ensure that each child has the individualized attention needed to hone his or her skills while having a great time.

Skills your student will develop and enhance in this program include:

- Forehand Swings
- Backhand Swings
- Volleys
- Serves
- Agility & Speed
- Self-Confidence
- Score Keeping
- Practice Match
- Hand Eye Coordination
- Fine & Gross Motor Skills
- Endurance

Instructor Ratio: 6:1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$150



## Jr. Basketball (K-6th)

Tuesdays, 3:15pm - 4:15pm

Has your child ever watched a basketball game in awe? Have they ever asked, "How did they do that?" Well then this class is for them! This program will teach the fundamentals for learning basketball respective to skill level set. Once complete, your little one will be prepared for any jump, drill, or even a variety of different angles to take an opportunity to make a shot.

Skills your student will develop and enhance in this program include:

- Shooting from various angles on the court
- Dribbling with dominant and nondominant hand
- Proper guarding techniques
- Learn and master drills respective to skill set level
- Jumps and jump shots
- How to land safely from a jump
- How to maintain a positive attitude on and off the court through 5-minute closing soft meditation.

Instructor Ratio: up to 15 to 1

Class Minimum: 6

Class Maximum: 15

Cost for 8 week session: \$150



# SPORTS PROGRAMS



## **Zeni Fitness (K-6th)**

Thursdays, 1:40pm - 2:40pm or  
Fridays, 3:15pm - 4:15pm

Your little one will learn the importance of staying healthy and why eating yummy healthy snacks are important for our bodies. With the excitement of running an obstacle course, your child's physical abilities will be tested, along with their problem-solving abilities. They will also learn low body combination movements with weight respective for the skill set. Each class will come to a close with soft meditation. Once the session is complete, your child will be more knowledgeable about healthy snack choices and enjoying new exercises outside this semester.

Instructor Ratio: 6 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$150

Cost for 8 week Thursday Camp (24 Classes) from  
1:40pm - 4:50pm: \$250



## **Zeni Dance (K-6th)**

Mondays, 3:15pm - 4:15pm or  
Thursday Camp, 2:45pm - 3:45pm

Keeping up with all the latest dance moves can be hard. What if your little one could release reserved after-school energy through the latest dance move while still staying fit? Zen Dance is a healthy way to promote and connect cool new dance moves, fitness, and positivity.

Skills your student will develop and enhance in this program include:

- Mini line dances to a variety of different music genres
- Warming up and stretching
- Counting 8th notes to learn choreography
- Incorporating exercises into dance
- Perform once dance routine at the end of the program
- Calm and positive attitude while learning new routines

Instructor Ratio: 6 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$150

Cost for 8 week Thursday Camp (24 Classes) from  
1:40pm - 4:50pm: \$250

# SPORTS PROGRAMS



## **Yoga & Meditation (K-6th)**

Wednesdays, 3:15pm - 4:15pm or  
Thursday Camp, 3:50pm - 4:50pm

Has quarantine left you thinking your child may feel isolated from his/her friends or as if they may just need a self-form of pick me up to get through the changes in our society and community? This program would be a great tool for your little one to relax after an exciting day and learn scratches & poses that will help relax the body and mind. Let's fall forward into positive thinking and self motivation.

- Learn how to utilize breathing techniques to calm worry, anxiety, or even the feeling of being overjoyed.
- Learn positive affirmation to promote self-awareness and self-reassurance
- Learn different stretches and poses for a calm state of mind and flexibility

Instructor Ratio: 6 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$150

Cost for 8 week Thursday Camp (24 Classes) from  
1:40pm - 4:50pm: \$250



## **Active Kiddos (K-6th)**

Wednesdays, 3:15pm - 4:15pm

This course will incorporate different activities and sports to help improve hand eye coordination and motor skills. Each day will look a bit different to keep students engaged. Some of the activities and sports include: Kickball, Soccer, and Obstacle Courses and Tennis Baseball.

Instructor Ratio: up to 12 to 1

Class Minimum: 4

Class Maximum: 17

Cost for 8 week session: \$150



# EXPRESSIVE ART PROGRAMS

The term expressive arts refer to any combination of writing, drawing, acting, music or other creative outlets. Children of all ages may not have the language skills to express themselves, but they still have a voice. Expressive arts awaken a child's imagination to help them discover who they are and how to engage their senses.



## Magic, Pranks & Illusions I + II

2nd-6th / Wednesdays, 3:15pm - 4:15pm

Calling all aspiring Magicians, Illusionists, Pranksters, and Performers! Magic, Pranks & Illusions is an exciting program where students will learn to perform illusions, routines, pranks, & sleight of hand tricks! This program offers opportunities for growth in performance, public speaking, & social confidence building. With Level UP's 8 to 1 student to instructor ratio, our future Magicians will have many small group environments with lots of personalized attention to master tricks. There will be a variety of tricks throughout the session and those may include:

- Card, Coin & Rope Tricks
- Illusion & Mind Tricks
- Fun Pranks
- Magic Can Restore & Refill
- Brain Games
- Final Performance

At the end of the session, students will take home their Magic Kit filled with instructions of each trick & materials collected over the session. This class is something you'll have to see to believe!

Instructor Ratio: up to 12 to 1  
Class Minimum: 4  
Class Maximum: 12  
Cost for 8 week session: \$160



## Lego Video Creation (K-6th)

Thursday Camp Option: 1:40pm - 2:40pm or  
Fridays, 3:15pm - 4:15pm

Is your child crazy about LEGOS? If so, this class is the perfect choice to add something new to their LEGO experience! Over the course of the session, students will write, film, and direct their own LEGO movie using their newly acquired stop motion animation techniques. Our students are challenged to:

- Create Imaginative LEGO Sets
- Basic Storytelling Tools
- Basic Filming & Editing Techniques & Tools

While they bring their creations to life in a short film, they will get to share these with friends and family up to two weeks after the completion of the class. The class is run by the experienced and energetic Instructors from Level UP who will work with students to create films, assist with building, and support social interactions. Creativity is limitless and possibilities are endless, take this class as many times as you'd like!

Instructor Ratio: 6 to 1  
Class Minimum: 6  
Class Maximum: 18  
Cost for 8 week session: \$168

# EXPRESSIVE ART PROGRAMS



## **Mr. Ryan's Ukulele Class (K-6th)**

Thursdays, 12:35pm - 1:35pm

Mr. Ryan's music lessons are geared for the beginning to intermediate ukulele. We focus on the basics of note reading, rhythm, and theory. Students will become familiar with an array of techniques that will help them create a solid music foundation. During the intro course students play various popular songs, and develop basic chart reading skills.

Students must bring their own Ukulele or can purchase one upon enrollment by emailing Mr. Ryan at: [mrryansmusicandbooks@gmail.com](mailto:mrryansmusicandbooks@gmail.com)

Instructor Ratio: up to 10 to 1  
Class Minimum: 5  
Class Maximum: 10  
Cost for 8 week session: \$160



## **Children's Film Academy**

Fridays, 3:15pm - 4:15pm

This course is an introduction to digital photography and video scene setups. Learn the aesthetics of visual arts by telling a story through still-image and short scenes. Participants create a digital, non-narrative work portfolio by learning key cinematography concepts, including composition, lighting, color, and tone. Discover the importance of camera angles, shot sizes, and camera movements, and learn the basics of Go-Pros®, gimbals, and drones. We will provide digital cameras and equipment for class use.

Class Minimum: 4  
Class Maximum: 12

Instructor Ratio: up to 12 to 1  
Cost for 8 week session: \$184



## **Your Own YouTube Channel (K-6th)**

Thursdays, 12:35pm - 1:35pm

Learn how to make videos and upload them to your own YouTube channel!\* We will use wevideo, the best online video editor to make great content and tell stories! \*NOTE: No videos will be posted on YouTube by Level UP\*

Instructor Ratio: up to 12 to 1  
Class Minimum: 4  
Class Maximum: 12  
Cost for 8 week session: \$160



# SKILL-BUILDING PROGRAMS

Learning to think critically may be one of the most important skills that today's children will need for the future. In these classes, children will do much more than repeat a list of facts; they will learn to become critical thinkers who can make sense of information, analyze, compare, contrast, make inferences, and generate higher order thinking skills.



## Escape Classroom Experience

2nd-6th / Tuesdays, 3:15pm - 4:15pm or  
Thursday Camp, 2:45pm - 3:45pm

Evaluate, Solve, and Escape! Level UP has created an interactive learning experience that supports students in working together to search for clues, solve mysteries and puzzles to unlock the mystery of the day. The structure provides opportunities for students to acquire 21st century learning skills while having fun! Activities and skills may include:

- Problem Solving - Critical Thinking
- Deductive Reasoning - Collaboration
- Communication
- Decoding Messages & Locks
- Riddles
- Puzzles
- Scavenger Hunts

Instructor Ratio: 8 to 1

Class Minimum: 6

Class Maximum: 18

Cost for 8 week session: \$150

Cost for 8 week Thursday Camp (24 Classes) from  
1:40pm - 4:50pm: \$250



## Chess Clubhouse (K-6th)

Thursday Camp, 3:50pm - 4:50pm or  
Fridays, 3:15pm - 4:15pm

Chess helps students do better in school! By practicing and improving focus, patience, critical thinking and more chess is a great skill every student should learn. Our dynamic teaching style introduces the FUNdamentals and advanced strategies of chess by using songs, stories, and even dances so that each class is exciting and educational for all ages and skill levels. Advanced students are taught with master analysis, end game theories, and more enticing strategies by the most passionate and highly trained chess enthusiasts as coaches!

Instructor Ratio: 8 to 1

Class Minimum: 8

Class Maximum: dependent on space provided

Cost for 8 week session: \$150

Cost for 8 week Thursday Camp (24 Classes) from  
1:40pm - 4:50pm: \$250

# SKILL-BUILDING PROGRAMS



## Spanish for Everyone!

Spanish 1 / Thursdays, 12:35pm - 1:35pm

Spanish 2 / Thursdays, 1:40pm - 2:40pm

¡Hola amigos! Do you live in San Diego? Then you should learn Spanish. Students are engaged in fun activities to learn Spanish and become aware of the Spanish culture. Technology is used to involve students, facilitate interaction and sustain attention. Class activities include:

- Singing
- Playing
- Listening
- Talking
- Moving
- Dancing
- Coloring

Instructor Ratio: 7 to 1

Class Minimum: 7

Class Maximum: 13

Annual Cost (32 Classes): \$640

Can be paid in 4 payments of \$160.



## Board Game Club

Thursdays, 2:45pm - 3:45pm

In addition to teaching them about teamwork, patience, and how to win and lose gracefully, board games can actually benefit kids' brains and language development. Students of all ages can reap the fun and rewarding benefits of playing board games with their peers.

Instructor Ratio: 16 to 1

Class Minimum: 4

Class Maximum: 16

Cost for 8 week Thursday Camp (24 Classes) from 1:40pm - 4:50pm: \$250



## Homework Help

Thursdays, 3:50pm - 4:50pm

Homework Help provides a quiet, dedicated space for kids to catch up on school work and get the assistance they need. Instructors keep parents updated on their student's progress and help them meet their goals.

Instructor Ratio: 8 to 1

Class Minimum: 4

Class Maximum: 16

Cost for 8 week Thursday Camp (24 Classes) from 1:40pm - 4:50pm: \$250