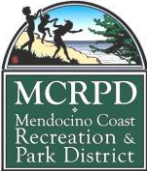


THE MENDOCINO RECREATION & COMMUNITY CENTER'S AFTER SCHOOL PROGRAM



Director:
Peg Brown Levy

Session IV 09-10

February 22nd – April 9th

Registration begins: Monday, February 8th, 8:30 AM



Mendocino Recreation and Community Center
Corner of School and Pine Street

Phone: 937-4133

FAX: 937-2159

www.mendocoastrec.org

Director's Assistant:
Carly Sipila

Assistant Coordinator:
Nora Gardner-Gmeiner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:15-2:15	1:15-2:15	1:15-2:45	1:15-2:15	1:15-2:15
1. KINDER CLAY	2. KINDER GYMNASTICS	3. JUMPSTART! THEATER SKILLS 4. GUIDED STORY PLAY 5. SCIENCE & GARDEN	6. KINDER CLAY	7. KINDER MOVES & GROVES
2:30-3:30	2:30-3:30	3:00-4:00	2:30-3:30	2:30-3:30
8. CERAMICS 9. AIKIDO 10. BEG GYMNASTICS A 11. STUDY GROUP 12. SPRING ARTS & CRAFTS	13. CERAMICS 14. CARDS & GAMES 15. STUDY GROUP 16. BEG GYMNASTICS B	17. CERAMICS 18. BOOM!drums - I 19. BEG GYMNASTICS C 20. MUSD STUDY CLUB 21. DECONSTRUCTION - I	22. CERAMICS 23. TOY HOUSES 24. GUIDED STORY PLAY 25. STUDY GROUP	26. TOY HOUSES 27. STUDY GROUP
		3:30-4:15		
		28. JUJUTSU I		
3:45-4:45	3:45-4:45	4:15-5:15	3:45-4:45	3:45-4:45
29. CERAMICS 30. AIKIDO YOUTH & FAMILY 31. FOIL FENCING-BEGINNING 32. MUSD STUDY CLUB 33. ALL BOY GYMNASTICS 34. SPRING ARTS & CRAFTS	35. CERAMICS 36. MUSD STUDY CLUB 37. CIRCUS SILKS - I 38. JUMPSTART! DRAMA 39. DECONSTRUCTION	40. CERAMICS 41. ADV GYMNASTICS (4:15-5:30) 42. BOOM!drums - II 43. DECONSTRUCTION - II	44. CERAMICS 45. MUSD STUDY CLUB 46. CIRCUS SILKS - II 47. CLUB SALAMANDER 48. BASKET PIAZZ	49. GUITAR-BEGINNING 50. PROGRESSIVE MADNESS 51. MUSD STUDY CLUB 52. FOIL FENCING — ADV. (4:00-5:30) 53. CONTEMPORARY JAZZ DANCE (jazz dance out at 5:15)
	4:45-5:45	4:15-5:45	4:45-5:45	4:45-5:45
	55. BRAZILIAN JIU JITSU 56. CIRCUS SILKS - TEENS	57. ALL BOYS MINI MOVIES	54. SABER FENCING 58. CIRCUS SILKS III	59. CAPOIERA

REGISTRATION

This session begins Monday, February 22nd, and is seven weeks long. Registration day is February 8th at 8:30 am. Don't forget to come early, if you want to sign your child up for Silks or Gymnastics classes! Parents have been known to line up at the Center as early as 7:00 AM.

Class enrollment is first come-first serve, and we cannot process faxed registration requests until all families waiting to register have been served.

NOTES & NEWS

MUSD STUDY CLUB AND STUDY GROUP:

The first ½ hour of each study club and study group will be quiet, individual study time. If students do not have homework, **please send them with a book, magazine, or other project from home to keep them occupied, so that students with homework have a quiet place to complete their assignments.**

TINY TOTS GYMNASTICS IS BACK!!

Mondays or Tuesdays from 10:00-11:00AM.

Sign up February 8th with the regular after school program sign ups.

Instructor: Kassie Hayes

Fee: \$48

SPECIAL EVENTS

MONSTERS VS. ALIENS MOVIE NIGHT!!!!

Monday, February 15th 6-9 PM \$10 per child.

Come as a Monster or Alien and bring a sleeping bag and pillow. We will be making snacks!! SIGN UP EARLY

See flyer...

JL STILES & THE BLUES ALLEY JUG STOMPERS FAMILY CONCERT!!

Friday, February 15th 7:00 PM. \$10 suggested donation. Donations go to Scholarship Program!

See flyer...



PLEASE, PLEASE, PLEASE: Sign your child **IN** and especially **OUT** on the attendance sheet by the front door. Please call and let us know if your child is sick and will not be attending classes.

If your child gets back on the 3:15 bus WE NEED TO KNOW ahead of time!!!! Also if your child should not get back on the bus WE NEED TO KNOW!

NEW INSTRUCTORS AND CLASSES:

Lucy Traber is bringing back her Progressive Madness class!

Obe Brown has a new class this session called Cards & Games.

Jules Stout our new art instructor will now be teaching Spring Arts & Crafts.

Leanna Marie Salyer has joined us to offer Contemporary Jazz on Friday afternoons. This class is designed for pre-teens and teens!!!

Diane Watjen is back for Kinder Moves and Grooves on Fridays.

Parents and families...**VALENTINES DAY** is coming....Please support our After School Program Scholarship Fund by purchasing candy bars with a photo of our Mendocino Community Center on the front! The candy comes in six yummy flavors and only costs \$5.00....ask at the office!



CLASS DESCRIPTIONS

AIKIDO: The parent of a 5 year old asked him “What is the best part of Aikido class?” He answered, “Being connected to everything. Being big.” Children learn to roll, give and take, connect with ground, expand, and roll again. Some child size gis available from Janferie Sensei.

Janferie Stone

Fee: \$48 5-7 year olds

AIKIDO-YOUTH & FAMILY: The mat is a space of “beginner’s mind”. Children and parents training together learn each other’s strengths.

Janferie Stone

Fee: \$48 9 yrs and up (or Instructor’s permission) Children 5 years and up w/ parent

BASKET PIZAZZ: Learn to twine, coil, plait, wrap, and thread while creating baskets from paper, metal, string, kelp, yarn, and other stuff.

Lucy Traber

Fee: \$48 9 and up

BOOM!drums: Making music fun! Kids learn basic percussion in a fun setting that incorporates rhythm, body movement, dance, song, and playing drums in a group.

Evan Peterson

Fee:\$48

BOOM!drums I all ages

BOOM!drums II ages 8 and up with experience

BRAZILIAN JIU JITSU: Learn the skills of this Brazilian martial art. Learn balance, flexibility, and control while working on physical agility and strength.

Antonio Almeida

Fee: \$48 9 and up

CARDS & GAMES: Learn new card games, play old favorites; also board games, word games, puzzles and special surprises.

Obe Brown

Fee: \$48 5-7 year olds

CAPOERIA: This is a Brazilian martial art that includes its own musical instruments, music and movement.

Antonio Almeida

Fee: \$48 9 and up

CERAMICS: Clay, clay & more clay. The biggest limitation is your imagination & the size of the kiln. Some techniques will involve slab work, coil manipulation & wheel throwing. Make pots, boxes, sculptures, gifts, toys, & anything else possible with this sticky stuff. All work, after firing, will be food safe & non-toxic.

Chris Cisper

Fee: \$48 all ages

CIRCUS SILKS: Aerial Silk is a circus art where performers climb, wrap, suspend, fall, swing, and spiral their bodies into and around a suspended length of silk. Aerial routines are a display of athleticism and flexibility. Aerial silk can be very physically and mentally demanding and requires and develops perseverance, upper body strength, and overall flexibility. Class size is limited to 6 students, and proper, close fitting attire will be required.

Bones Newstead

Prerequisite: **Can do a pull-up!!!!!!**

Circus Silks I Beginning /8 yrs and up. Fee: \$48

Circus Silks II or III– Instructor approval - Fee: \$48

Circus Silks Teen – 13 and up Fee: \$48

CLUB SALAMANDER: Join Obe’s club for learning and fun. Use your language and math skills for treasure hunts, puzzles, and games. This class is always a treat.

Obe Brown

Fee:\$48 5 and up

CONTEMPORARY JAZZ DANCE: Dancers will learn basic and intermediate contemporary jazz technique. I will blend artistic styling with classics lines, along with stretch and strength sequences to warm and tone the body. We will play with choreography each class, and enjoy a variety of fun music! Beginners Welcome!

Leanna Marie Salyer

Fee: \$69 13 and up

DECONSTRUCTION: Here we carefully take apart electronics and appliances and use the parts to make a three dimensional sculpture. The only rule is that we do not break , but use our tools and out ingenuity to disassemble and recycle what has been discarded.

Obe Brown

Fee: \$48 7 and up

FOIL FENCING-ADVANCED: In this class we will have an opportunity to learn new skills and exercises and practice fencing. This class is open to continuing and advanced students only.

Scott Hughes

Fee: \$69 (1½ hrs), 9 and up

FOIL FENCING-BEGINNING: Learn skills. Exercise and practice for beginning and intermediate students.

Scott Hughes

Fee: \$48 9 and up

GUIDED STORY PLAY: Each child creates a character, using props and costumes. Obe will tell a story using these characters, the children will act it out.

Obe Brown

Fee: Wed \$69 1.5 hours / Thur \$48 5 and up

GUITAR: This is an ongoing class taught by famed Blues musician, Ragtime Rick Blaufeld. Learn basic chords, finger positions, history and legends of this wonderful musical style, and new skills to play the blues.

Rick Blaufeld

Fee: \$48 Beginning/9 and up

Advanced/Continuing students need instructor’s approval

GYMNASTICS: Beginning classes focus on basic gymnastic skills using mats, balance beam, vault, and trapeze work. Int/Adv Gymnastics classes will progress to more difficult gymnastic skills, including walkovers, round offs, handsprings, and trapeze. **Kinder Gym is for students 5-6. Beg Gym A and B are for children ages 5-7. Beg Gym C is for children 8 and up. Adv Gym needs instructor consent.**

Kassie Hayes

Fee: \$48 / \$58 adv

JUJUTSU: Jujutsu is a martial art developed for modern times. It's a highly practical and energetic discipline for self-defense and self-development. Jujutsu I is a games class with exercises for strength, flexibility, coordination, and cooperative attitude.

Aron Yasskin

Fee: \$48 For Jujutsu I I/Contact Instructor

JUMPSTART! DRAMA: We'll explore acting basics, improvisation, storytelling and theatre games. A good intro class for the Jumpstart! Summer play. Fun for everyone, even if you are shy

Kathy O'Grady

Fee: \$48 8-12 year olds

JUMPSTART! THEATER SKILLS: We'll play theater, improvisation and movement games; read short scripts, and prepare a presentation for the last day of class.

Lorry LePaul

Fee: \$69 (1½ hrs), 8 years and up

KINDER CLAY: Children in this class will learn the basics of clay and studio etiquette. This is a project based curriculum, but don't worry, it's not really all that complicated. After all, the #1 Rule is have fun. Your choice of Monday or Thursday-one class session per week.

Chris Cisper

Fee: \$48 5-6 year olds

KINDER MOVES & GROVES: A fun mix of yoga and sensory motor games for your younger students. Tumbling, stretching, swinging and somersaults all help with brain development which enhances sensory integration in reading, writing and math skills.

Diane Watjen

Fee: \$48 5-6 year olds

MINI MOVIES: Use a video cam and develop commercials, skits, and stories. We have a closet full of costumes and props to play with. No experience needed.

Kathy O'Grady

Fee: \$69

MUSD STUDY CLUB AND STUDY GROUP:

Facilitated by a teacher from MUSD, this class provides students with a safe space for homework. Tutoring help as needed. Study Club is offered free of charge to MUSD students, 5 days per week. If students don't have homework, they need to bring a book, magazine, or project from home for quiet study time.

Penny Erwin

No Fee all ages

SABER FENCING: Beginning and intermediate fencing, concentrating on saber form and techniques.

Erif Thunen

9 yrs and up – no prerequisite

Fee: \$69 (1½ hrs)

SCIENCE AND GARDEN: More on the basics of biology, chemistry, and physics in a fun, hands on atmosphere working in our garden, weather permitting, fun inside experiments when the weather is not cooperating.

Chris Cisper

Fee: \$69 (1.5 hrs) 5 and up

SPRING ARTS & CRAFTS: Join Jules for seasonal collage, nature based crafts, things that grow, flowers and much more.

Jules Stout

Fee: \$48 5 years and up

PROGRESSIVE MADNESS: This is a group building on each other's words, sentences, stories, drawings, and sculpture. Be creative and have lots of fun! You must be able to write and spell reasonably well. Results will be compiled in booklets to take home and share.

Lucy Traber

Fee: \$48 7 years and up

TOY HOUSE DESIGN: Build your own house in a variety of architectural styles from diverse materials. Imagination and invention encouraged.

Lucy Traber

Fee: \$48 5 years and up



The Mendocino Recreation & Community Center

AFTER SCHOOL PROGRAM

Corner of School & Pine Streets in Mendocino

REGISTRATION FORM

Session IV 09-10

New Student Update My Child's Records No Changes School District: _____

Student's Name: _____ Student's Birthday: ___ / ___ / ___ Age: _____

Family Home Phone: _____ Family Email: _____

Family Mailing Address: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

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#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

#/Class: _____ Day/Time: _____ Fee: _____

Total Class Fees: _____

WED Bus fees (Caspar Creek families only) \$21 Bus: _____

Would you like to prepay for snacks? (\$1 per snack/day x 7 weeks) Snacks: _____

Total Cost: _____

REGISTRATION INFORMATION

Class registration is on a first come, first serve basis, and classes must be paid in full to guarantee placement. For your convenience, you may register your own child (children), and the child (children) of one other family. All children must have a current, signed waiver on file to attend classes.

All fees are due at the time of registration. No refunds once a class has started. No changes to class schedule after the second week of the session. Class fees are calculated at \$6.00 per hour times the number of meetings in the session, plus a \$6.00 charge for materials per class. The materials fee goes into a special fund for art supplies, clay, mats, and other necessities.

Receipt #: _____

\$ Received: _____

Processed by: _____

The Mendocino Recreation & Community Center

AGREEMENT WAIVER & RELEASE

I have carefully read the description of classes for which I/we are registering. In consideration for being permitted by the Mendocino Coast Recreation and Park District (MCRPD) to participate in any recreation class activity, I hereby waive, release, and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter occur to me, as a result of participation in said activity, even though the liability may arise out of negligence or carelessness on the part of MCRPD, its officers, employees, and agents. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks I hereby assume those risks. It is further agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and hold harmless from any loss, liability, damage, that I may sustain while participating in said activity.

PARENTAL CONSENT

To be completed and signed by parent/guardian if applicant is under 18 years of age.

I hereby consent that my son/daughter, _____ participate in the above activity, and I hereby execute the above agreement, waiver, and release on his/her behalf. I state that said minor is physically able to participate in said activity. I hereby agree to indemnify and hold the persons and entities mentioned above free and harmless from any loss, liability, damage, cost or expense, which they may incur as a result of the death or any injury or property damage that said minor may sustain while participating in said activity. I understand that my son/daughter may be taken on field trips around town, and/or other locations within the Mendocino Coast Recreation and Park District.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE MENDOCINO COAST RECREATION AND PARKS DISTRICT, AND SIGN IT OF MY OWN FREE WILL. THIS WAIVER WILL REMAIN IN EFFECT FOR ONE YEAR FROM THE DATE OF SIGNATURE.

Signature: _____ **Print Name:** _____ **Date:** _____

PHOTO RELEASE

Yes No MCRPD may use my child's photo on the website and/or in printed material, as long as my child's name is not identified. _____ (Please Initial)

FAMILY & EMERGENCY CONTACTS

1. Parent/Guardian: _____ Hm Ph: _____ Wk Ph: _____ Cell: _____
2. Parent/Guardian: _____ Hm Ph: _____ Wk Ph: _____ Cell: _____
3. Parent/Guardian: _____ Hm Ph: _____ Wk Ph: _____ Cell: _____
4. Parent/Guardian: _____ Hm Ph: _____ Wk Ph: _____ Cell: _____

In addition to the above, these people may pick up my child from the Rec Center:

Please list allergies, medications, and medical or other issues of concern:

