

# THE MENDOCINO RECREATION & COMMUNITY CENTER'S AFTER SCHOOL PROGRAM



**Director:**  
Peg Brown Levy



Mendocino Recreation and Community Center  
Corner of School and Pine Street

## Session II 10-11

October 18<sup>th</sup> – December 17<sup>th</sup>

Registration begins: Monday, October 11<sup>th</sup>, 8:00 AM

Phone: 937-4133

FAX: 937-2159

[www.mendococoastrec.org](http://www.mendococoastrec.org)

**Director's Assistant:**  
Carly Wells

**Assistant Coordinator:**  
Nora Gardner-Gmeiner

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1:15-2:15</b>	<b>1:15-2:15</b>	<b>1:15-2:45</b>	<b>1:15-2:15</b>	<b>1:15-2:15</b>
KINDER SOCCER	KINDER GYMNASTICS	JUMPSTART! THEATER CHOPS GUIDED STORY PLAY SOCCER I	KINDER READING AND ART	FUN WITH FOOD
<b>2:30-3:30</b>	<b>2:30-3:30</b>	<b>3:00-4:00</b>	<b>2:30-3:30</b>	<b>2:30-3:30</b>
AIKIDO BEG GYMNASTICS A STUDY GROUP TOY HOUSES	STUDY GROUP KINDER GYM GUIDED STORY PLAY	CLAY STUDIO BEG GYMNASTICS B MUSD STUDY CLUB CARDS & GAMES SOCCER II BUILD A BUDDY	PUZZLE CRAFTS STUDY GROUP CLAY STUDIO	HOLIDAY CRAFTS I STUDY GROUP CLUB SALAMANDER I
		<b>3:30-4:15</b>		
		JUJUTSU I		
<b>3:45-4:45</b>	<b>3:45-4:45</b>	<b>4:15-5:15</b>	<b>3:45-4:45</b>	<b>3:45-4:45</b>
AIKIDO YOUTH & FAMILY THEATRICAL SWORD PLAY MUSD STUDY CLUB ALL BOY GYMNASTICS CRAFT ADVENTURES	MUSD STUDY CLUB CIRCUS SILKS I CAPOEIRA (3:30-4:30) DECONSTRUCTION (out at 5:15) WORD PLAY	ADV GYMNASTICS (4:15-5:30) CLAY STUDIO II SEWING, STITCHING & STICKING LIVE ACTION ROLE PLAYING (4:15-5:45)	MUSD STUDY CLUB CIRCUS SILKS II CLAY STUDIO II NATURE CRAFTS	GUITAR-BEGINNING HOLIDAY CRAFTS II MUSD STUDY CLUB CLUB SALAMANDER II FOIL FENCING – ADV. (4:00-5:30)
			<b>3:30-5:00</b>	
			SABER FENCING	
	<b>4:45-5:45</b>		<b>4:45-5:45</b>	
	CIRCUS SILKS TEEN		CIRCUS SILKS III	

## REGISTRATION

This session begins Monday, October 18th, and is eight weeks long. Thursday classes will only meet seven times due to the Veterans Day Holiday, NO CLASSES on Thursday November 11<sup>th</sup>. Please note price difference. Registration day is October 11<sup>th</sup> at 8:00 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!

Mondays or Tuesdays from 10:00-11:00 AM. Sign up October 11<sup>th</sup> with the regular after school program sign ups. Ages 3-5  
Instructor: Kassie Hayes  
Fee: \$54

### TINY TOTS SOCCER!!!

Wednesdays or Thursdays from 10:00-11:00 AM. Have fun learning new skills and making new friends with instructor Jeremiah Heim. Sign up October 11<sup>th</sup> starting at 8:00 AM  
Fee: \$54 for Wed or \$48 for Thur

## \*SPECIAL EVENTS\*

### HALLOWEEN MOVIE NIGHT

SATURDAY October 30<sup>th</sup> from 6:00-9:00 PM. Come in costume and be ready for a great party! Parents take a Saturday night off!!!!



**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:

**Judy Stavely** is a retired MUSD teacher and is now with us to teach **Circus Silks I**

**Michelle Rasmuson** is a mother of two who reads several books and sings a few songs to them everyday. She likes to tend her garden and make tasty home cooked meals for her family. Michelle will join us to teach **Word Play**.

**Carol Salo** is adding **Holiday Crafts** and **Kinder Collage** to our program this session.

**Bess Bunton** is a long time Child Care Provider and crafter she will join us for five classes; **Build a Buddy, Sewing Stitching Sticking, Nature Crafts, and Puzzle Crafts!** Join her for at least one of these spectacular classes

**Theatrical Sword Play** is now offered by **Scott Hughs**.

**Soccer** is back taught by **Jeremiah Heim**.

**Mervin Gilbert** will be temporarily taking over Aikido, he has been a Sensei for 20 years. Mervin is also very active in MTC and Gloriana Opera Co.

## CLASS DESCRIPTIONS

**AIKIDO:** Children learn to roll, connect with ground, breathe and begin to learn Aikido games.

**Mervin Gilbert & Sally Wells**

Fee: \$54 **5-7 year olds**

**AIKIDO-YOUTH & FAMILY:** The mat is a space of "beginner's mind". Children and parents training together learning each other's strengths.

**Mervin Gilbert**

Fee: \$54 **9 yrs and up (or Instructor's permission)**  
**Children 5 years and up w/ parent**

**BUILD A BUDDY:** Create a doll friend or superhero of your own, with a custom blanket for it. You will make them, dress them, and name them. We will also make up a story about our buddies.

**Bess Bunton**

Fee: \$54 **5 years and up**

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

**Obe Brown**

Fee: \$54 **8 years and up**

**CAPOEIRA:** This is a Brazilian martial art that includes its own musical instruments, music and movement. Capoeira is in a new earlier time slot this session!

**Antonio Almeida**

Fee: \$54 **7 and up**

**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.

**Judy Stavely silks I / Bones Newstead silks II, III, Teen**  
Prerequisite: **Can do a pull-up!!!!!!**

Circus Silks I Beginning / **8 yrs and up.** Fee: \$54

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

Circus Silks Teen - **13 and up** Fee: \$54

**CLAY STUDIO:** Slab, pinch, and coil! This is a class in hand building with clay. Make masks, houses, animals, rattles, cups, bowls, etc. Students must use proper techniques but can choose their own projects. Creations will be glazed and fired. Marbling, sgraffito, imprinting, and pebbling will be explored. We will not work on the wheel.

**Lucy Traber**

Fee: \$54 for clay studio Wed / \$48 for clay studio Thur

**ages 5-7 for clay studio**

**ages 8+ for clay studio II**

**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: \$54 **ages 5-8 Club Sal. I**

**ages 8 and up Club Sal. II**

**CRAFT ADVENTURES:** Explore a variety of crafts.

Create weavings, collage, cardboard constructions, toys, stuffed animals, bouncers and stretchers, shadow portraits and more.

**Lucy Traber**

Fee: \$54

**7 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: \$78

**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: \$78

**(1½ hrs), 9 and up**

**FUN WITH FOOD:** In this class we will make some tasty treats for a fun end of the week. We will make all kinds of things including chips and salsa, cookies and even some edible play dough to take home!

**Carol Salo and Scott Hughes**

Fee: \$56

**5-6 year olds**

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

**Obe Brown**

**5- 8 year olds**

Fee: Wed \$78 1.5 hours / Tue \$54

**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: \$54

**Beginning/9 years and up**

**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 is for children ages 5-7. Beg Gym B is for children 8 and up. Adv kinder Gym, All Boy Gym, and Int/adv Gym needs instructor consent.**

**Kassie Hayes**

Fee: Mon \$54

**HOLIDAY CRAFTS:** This session will cover Halloween, Thanksgiving and Christmas. We will make a variety of crafts and treats that are holiday themed.

**Carol Salo**

Fee: \$54

**all ages**

**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: \$54 **5 years and up**

**JUMPSTART! THEATER CHOPS:** We will work on "presence" on stage. How to feel comfortable using your body and voice to portray a character, or emotion; how to bring a story over to your audience. We will be working with theater games, exercises and improvisational techniques.

**Lorry LePaul** This class is excellent for home-schoolers  
Fee: \$78 (1½ hrs), **8 years and up**

**KINDER READING ENRICHMENT:** Students will learn how fun reading can be! Bess will read an age appropriate book to the children and then they will do an activity that follows the theme of the book.

**Bess Bunton**

Fee: \$48 **5-6 year olds**

**KINDER SOCCER:** learn social skills and co-operation as we work together as a team. We will do soccer warm ups and play soccer games.

**Jeremiah Heim**

Fee: \$54 **5-6 year olds**

**LIVE ACTION ROLE PLAYING:** Create characters who interact with each other in live stories guided by Obe and your imagination.

**Obe Brown**

Fee \$ 78 **8 years and up**

**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**



**NATURE CRAFTS:** Walk around the grounds and gather nature's bounty; sticks, dried pods, leaves and use them to create natural crafts.

**Bess Bunton**

Fee: \$54 **all ages**

**PUZZLE CRAFTS:** Bring in your school photo, or a copy in 8X10 size. We will make a puzzle out of your own photo, also frames, coasters, and desk accessories.

**Bess Bunton**

Fee: \$48 **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)

**SEWING STITCHING & STICKING:** Create your own bed sized custom pillow case, pick your fabric, trim and decorate it. This class has many more projects and includes projects for little hands.

**Bess Bunton**

Fee: \$54 **all ages**

**SOCCER:** Work on techniques, agility, strength, cardio and develop team work. We will review the rules and regulations.

**Jeremiah Heim**

Fee: Soccer I \$78 / Soccer II \$54 **all ages**

**THEATRICAL SWORD PLAY:** Join Scott for theatrical role play with foam swords. Learn technique and some history of swordsmanship.

**Scott Hughes**

Fee: \$54 **all ages**

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

**Lucy Traber**

Fee: \$54 **5 years and up**

**WORD PLAY:** is a class designed for kids who love to hear, sing and act out stories. We will revisit oral tradition through books while chanting and patty caking around. Finally an afternoon class designed for the 4-6 year olds.

**Michelle Rasmuson**

Fee: \$54 **4-6 year olds**



# The Mendocino Recreation & Community Center

# **AFTER SCHOOL PROGRAM**

Corner of School & Pine Streets in Mendocino

## **REGISTRATION FORM**

**Session II 10-11**

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: \_\_\_\_\_

#/Class: \_\_\_\_\_ Day/Time: \_\_\_\_\_ Fee: \_\_\_\_\_

#/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) \$24    Bus: \_\_\_\_\_

Would you like to prepay for snacks? (\$1 per snack/day x 8 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:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_