

Morningside Academy

Fall 2023 Extended Day Activities

September 18th, 2023 - December 14th, 2023

We offer a great variety of after-school activities to Morningside Academy students! [Please review the extended day options below for Spring. You'll find the program details in the chart on the following page.](#) Note that there are no extended day classes on Fridays, during Professional Development days, conference weeks, and school closures.

To enroll, please complete the Extended Day Sign Up google form. Once we have received your completed form, we will contact you for class payment.

For all after school activities, we ask that students remember to pack an extra snack and reusable water bottle!



Monday - Yoga and Mindfulness

Join instructor Sylwia Mazur Johnson for yoga and mindfulness. This class is filled with kid-friendly yoga poses and breathing exercises, mindfulness, games, relaxation, and a lot of fun! Children will build strength, focus, and flexibility along with kindness, compassion, and self-regulation. Ages 10 and up!



Tuesday - Field Sports

End your school day with an energetic hour of exploring field sports at our local park! Join PE instructor Rusty for a variety of fun activities to work on team-building, on-the-spot logic and decision making skills, leadership skills, coordination skills, and fitness. This may include volleyball, obstacle course, Foursquare variations, Kickball, learning and enhancing batting/kicking/passing/throwing skills, Cricket, Ultimate Frisbee, track and field exercises, and much more. There are also planned indoor games when the weather is rainy. Be sure to dress in comfortable clothes/shoes and bring a water bottle. Ages 9 and up!



Wednesday - Coding

Ready to learn one of the most widely used programming languages in the world? Python is a very versatile and easy-to-learn starter language that is widely used by software developers, scientists and data analysts, from medical research to applications at NASA. In this course, Coding with Kids instructors will introduce students to Python and core programming concepts, such as variables, loops, functions, and conditionals. Students apply and practice these coding concepts through building various projects, including Dodge the Meteors game, trivia quizzes, and other competitive two-player games.



Thursday - Game Club

Join Morningside teacher Hannah for Board Games after school. We'll play a variety of competitive and cooperative board and card games like Otrio, Three of a Crime, Sherlock, CodeNames, and more. Through playing games, students will practice prosocial behaviors such as sharing, turn taking, and helping others. Students will also practice basic number knowledge and arithmetic skills, simple reading comprehension, and critical thinking. Have fun and make friends while practicing important skills!

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Class Details

Day	Activity	Time	Dates Offered	# of Classes	Fee	Teacher/Student Enrollment
Monday	Yoga & Mindfulness	3:45 - 4:45	September 18 October 2, 9, 16, 23 November 6, 20 December 4, 11	9	\$270 (\$30/class)	Sylwia Mazur Johnson Minimum: 3 Maximum: 12
Tuesday	Field Sports	3:45 - 4:45	September 19, 26 October 3, 10, 17, 24, 31 November 7, 21, 28 December 5, 12	12	\$180 (\$15/class)	Restita DeJesus Maximum: 12
Wednesday	Coding	2:45- 3:45	September 20, 27 October 4, 11, 18, 25 November 1, 8, 29 December 6, 13	11	\$275 (\$25/class)	Coding With Kids Minimum: 8 Maximum: 15
Thursday	Game Club	3:45 - 4:45	September 21, 28 October 5, 12, 19, 26 November 2, 9, 30 December 7, 14	11	\$120 (\$11/class)	Hannah Jenkins Maximum: 12