

Morningside Academy

Spring 2024 Extended Day Activities

April 15th, 2024 - June 7th, 2024

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. Payment will be collected by our Accountant at the end of each quarter.

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. This class is open to all ages.



Tuesday - Field Sports

End your school day with an energetic hour of exploring field sports! 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, Cricket, track and field exercises, Ultimate Frisbee, Kickball, as well as learning and enhancing batting, kicking, passing, and throwing skills, and much more. There are also planned indoor games when the spring weather is too rainy. Be sure to dress for the weather and bring a water bottle.



Wednesday - Drama Club

Morningside's drama club will be an hour of playing theatre improv games and acting exercises that teach the fundamentals of drama to boost students' creativity and confidence. This is a safe space where students will be encouraged and empowered to tap into and express the art within themselves, no matter their experience level. Taught by local professional actor/director and one of our administrative assistants, Michael Nevárez. www.michaelnevarez.com



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! This class is open to all ages.

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Class Details

| Day | Activity | Time | Dates Offered | # of Classes | Fee | Teacher/Student Enrollment |
|-----------|--------------------|-------------|--|--------------|-----------------------|---|
| Monday | Yoga & Mindfulness | 3:45 - 4:45 | April 15, 22, 29 May 6, 20 | 5 | \$150 (\$30/class) | Sylwia Mazur Johnson Minimum: 3 Maximum: 12 |
| Tuesday | Field Sports | 3:45 - 4:45 | April 16, 23, 30 May 7, 14, 21 June 4 | 7 | \$105 (\$15/class) | Restita DeJesus Maximum: 12 |
| Wednesday | Drama Club | 2:45- 3:45 | April 17, 24 May 1, 8, 15, 22, 29 June 5 | 8 | \$160 (\$20/class) | Michael Nevarez Minimum: 8 Maximum: 15 |
| Thursday | Game Club | 3:45 - 4:45 | April 18, 25 May 9, 16, 30 June 6 | 6 | \$72 (\$12/class) | Hannah Jenkins Maximum: 15 |