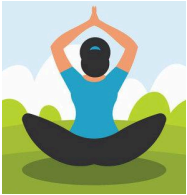# Morningside Academy

Fall 2024 Extended Day Activities

September 16th, 2024 - December 19th, 2024

We offer a variety of after-school activities to Morningside Academy students! <u>Please review the extended day options below for Fall. You'll find the program details in the chart on the following page.</u> 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!
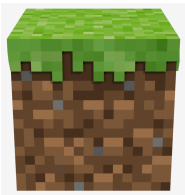

Monday - Yoga and Mindfulness

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 - Sports Smorgasbord

Let's get active in after-school! In this class, we'll review fitness-focused games, activities, and an introduction to team sports. Students will put their bodies in motion and release surplus energy to help them be more present at school and at home. They'll learn skills that will boost their self-esteem for other sports. Along the way, they'll practice teamwork, communication, and emotional self-regulation skills to help them everywhere, not just on the field or court. It's sure to be a great time! Activities include an introduction to Gymnastics, Running, Obstacle Courses, Tag, Baseball, Soccer, Ultimate Frisbee, and Parkour! *Sneakers Required!*
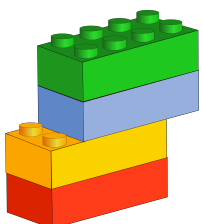

Wednesday - Minecraft Coding

Minecraft is a fun game both kids and adults all over the world love to play! Our Minecraft Modding pathway leverages this interest to teach students core computer programming concepts and how to make their own Minecraft mods (modifications). This pathway invites students to use Computer Science concepts, harness individual creativity, and practice problem-solving skills while making their favorite game more enjoyable with personalized mods. Ages 10 and up! (The cost of this class also covers the [Minecraft Education](#) license fee.)

Thursday - Dungeons & Dragons

Have you ever wanted to play the nationally-known game Dungeons and Dragons? What about playing the game they do in Stranger Things? Well this is your chance! In this class, we'll be exploring collaborative storytelling through Dungeons and Dragons. Stretch your imagination telling stories with your friends, and build useful creative skills! Along the way, we'll develop social and emotional skills that will serve us well outside of the RPG. Ages 11 and up!

Thursday - Lego Brick Building

Do you love building and want to learn how to create your own Lego creations?! This course teaches students how to design and build their own Lego models. They'll cultivate both their creativity and an engineering mindset. As a student, you'll get hands-on experience with a variety of Lego sets and learn techniques for building sturdy and intricate designs. This class is the perfect way to develop your problem-solving skills and unleash your creativity. No previous experience is necessary – just bring your love of Legos and a willingness to experiment!

Morningside Academy

Fall 2024 Extended Day Activities
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Class Details

Day	Activity	Time	Dates Offered	# of Classes	Fee	Teacher/Student Enrollment
Monday	**Yoga & Mindfulness**	3:45 - 4:45	**Sept. 16, 23, 30** **Oct. 7, 21, 28** **Nov. 4, 18** **Dec. 2, 9, 16**	11	$330 ($30/class)	Sylwia Mazur Johnson ***Minimum: 3*** ***Maximum: 12***
Tuesday	**Sports Smorgasbord**	3:45 - 4:45	**Oct. 1, 8, 15, 22, 29** **Nov. 5, 12, 19** **Dec. 3, 10, 17**	11	$198 ($18/class)	Vineyard App Camp ***Maximum: 15***
Wednesday	**Minecraft Modding**	2:45-3:45	**Sept. 18, 25** **Oct. 2, 9, 16, 23, 30** **Nov. 6, 13** **Dec. 4, 11, 18**	12	$305 ($25/class)	Coding with Kids ***Minimum: 7*** ***Maximum: 10***
Thursday	**Dungeons & Dragons**	3:45 - 4:45	**Sept. 19, 26** **Oct. 3, 10, 17, 24, 31** **Nov. 14** **Dec. 5, 12, 19**	11	$198 ($18/class)	Vineyard App Camp ***Minimum: 4*** ***Maximum: 15***
Thursday	**Lego Brick Builders**	3:45 - 4:45	**Sept. 26** **Oct. 3, 10, 17, 24, 31** **Nov. 14** **Dec. 5, 12, 19**	10	$180 ($18/class)	Vineyard App Camp ***Minimum: 3*** ***Maximum: 15***