



## St. Michael's After-School Activities 2015-16

In addition to these School activities, St. Michael's Episcopal Church offers a K-8 after-school program until 6:00pm. Details on the core program as well as enrichment programs can be found at [stmichaelsbonair.org](http://stmichaelsbonair.org).

All activities are co-ed unless noted.

All activity costs are for the 2014-15 school year and may be adjusted for the 2015-16 school year

Activity	Coach/Director	Grades	Dates-Times	Equipment Needed	2014-15 Cost*
<b>Fall (August 26 to November 6) start-end</b>					
Band	Brian Rollins	6-8	Practice 1/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$0
Interscholastic Cross Country*	Neal Fleenor	6-8	Practice Mon-Fri, 3:00-5:00pm. Meets ≈ 1/week	Running shoes	\$75
Interscholastic Field Hockey*	Katherine Martin	6-8	Practice Mon-Thu, 3:15-5:00pm. Games = 1 or 2 /week	Stick, mouth & shin guards, goggles	\$75
Mountain Biking*	Kevin Tobin (Peak Experiences)	6-8	Practice 2x weekly, 3:00-5:00pm. Parent day at end of season	Mountain bike and helmet	\$200
Interscholastic LEGO Robotics	Michael Jones	5-8	Practice 1x weekly, 3:15-5:15pm. Competition = a mid-Nov. Saturday	None	\$75
Intramural Field Hockey*	Katherine Martin	3-5	Fridays	Stick, mouth & shin guards, goggles	\$75
Intramural Soccer*	Wally Kern	3-5	Tuesdays, 3:00-4:00pm	Shin guards	\$40
Book club	Carol Wise, Mary Shirl Eaton	2-3	2nd Tuesday of the month, 3:00-4:00pm	None	\$0
Fishing	Tee Clarkson (VA Fish. Adventures)	1-5	Mondays or Fridays 3:00-5:00pm	None	\$100
Chess	Brian Garbera (Championship Chess)	K-5	1x weekly - 60 minutes	None	\$118
LEGO	Ian Phillips (Play Well)	K-5	1x weekly - 90 minutes	None	\$11/hour
Math club	Kelley Hettrick/Kim Baldwin	1-3	3 <sup>rd</sup> Thursday of the month	None	\$0

\*Students must have a current Athletic Participation Form on file before participating in sports.

updated 5/27/2015

# After-School Activities 2015-16 (cont.)

<b>Winter</b> (November 9 to February 26)					
Band	Brian Rollins	6-8	Practice 1/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$0
Interscholastic Swimming*	Philip Tickle	6-8	Sunday afternoons at St. Catherine's. Meets $\approx$ 1/week	Swimsuit, goggles	\$75
Theater Production	Jan Guarino	6-8	Practice 2-3/ week, 90min. Performances week of Feb. 22	None	\$0
Interscholastic Boys Basketball*	Wally Kern, Eddie Fraher, Mike Barock	5-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Gym clothes and basketball shoes	\$75
Interscholastic Girls Basketball*	EG Allen, Tony Moore, Bryan Baxter	5-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Gym clothes and basketball shoes	\$75
Intramural (SMBA) Basketball*	Alumni and parent volunteers	4-8	One 1-hr. practice once per week. Games = Saturday mornings	Gym clothes and basketball shoes	\$75
Book club	Carol Wise, Mary Shirl Eaton	2-3	2nd Tuesday of the month, 3:00-4:00pm	None	\$0
Chess	Brian Garbera (Championship Chess)	K-5	1x weekly - 60 minutes	None	\$118
LEGO	Ian Phillips (Play Well)	K-5	1x weekly - 90 minutes	None	\$11/hour
Math club	Kelley Hettrick/Kim Baldwin	1-3	3 <sup>rd</sup> Thursday of the month	None	\$0
<b>Spring</b> (February 29 to May 20)					
Band	Brian Rollins	6-8	Practice 1/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$0
Boys Lacrosse*	Pete Waldbauer, Joe McCool	6-8	Practice 2/ week, 90min. evenings Games = 1 or 2 /week	Stick, helmet, gloves, shoulder pads, and mouth guard	\$75
Girls Lacrosse*	Katherine Martin	6-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Stick, goggles, and mouth guard	\$75
Track*	Neal Fleenor (Trinity)	6-8	Practice Mon-Thu, 3:15-5:00pm at Trinity Meets $\approx$ 1/week	Running shoes	\$75
Fun & Games*	Wally Kern	3-5	Tuesdays, 3p-4pm	Gym clothes, sneakers	\$40

After-School Activities 2015-16 **(cont.)**

Book club	Carol Wise, Mary Shirl Eaton	2-3	2nd Tuesday of the month, 3:00-4:00pm	None	\$0
Fishing	Tee Clarkson (VA Fish. Adventures)	1-5	Mondays or Fridays 3:00-5:00pm	None	\$100
Chess	Brian Garbera (Championship Chess)	K-5	1x weekly - 60 minutes	None	\$118
LEGO	Ian Phillips (Play Well)	K-5	1x weekly - 90 minutes	None	\$11/hour
Math club	Kelley Hettrick/Kim Baldwin	1-3	3 <sup>rd</sup> Thursday of the month	None	\$0