



Spring Sports and Co-Curricular Offerings

LOWER SCHOOL

Lower School Spring Sports/Co-Curricular Offerings by Day of Week

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Art – Mixed Media (Grades K-5)	Fun and Games (Grades 3-5)	Tennis (Grades 2-3)	Lego Engineering (Grades K-1)	Jump Rope (Grades K-5)
Tree Climbing (Grades K-5)	Lego Engineering (Grades 2-5)	Outdoor Adventures- Early Spring (Grades 1-5)	Tennis (Grades K-2)	Fishing- Late Spring (Grades 1-5)
	Tennis (Grades 4-5)		Yoga (Grades 3-5)	
	Yoga (Grades K-2)			

Note: To cover staffing and general administration for after-school programs, an annual one-time \$25 registration fee is billed for students taking advantage of St M enrichment programs. (The fee is waived if your child is enrolled in 3 or 5-day Extended Day.)

NEW! DOUBLE DUTCH JUMP ROPE with Jump Starz (for Grades K-5)

JumpStarz uses the fun and exciting sport of double-dutch to build confidence, improve cardio-vascular health & nutrition while empowering youth to set and reach goals. All skill levels welcomed! Learn double-dutch, long rope and single rope! Participants must wear tennis shoes and loose fitting clothing.

- **Fridays, 3/17– 5/12, no class on 4/14.**
- Time: 3-4 p.m.
- **Fee:** \$80.
- Payment/Registration is completed through the Jump Starz website via the St M Google form.

REGISTRATION LINK: <https://goo.gl/forms/IIBM0afvbmZDmX4i2>

NEW! TREE CLIMBING with Riverside Outfitters (for Grades K-5)

Activities include ascending into the tree's canopy, limb walking, zip-lining, a giant swing, and various other elements. The kids take turns climbing, and the program includes with tree identification, nature exploration and creative games. Climbers are always harnessed in and belayed by an instructor.

- **Mondays, March 13-April 10. (If needed, rain makeup date is FRIDAY, April 14.)**
- Time: 3-4:15 p.m.
- **Fee:** \$70.
- Register via St M Google form. **Payment due to instructor on the first day of class. Make checks payable to Riverside Outfitters.**

REGISTRATION LINK: <https://goo.gl/forms/Gu6pbsbxX9xwQ8Rf1>



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NEW! OUTDOOR ADVENTURES with Virginia Outside (for Grades 1-5)

Join Virginia Outside for some exciting NEW outdoor adventures. We will fish, mountain bike, hike, and explore some amazing places. We create a safe time for the kids to be kids and enjoy time outside. Having fun, learning for themselves, starting to see a progression of skill development and building a base that your child will carry for life are just some of the things they will acquire in our wonderful outdoor playground that is so close by- the James River Park System.

- **Wednesdays, March 15-April 19. (No class on 4/5)**
 - Time: 3-5 p.m. Students will be picked up at School at 3 p.m. and dropped back off at 5 p.m.
 - **Fee:** \$120.
 - Registration/payment is completed through the Virginia Outside website via the St M Google form.
- REGISTRATION LINK:** <https://goo.gl/forms/IUYEfGxomcvRtMUo2>
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Fun and Games (for Grades 3-5)

Join us for after-school "Fun and Games." A different game will be played each week, including kickball, capture the flag, kick the can, pickle ball, Frisbee golf and more!

- **Tuesdays, March 14- April 11**
 - Time: 3-4:15 p.m.
 - **Fee:** \$40. (to be billed by St M)
 - Register via St M Google form.
 - Please wear athletic clothing, appropriate shoes and bring a water bottle!
- REGISTRATION LINK:** <https://goo.gl/forms/5KJ9iJ7QQ9hHjv4o2>
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ART (MIXED-MEDIA) with ArtHaus (for Grades K-5, all new lessons!)

This Multi-Media class is a collage of artistic experiences rooted in one fundamental creative principle – to provide children with the foundation that will inform and inspire their vision and imaginations. We will explore line, shape, color, texture, shape and pattern through creative 2d and 3d works of art. We will be creating and exploring drawing and painting techniques, collage and sculpture, and more. The study of famous artists will be introduced through age-appropriate literature and vibrant visuals.

- **Mondays, February 27-May 1 (No Class on March 6 and April 17)**
 - Time: 3:15 - 4:30 p.m.
 - Registration: \$170
 - Registration/payment is completed through the ArtHaus Visual Arts Studio class registration website via the St M Google form.
- **REGISTRATION LINK:** <https://goo.gl/forms/IUH7M4kSzyNKm8J92>



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FISHING with Virginia Outside (Grades 1-5)

Spring is the best time to be out on the water as the fish wake up from winter and the shad run up the river. Participants will learn the basics of casting and fishing techniques while fishing local ponds around town as well as the James River. All equipment provided. No experience necessary.

- **Fridays, April 21- May 19.**
 - **Time:** Students will be picked up at school at 3 p.m. and dropped back off at 5 p.m.
 - **Fee:** \$120 per child.
 - Registration is completed through Virginia Outside website via the St M Google form.
 - **REGISTRATION LINK:** <https://goo.gl/forms/xjG5r2tJ79mtv3t83>
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TENNIS at the Bon Air Community Center (Grades K-5)

St. Michael's is pleased to be partnering with the Bon Air Community Center (BACA) to offer an after-school tennis program for Grades K-5. The clinics will take place at BACA (or the St M gym on rainy days). Three different sessions will be offered based on age groups.

- **TUESDAYS:** Grades 4-5, March 14- May 4
- **WEDNESDAYS:** Grades 2-3, March 15- May 5 (April 5 class is from 12:15-1:15 p.m.)
- **THURSDAYS:** Grades K-2, March 16- May 6
- **Time:** 3:15-4:15 p.m.
- **Fee:** \$155 for non-BACA members and \$150 for BACA members.
- **The Tennis Instructor** is Davis Toombs. Mr. Toombs has been teaching and coaching tennis in and around Bon Air for over 30 years. He will be using the USTA Quick Start Program as a guideline for our clinics.
- **Equipment:** Each student should bring water bottle and wear athletic shoes. Also, Mr. Toombs has racquets for students to use, but your child is also welcome to bring their own racquet.
- Register via the St M Google form. **Payment should be given to instructor on the first day of class. Make checks payable to Davis Toombs.**

REGISTRATION LINK: <https://goo.gl/forms/jb7LWvCt8AyVQT6I1>



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LEGO ENGINEERING with Play-Well (for Grades K-5, all new lessons!)

Two SPRING STEM CHALLENGE sessions will be offered:

- A Tuesday session for Grades 2-5
- A Thursday session for Grades K-1

GRADES 2-5 (TUESDAYS): ALL NEW LESSONS

Tuesdays, March 14- May 9

Time: 3- 4:30 p.m.

GRADES K-1 (THURSDAYS): ALL NEW LESSONS

Thursdays, March 16 - May 11

Time: 3- 4:30 p.m.

- **Fee:** \$149.
- Registration is completed through the Play-Well registration website via the St M Google form.

REGISTRATION LINK: <https://goo.gl/forms/gnCPQ4lhGXoieBCC3>

YOGA with Mindfulasana/Jenny Courain (Grades K-5)

Mindfulasana is a dynamic yoga class that greatly enhances students' and athletes' ability to focus under stress and pressure, calm the mind, and relax the body by developing the ability to stay in the present moment. The asana (poses) utilized in this class build strength and flexibility, hone focusing capabilities, and develop keener decision making skills using breath and body awareness techniques. Top athletes like Russell Wilson and teams throughout the NFL and NBA are embracing mindfulness and yoga practices to perform better. Mindfulasana is a creative and engaging way to equip students with tools to promote a lifetime of emotional, mental, and physical health that go way beyond the yoga mat.

Two 6-week sessions of Yoga will be offered BASED ON AGE GROUPS (Gr, K-2 and 3-5):

Grades K-2: TUESDAYS

- **Time:** 3-4 p.m.
- Session dates: March 14- April 18
- **Fee:** \$100

Grades 3-5: THURSDAYS

- Time: 3-4 p.m.
- Session Dates: March 16- April 20
- **Fee:** \$100
- **Registration is completed through the Mindfulasana website through the St M Google form.**

REGISTRATION LINK: <https://goo.gl/forms/zIUUB5n77r7aSRku1>



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NOTE: Minimum enrollments needed for all Spring classes to take place.

Please contact Wally Kern at wkern@stmschool.net with questions about “Fun and Games” and Allyson Steele at asteele@stmschool.net with questions about the co-curricular offerings.

It's an exciting time to be at St. Michael's!

