

St. Michael's After-School Co-Curriculars 2017-2018

In addition to these School activities, St. Michael's offers a [Lower School Core Extended Day](#) program until 6:00 p.m. Details on the [core program](#) as well as enrichment programs can be found at: stmschool.net/admissions/extending-the-day

All activities are co-ed unless noted.

Activity	Coach/Director	Grades	Dates-Times	Equipment Needed	Cost
Fall (August 31 to November 11)					
Art	Meg Foster (ArtHaus)	K-5 6-8	Thursdays 3:15-4:30 p.m. Mondays 3:15-4:30 p.m.	None	\$185
Tennis	Davis Toombs (Bon Air Community Association)	K-1 2-3 4-5	Tuesdays 3:15-4:15 p.m. Mondays 3:15-4:15 p.m. Thursdays 3:15-4:15 p.m.	Racket	\$165
Martial Arts	Liquid Action Martial Arts	3-5 6-8	Thursdays 3:00-4:00 p.m. Wednesdays 3:00-4:00 p.m.	None	\$215
Tree-Climbing	Riverside Outfitters	K-2 3-5	Tuesdays 3:00-4:15 p.m. Mondays 3:00-4:15pm	Sneakers	\$80
Fishing	Tee Clarkson (VA Fishing Adventures)	1-5	Fridays 3:00-5:00 p.m.	None	\$130
Field Hockey, Intramural*	Katherine Martin	3-5	Fridays 3:15-5:00 p.m.	Stick, mouth & shin guards, goggles	\$85
Soccer, Intramural*	Wally Kern	3-5	Tuesdays 3:15-4:15 p.m.	Shin guards	\$43
Double Dutch Jump Rope	JumpStarz	K-5	Fridays 3:00-4:00 p.m.	Sneakers	\$90
LEGO Robotics	Parent volunteers Scot Burns	5th 6-8	Practice 1/week Competition = TBD	None	\$0 \$85
Music Lessons**	Gr. RVA School of Music	K-8	TBD	TBD	TBD**
Grp Ukulele Lessons	Gr. RVA School of Music	2-5	Wednesdays, 3:00-4:00 p.m.	Ukulele	\$145
Mountain Biking*	Ben Hayward	6-8	Sessions Tues & Thurs 3:00-4:30 p.m.	Mountain bike and helmet	\$255
Baseball Clinic*	Michael Turner	6-8	TBD	Glove, bat, helmet	\$0
Cross Country, Interscholastic*	Christian Hansen	6-8	Practice Mon-Thurs, 3:00-4:30 p.m. Meets ≈ 1/week	Running shoes	\$85
Field Hockey, Interscholastic*	Katherine Martin	6-8	Practice Mon, Tues, Thurs 3:00-4:30 p.m. Games = 1 to 2 /week	Stick, mouth & shin guards, goggles	\$85
Boys' Lacrosse Clinic*	TBD	6-8	TBD	Stick and mouthpiece	\$0
Soccer, Interscholastic*	John Mills	6-8	Practice Mon. and Wed. 4:30-6:00 p.m.	Cleats, shin guards	\$85

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

***Private music lessons coordinated directly through instructors.*

After-School Activities 2017-2018 (cont.)

Winter (November 14 to February 26)					
-TENTATIVE, MORE ACTIVITIES MAY BE ADDED					
Interscholastic Swimming*	Philip Tickle	6-8	TBD	Swimsuit, goggles	TBD
Theater Production	Jan Guarino	6-8	TBD	None	TBD
Band	TBD	5-8	TBD	Musical instrument(s)	TBD
Interscholastic Boys Basketball*	Christian Hansen, Wally Kern, Michael Turner	5-8	TBD	Gym clothes and basketball shoes	TBD
Interscholastic Girls Basketball*	Sam Futrell, Tony Moore, Bryce Rowe	5-8	TBD	Gym clothes and basketball shoes	TBD
Intramural (SMBA) Basketball*	Alumni and parent volunteers	4-8	TBD	Gym clothes and basketball shoes	TBD
Art	Meg Foster (ArtHaus)	K-5	TBD	None	TBD
Uke N' Roll group	GRSM	6-8	TBD	Ukulele	TBD
Ukulele class		2-5			
LEGO Engineering	Ian Phillips (Play Well)	K-5	TBD	None	TBD
Spring (February 27 to May 19)					
-TENTATIVE, MORE ACTIVITIES MAY BE ADDED					
Boys Lacrosse*	TBD	6-8	TBD	Stick, helmet, gloves, shoulder pads, and mouthguard	TBD
Girls Lacrosse*	Katherine Martin	6-8	TBD	Stick, goggles, and mouth guard	TBD
Track*	Phillip Tickle	6-8	TBD	Running shoes	TBD
Golf*	TBD	6-8	TBD	Bag, balls, clubs, shoes	TBD
Band	TBD	5-8	TBD	Musical instrument(s)	TBD
Fun & Games*	Wally Kern	3-5	TBD	Gym clothes, sneakers	TBD
Fishing	Tee Clarkson (VA Fish. Adventures)	1-5	TBD	None	TBD
Outdoor Adventures	Tee Clarkson (VA Outside)	1-5	TBD	Helmet (optional)	TBD
Tree-Climbing	Riverside Outfitters	K-5	TBD	None	TBD
LEGO Engineering	Ian Phillips (Play-Well)	K-5	TBD	None	TBD
Art	Meg Foster/ArtHaus	K-5	TBD	None	TBD
Tennis	Davis Toombs (BACA)	K-5	TBD	Racket	TBD
Yoga	Jenny Courain -Mindfulasana	K-8	TBD	Mat (optional)	TBD
Jump-Roping	JumpStarz	K-5	TBD	None	TBD