

****STRETCH BEYOND****

Session 5 - April 26th - June 3rd, 2010

(Makeup classes will be week of June 7th)

Monday - 5 weeks - No class May 31st (Memorial Day)

Cooking Creations (2-5) *CLASS RUNS FROM 3:00 - 4:15 P.M.*

Come join us and prepare a fun and yummy snack each week as we explore the adventurous and exciting world of cooking! Your child will learn nutrition, recipe reading, and cooking skills in a fun and friendly environment. You won't want to miss this! Maximum: 10

Instructors: Brittany Landry & Jessie Mitchell \$35.00



Gymnastics (K-3)

Gymnastics is not just for Olympians! Find out more about this great all around sport as you work out at GymNation on their Olympic equipment and trampolines. Their professional, safety certified staff will provide a fun-filled mix of warm-up and conditioning games, gymnastics instruction and open gym time. All children taking this class will be bused to the Gymnastics center.

You must pick up your child there after class ends promptly at 4:00.

Instructor: Owners of GymNation \$32.00



Leather Craft (3-5)

Each week you will learn about working with and tooling leather. You will make a take-home project such as wrist band, canoe, back scratcher, wallet, and name tag.

Instructor: Tony Viehmann \$35.00



Homework Help I (2-5)

This is a quiet place to get homework done, book reports read, and to get the extra help you might need.

Instructor: Meghan Ireland No cost



Tuesday

Maine Nature and Gardening (1-4)

This hands-on course is designed to familiarize students with the "garden around us." We will be focusing on growing and learning about native Maine plants, ecosystems, the landscape and environment. Weekly projects will include: vermin-composting (worm composting), growing potato sprouts and acorns (tiny oak trees), creating individual miniature terrariums, rooting spider plants, painting terra cotta pots to put the spider plants in, making bird feeders from milk jugs, creating wind chimes from "junk drawer" scraps and more! The class will end with a "graduation" ceremony where students will receive a certificate of completion documenting their Maine Nature and Gardening studies.



Instructor: Shelley Wigglesworth, Certified Maine Master Gardener \$20.00

Woodworking (3-5)

Make your own table lamp with a secret place inside to hide things! Learn how to use tools safely, measure, and assemble your project.



Instructor: Tony Viehmann \$40.00

Rag Doll Daze (3-5) *THIS CLASS RUNS FROM 3:00 - 4:30*

Learn basic cloth doll making and create an American rag doll of the 1800's in a modern way. If you would like to learn to sew and would like to play with fabric, paint, yarn and buttons, you will love making a doll friend. There will be homework where help is appreciated with learning to use a needle and thread and making those stitches to sew the dolly's clothes. This class is very limited in size unless there is a Mom (or Dad) who would like to learn, too, and be a helper.



Instructor: Jan Buffum \$40.00

Construction Zone/Board Games (K-3)

In this class you will have the choice of playing a board game or building!! Games such as Jr. Scrabble, Pictionary, Checkers, Parcheesi and more will be available to play with friends. To build, we have a BIG marble maze, Lincoln Logs, Legos, blocks, Magz, Zoobs, and even Capsela's!!



Instructor: Marina Cook \$15.00

Wednesday - 4 Weeks - no class Apr. 28th & May 26th (Early Release)

Animal Friends for Life (2-5)

Join the Animal Welfare Society for a fun-filled program about making animal friends for life! This educational and exciting program includes discussions about pet care; how you can help animals, dog bite prevention tips, working with animals and more. You'll also have the opportunity to make some fun crafts and meet some wonderful animal friends! Finally, the program ends with a tour of the Animal Welfare Society shelter on Wednesday, June 2nd, where you'll see the behind the scenes shelter activities and meet lots of great animals that are looking for new homes. Let's have fun together, while learning how to make animals our friends! **Parents will pick up children at the shelter at 4:00 p.m. on Wed., June 2nd.**



Instructor: Lona Ham, Animal Welfare Society **\$20.00**

French (1-3)



We will explore greetings, numbers, colors, days, months, seasons, weather and more. The class will incorporate the French language through rhymes, songs and storytelling, as well as other fun activities. Kids who took French the first two sessions will continue with new activities.

Instructor: Julia Dumais and Emylee Porter **\$15.00**

Just Dance - (1-3)

Experience both hip-hop and lyrical style dance in a fun and encouraging environment. All abilities are more than welcome! Friends and family are invited to a performance that will take place on the last class day, Wednesday, June 2.



Instructor: Brittany Landry **\$20.00**

Homework Help II (2-5)

This is a quiet place to get homework done, book reports read, and to get the extra help you might need.

Instructor: Meghan Ireland **No cost**

Thursday

Beadmania! (2-5)

Students will be able to design their own bracelets, necklaces or key chains using different beads for their own creation. Learn new and different styles for each item!



Instructor: Meghan Ireland \$30.00

Having Fun Discovering Drama (1-4)

Call it whatever you like: acting, theater, drama, or playing pretend! We are going to have a blast as we learn what it is like to be on stage. We will play lots of games that teach us about inflection (how we speak), pantomiming (how we move), and acting as different characters. Together, we will play charades, pretend to be different animals, and build the confidence to let go and have some fun with all of our friends! Everyone is welcome, and this is a great opportunity to learn something exciting and new.

Instructor: Derek Henry \$20.00



Chess (2-5)

Chess has been around for centuries! Kings, queens, presidents, and scholars all have played this strategic game! Come join the chess club for a rousing and fun time. Beginners welcome!



Instructor: Kyle Hall \$15.00

Indoor/Outdoor Games (2-5)

Calling all kids who like to play all kinds of games like kickball, flag football, soccer, and much more! No experience needed...just be ready to have fun!

Instructor: Nick Jarvis \$20.00

