

HPTA Extracurricular Program Information

Center, Elmwood, Hopkins and the Middle School (Grades 1-8)
Fall Session 2009



We are excited to announce that we have a new online registration system in place for our popular, affordable and convenient extracurricular classes. Go to www.hptaonline.com and click on "Extracurricular Programs" on the left sidebar menu to begin. You'll notice that our new system is very similar to the ones used by the sports leagues in town. Registration is available on a first-come first-served basis at all schools. At the time of online registration you will be able to see how many spots are left in each class. Please see the following pages for the list of classes, dates and costs. Our new system accepts payments by VISA, MasterCard and eCheck.

September 11 – September 17 Early Bird Registration

Discounted Rates for HPTA Members Only
(\$15 off each class)

Don't worry you can sign-up for (or renew) membership online at the same time you sign up for extracurricular classes, so you won't miss out on the discount.



Friday, September 18, 2009 at 10:00 AM General Registration Begins

Prices go up \$15 per class
Open to non-members and members

Friday, October 2, 2009 Last Day to Register for Extracurricular Classes

Week of October 19 Classes Begin

Important Extracurricular Policies:

- No refunds given except for medical issues.
- If the HPTA cancels a class due to low enrollment you will receive a full refund and you will have the option of switching to another open class.
- Prompt pick-up is required for participation in HPTA extracurricular classes. On the first occasion of pick-up occurring 15 or more minutes late, a warning will be given. An additional late pick-up will result in the child being withdrawn from the class, without refund, and the child will not be permitted to register for the following session of extracurricular classes.



Teachers and Parents: Partners in Education
www.hptaonline.com

HPTA Extracurricular Program Information

Fall Session 2009

Center School (Grade 1)

Center School Extracurricular Coordinators

Christine Tourigny 508-435-2470 chris.tourigny@yahoo.com

Marie Boyle 508-497-6307 mfb01@comcast.net

BUS NOTES: Parents must send a bus note to the Center School Office at the beginning of the session authorizing their child's participation in the class. From that point forward, a note must be sent only if a class will be missed.



Monday Classes:

Dodgeball - F.A.S.T.Instructors

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodge ball games incorporated into this program – there will never be a dull moment!!! Gatorskin dodge balls will be used which are proven to be the safest dodge balls out there! Safety rules and regulations will be enforced before each class.

Enrollment: Min-8 Max- 18

Location: Center School Gym

Dates: 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7, 12/14 (please note, no class on 11/30)

Time: 3:10 - 4:00

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

Tuesday Classes:

Little Actors - Enter Stage Left Theater

This 8 week class is an introduction to acting. Children will be introduced to basic acting and improvisational games for the theater. They will expand their imaginations and build confidence, by bringing stories to life while practicing listening, turn-taking, and cooperation skills. Students will present a short performance to family on the last class.

Enrollment: Min-10 Max-12

Location: Center School Library

Dates: 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8 (snowdate 12/15)

Time: 3:10 - 4:00

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

Super Sports – F.A.S.T.Instructors

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, mat ball, Dodge ball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day.

Enrollment: Min-8 Max-18

Location: Center School Gym

Dates: 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8 (snowdate 12/15)

Time: 3:10 – 4:00

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

HPTA Extracurricular Program Information

Fall Session 2009

Center School (continued)

Thursday Classes:

Karate – Julie Guido & Christine Howard, Holliston Villari’s Instructors

This is an 8-week course for boys and girls in the art of Shaolin Kempo Karate. Come and learn the different movements along with building self-confidence and self-control.

Enrollment: Max-24

Location: Center School Gym

Dates: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 (please note, no class on 11/26)

Time: 3:10 – 4:00

Cost: \$90 (“Early Bird” price for HPTA Members only \$75)

HPTA Extracurricular Program Information

Fall Session 2009

Elmwood School (Grades 2 and 3)

Elmwood School Extracurricular Coordinators

Sarah Donnelly 497-2425 sarahwdonnelly@yahoo.com

Liz Murchie 625-1121 murchiefamily@verizon.net

BUS NOTES: Parents must send a bus note to the Elmwood School Office **EVERY WEEK** authorizing their child's participation in the class.

LOCATION: Pick-up is in the lobby except for Basketball, Karate, Flag Football and Super Sports which is in the gym.

TIME: 2:30-3:30 (for all classes)



Monday

Amazing Actors – Enter Stage Left

Students will be introduced to the craft of acting through theater games, improvisational exercise and short scripts. Students will be exposed to character development and will present a short scene at the end of class for family.

Enrollment: Min 6 - Max 15

Dates: Oct 19, 26, Nov 2, 9, 16, 23, Dec 7, 14 (8 classes)

Cost \$115 ("Early Bird" price for HPTA Members only \$100)

Flag Football - F.A.S.T Athletics

F.A.S.T. Athletics will teach everyone game strategies, catching techniques and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, fourth and inches, and The QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams.

Enrollment: Min 10 - Max 30

Dates: Oct 19, 26, Nov 2, 9, 16, 23, Dec 7, 14 (8 classes)

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

Tuesday

Clay Creations - Bonnie Muir, Elmwood Art Teacher

Discover the magical qualities of clay while hand building whimsical animal sculptures, coil pots, tiles, and much more in this class. Children will have fun using their imaginations and learning technical clay skills. There will be suggested projects each week, as well as time for independent exploration.

Enrollment: Min 10 – Max 20

Dates: Oct 20, 27, Nov 3, 10, 17, 24, Dec 1, 8, (8 classes)

Cost : \$145 ("Early Bird" price for HPTA Members only \$130)

Super Sports - F.A.S.T Athletics

Get up, get going, get active with a variety of sports each week, such as: Soccer, Basketball, Flag Football, Dodge ball, Baseball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport. Each class will end with a high energy game of the sport played that day.

Enrollment: Min 10 - Max 30

Dates: Oct 20, 27, Nov 3, 10, 17, 24, Dec 1, 8, (8 classes)

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

HPTA Extracurricular Program Information

Fall Session 2009

Elmwood School (continued)

Thursday

Basketball FUNdamentals - Tom Keane, Elmwood Teacher

Come and learn basketball's basic skills with Mr. Keane along with the Hopkinton High School basketball staff and the Hillers varsity players! We will focus on dribbling, shooting, passing, rebounding and defense. Students will work on individual skills through fun and competitive drills. Students will also learn about team play and sportsmanship as well as gain game experience through scrimmages. Work to improve your basketball skills in a fun environment!

Enrollment: Min 10 - Max 40

Dates: Oct 22, 29, Nov 5, 12, 19, Dec 3 (6 classes)

Cost: \$103 ("Early Bird" price for HPTA Members only \$88)

Painting - Colleen Gianino, H.S. Art Teacher

Students will find that there is more to the art of painting than meets the eye. We will explore painting techniques from around the world and use tools that go beyond a brush and palette. Each class will be a chance to expand the students' knowledge of how contemporary and traditional artists work, as well as to learn about styles of painting that may not be found on museum walls.

Enrollment: Min 8 – Max 15

Dates: Oct 22, 29, Nov 5, 12, 19, Dec 3, 10, 17 (8 classes)

Cost: \$145 ("Early Bird" price for HPTA Members only \$130)

Friday

Karate - Julie Guido, Holliston Villari's instructor

This course is for boys and girls to learn art of Shaolin Kempo Karate. Come and learn the different movements along with building self-confidence and self-control. Instruction for all levels of karate experience!

Enrollment: Min 10 – Max 30

Dates: Oct 23, 30, Nov 6, 13, Dec 4, 11, 18 (7 classes)

Cost: \$90 ("Early Bird" price for HPTA Members only \$75)

Clay Creations – Bonnie Muir, Elmwood Art Teacher

Discover the magical qualities of clay while hand building whimsical animal sculptures, coil pots, tiles, and much more in this class. Children will have fun using their imaginations and learning technical clay skills. There will be suggested projects each week, as well as time for independent exploration.

Enrollment: Min 10 – Max 20

Dates: Oct 23, 30, Nov 6, 13, 20, Dec 4, 11, 18 (8 classes)

Cost: \$145 ("Early Bird" price for HPTA Members only \$130)

HPTA Extracurricular Program Information

Fall Session 2009

Hopkins School (Grades 4 and 5)

Hopkins School Extracurricular Coordinators

Martha Huebner 508-435-5776 huebner_1@verizon.net

Jenn White 508-435-4242 j45white@msn.com

BUS NOTES: Parents must send a bus note to the Hopkins School Office at the beginning of the session authorizing their child's participation in the class. From that point forward, a note must be sent only if a class will be missed.

TIME: 3:10-4:10 (for most classes, see below for exceptions)



MONDAY

Dodgeball - F.A.S.T. Athletics

This program teaches proper throwing techniques and strategy development. Become the ultimate dodgeball player! Different dodgeball tournaments will be played throughout the duration of the program. Each participant will receive a F.A.S.T. Athletics water bottle at the end of the session.

Enrollment: 10 Min/30 Max

Dates: 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7, 12/14 *snowdate 12/21

Location: Field/Gym

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

TUESDAY

Drawing and Painting - Christine Van

This class includes drawing and painting. Be inspired by famous artists! Create your own masterpiece! Venture into a multi-medium hands-on class for art experience. This program is centered on each child's creativity and individuality. Price includes all materials.

Enrollment: 5 Min/12 Max

Dates: 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8 *snowdate 12/15

Location: Small Conference Room

Cost: \$150 ("Early Bird" price for HPTA Members only \$135)

Sewing - Pajama Pants - Alicia Shambo

Get ready to customize your nightwear, gear up for your next sleepover, or just make a gift for someone. You'll learn the ins and outs of a sewing machine, how to follow a pattern, and select appropriate materials to create a pair of pajama pants that are just right for you. You get to make and take home your own creation. Price includes all materials. Sewing machines provided for use.

Enrollment: 5 Min/10 Max

Dates: 10/20, 10/27, 11/3, 11/10, 11/17, 11/24, 12/1, 12/8 *snowdate 12/15

Location: Large Conference Room

Cost: \$125 ("Early Bird" price for HPTA Members only \$110)

HPTA Extracurricular Program Information

Fall Session 2009

Hopkins School (continued)

TUESDAY (continued)

Robotics - Ed Harrow

Did you ever want to build your own robot? In this class you can not only create your own robot, but also program it to navigate a maze. You'll work with gears, wheels, levers, motors, sensors, timers, and micro-controllers, all while learning a lot about electric motor operation. We'll combine learning with doing and with fun! Robot kits and batteries are included in the tuition cost.

Special Note: This class starts on 11/10 and runs for 5 weeks. Each class will last 90 min., ending at 4:40pm.

Enrollment: 6 Min/10 Max

Dates: 11/10, 11/17, 11/24, 12/1, 12/8 *snowdate 12/15

Location: Cafeteria

Cost: \$160 ("Early Bird" price for HPTA Members only \$145)

THURSDAY

Bring on Your OM: Teen Yoga - Lesley Reilly

Calling all students...No matter what your hobby or interests are... Yoga is for YOU! Join us after school with your classmates and friends for an afternoon of fun fitness. Come build strength and gain flexibility through a dynamic flow of yoga postures. This class will improve balance, revitalize energy and open yourself to the depths of breathing. You will also gain greater awareness into the mental benefits of yoga, developing tools such as improved decision making; stress management, concentration and a healthy body image. We will journey into developing a greater sense of self-knowledge, and interconnectedness between ourselves, others and the world around us.

Special Note: Wear exercise clothing, pants or shorts; no loose baggie tee shirts. Bring yoga mat, water and towel.

Enrollment: 10Min/25 Max

Dates: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

Location: Cafeteria

Cost: \$105 ("Early Bird" price for HPTA Members only \$90)

H.O.P.E. Environmental Club - Jennifer Jordan, Deanna Law, Maribeth Tremblay

Help raise awareness about our environment. We help you learn how to protect our Earth! Let's clean and help repair the nature trail. Plan an Earth Day activity for the school and bring your own ideas.

Enrollment: 20 Min/35 Max

Dates: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

Location: Room 102

Cost: \$90 ("Early Bird" price for HPTA Members only \$75)

Flag Football - F.A.S.T. Athletics

Learn game strategies, catching techniques, and, most importantly, how to work as a team. Experience games: Red Zone Defense, 4th and Inches, and QB Challenge. Class will end with a simulated 4th quarter game. Coaches will have tons of plays ready to go!

Enrollment: 10 Min/30 Max

Dates: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

Location: Field/Gym

Cost: \$110 ("Early Bird" price for HPTA Members only \$95)

HPTA Extracurricular Program Information

Fall Session 2009

Hopkins School (continued)

FRIDAY (Friday classes with run from 3:20 -4:20pm)

West African Drumming Pam Pendleton

Got Rhythm? Even if you don't think so, join Mrs. Pendleton and join the world of hand drumming with authentic djembe drums from Ghana. Learn African rhythms and a little bit about African culture in a friendly and nurturing atmosphere. No experience required; just a desire to learn something new.

Enrollment: 5 Min/10 Max

Dates: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18

Location: Music Room

Cost: \$80 ("Early Bird" price for HPTA Members only \$65)

Basketball Deanna Law and Nili Bartley

Come play basketball with Ms. Law and Ms. Bartley on Friday afternoons. Games will be fun and non-competitive.

Enrollment: 15 Min/25 Max

Dates: 10/23, 10/30, 11/6, 11/13, 12/4, 12/11, 12/18

Location: Gym

Cost: \$70 ("Early Bird" price for HPTA Members only \$55)

HPTA Extracurricular Program Information

Fall Session 2009

Middle School (Grades 6, 7 and 8)

Middle School Extracurricular Coordinators

Nancy Lagasse 508-435-9823 nancylagasse@verizon.net

Ellen Mace 508-497-2521 ellen@maceplace.com

BUS NOTES: Bus notes are NOT needed for the Middle School.

TIME: Classes begin at 2:00 PM, ending times vary, see below

Monday

Walking Bookclub – Kathlen Karpe, instructor

Come walk with your friends and discuss a wonderful short story or poem. We'll walk about 45 minutes and talk about a short story or poem that we all just read. This session will be limited to 10 people; reading material provided.

Dates: Mondays: Oct 19, 26; Nov 2, 9, 16, 23

Enrollment: Min. 3, Max 10

Location: Hopkinton Middle School, Room TBA

Time: 2:00-2:45

Cost: \$ 45 ("Early Bird" price for HPTA Members only \$30)

Funky Freestyle Hip Hop Class

Hip hop is the culture from which rap emerged. Initially it consisted of four main elements; graffiti art, break dancing, DJ (cuttin' and scratching) and emceeing (rapping). Hip hop is a lifestyle with its own language, style of dress, music and mind set that is continuously evolving. Nowadays because break dancing and graffiti aren't as prominent the words 'rap' and 'hip hop' have been used interchangeably. Now you can learn some funky freestyle dances for performing on stage or for your own dancing pleasure! After you learn the dances slowly, you will be challenged to try the steps to a faster tempo. Students will work to find their own unique "funky" style!

Instructor: Jodi Palmieri

Dates: Mondays: Oct 19, 26; Nov 2, 9, 16, 23

Enrollment: Min. 5, Max 30

Location: Hopkinton Middle School, Room TBA

Time: 2:00-3:30

Cost: \$85 ("Early Bird" price for HPTA Members \$70)

HPTA Extracurricular Program Information

Fall Session 2009

Middle School (continued)

TUESDAY

Fun Healthy Cooking for Kids – Tracy Harrison, Health and Wellness Counselor

Does healthy food have to be boring? Or hard to prepare? No way! This is a weekly after-school course for middle-school students to learn the basics of healthy eating and cooking by doing it themselves. We select fun kid foods and "remake" them with healthy ingredients. Kids can bring home recipes and empowerment in the kitchen to share with the family. Also includes basic kitchen safety and food preparation. Eight-session program begins October 20th.

Special Note: Parents, you must declare ALL food allergies and dietary concerns during registration.

Enrollment: Min. 6, Max 12

Location: Hopkinton Middle School, Life Skills room

Dates: Eight Tuesdays (Oct 20 & 27 ; Nov 3, 10, 17 & 24; Dec 1 & 8)

Time: 2:00-3:30

Cost: \$265 (Includes all food and materials) ("Early Bird" price for HPTA Members only \$250)

Strength and Conditioning – Margaret Kennedy, instructor

The Strength and Conditioning Class is a 45 minute class that meets twice a week for boys and girls. The combination of total body strength training and aerobic conditioning is designed to improve overall strength. Participants will learn to effectively use a variety of training tools including the BOSU ball, stability ball, medicine ball, dumbbells and bands to improve your core strength which will help to prevent future injuries.

Special Note: Meets Tuesdays and Thursdays.

Dates: Tuesdays & Thursdays: Oct 20, 22, 27, 29; Nov 3, 5, 10, 12, 17, 19, 24; Dec 3

Enrollment: Min. 4

Location: Hopkinton Middle School, Room TBA

Time: 2:00-2:45

Cost: \$145 ("Early Bird" price for HPTA Members only \$130)

Dance/Etiquette Class - Paul Lamoreaux, instructor

Back by popular demand!!! This program is designed for 6th - 8th grade boys and girls. One class will be for 6th graders and the other will be for 7th and 8th graders. It is a series of five classes designed to teach the basics of etiquette: firm handshake, eye contact, greetings and introductions, proper attire, how and when to eat refreshments, respect for one another; incorporated with formal dance: line dancing and couples dancing to top 40 songs. The final class is a dance party. Proper attire required.

Dates: Tuesdays: Oct 6, 13, 20, 27; Nov 3

Enrollment: Min 40, Max 60 (even number of boys and girls)

Location: Hopkinton Middle School, Cafeteria

Time: 6th graders 6:30-7:30 7th and 8th graders 7:30-8:30

Cost: \$85 ("Early Bird" price for HPTA Members only \$70)

HPTA Extracurricular Program Information

Fall Session 2009

Middle School (continued)

THURSDAY

Sewing Pajama Pants – Alicia Shambo, instructor

Get ready to customize your night wear, gear up for your next sleepover or just make a gift for someone. You'll learn the ins and outs of a sewing machine, how to follow a pattern and select appropriate materials to create a pair of pajama pants. Sewing machines will be provided for the class. You get to make and take home your own creation. Price includes all materials.

Dates: Thursdays: Oct 22, 29; Nov 5, 12, 19; Dec 3, 10, 17

Enrollment: Min 5, Max 10

Location: Hopkinton Middle School, Room TBA

Time: 2:00-3:00

Cost: \$125 ("Early Bird" price for HPTA Members only \$110)

FRIDAY

MIDDLE SCHOOL YOGA – Mary Green, a certified Kripalu instructor

Build strength and increase flexibility and balance in a fun and supportive environment. Learn practical life-long skills to help stay healthy, sleep better, stay focused, build self-confidence and manage stress. Class includes a mix of traditional postures, movement, breathing and relaxation techniques. Mary Green is a certified Kripalu instructor who enjoys teaching children and adults of all ages.

Enrollment: Min. 4, Max 10

Location: Hopkinton Middle School, Room TBA

Dates: FRIDAYS: Oct 23, 30; Nov 6, 13, 20; Dec 4, 11, 18

Time: 2-3 pm

Cost: \$90 ("Early Bird" price for HPTA Members only \$75)

HPTA Extracurricular Program Information

Fall Session 2009

Middle School (continued)

Special One Day Seminars

Make-Up Application – Linda Carver, instructor

Join Aesthetics Instructor Linda Carver for 1 ½ hour of make up play time! You will learn all the basics of make-up application: how to identify the right make up for your skin, the proper techniques of applying and removing makeup, and the importance of not sharing makeup. Come to class with a freshly cleansed and moisturized face to insure a proper application. All make-up, headbands, make-up remover, towels, etc will be provided for class.

Optional* you may purchase a make-up kit to take home that includes: 1- Mascara, 1-eyeliner, 2-eyeshadows, 1-blush, 1-tinted lip gloss * A separate supply cost of \$33.50 will apply*

Date: Tue Oct 20
Enrollment: Min 5, Max 10
Location: Hopkinton Middle School, Room TBA
Time: 2:00-3:30
Cost: \$75 (“Early Bird” price for HPTA Members only \$60)

Skin Care – Linda Carver, instructor

Join Aesthetics Instructor Linda Carver for 1 ½ class on the basics of skin care. You will learn:

- How to identify your skin type.
- How to cleanse, tone, and exfoliate.
- The benefit of healthy and good skin care.
- To identify what kinds of skin products are right for your skin.
- The importance of sunscreen/moisturizer.

All the materials used in class will be provided by the instructor. Please come to class with no make-up on your face.

Optional* you may purchase products to take home that includes: 1-Cleanser, 1-Toner, 1-Moisturizer, 1-Mask
* A separate supply cost of \$45.00 will apply*

Date: Mon Oct 19
Enrollment: Min 5, Max 10
Location: Hopkinton Middle School, Room TBA
Time: 2:00-3:30
Cost: \$75 (“Early Bird” price for HPTA Members only \$60)