



2012-2013 After-School Opportunities

Monday	Tuesday	Wednesday	Thursday
Self Defense	Stretch-N-Grow	Piano Dance	Soccer

Monday: Self Defense, 3:30 – 4:15 p.m.
Ages 4 and up ~ \$40 per month (45 minute lesson per week);
Starts August 27th

The primary goal of the class is to teach children basic self-defense skills. This will be accomplished through learning kicks, punches, blocks and other self-defense techniques. The children will not only be taught how to kick and punch but also *when* to kick and punch. Other areas covered will be situational scenarios such as dealing with bullies, strangers and other dangers children may encounter.

Classes are taught by the staff of Texas Black Belt Academy which is owned and operated by Mike Johnson. Please contact Mr. Johnson at mjohnson@texasblackbelt.net or call 817-274-9812 or Sam Bennett (817) 602-4753.

Tuesday: Stretch-N-Grow, 3:30 – 4:00 p.m.
Ages 2.5 and up ~ \$30 per month (30 minute session per week);
Starts September 4th

The world's largest network of children's fitness professionals is once again offering age appropriate fitness and nutrition education classes. Weekly curriculum handouts and monthly parent newsletters help families become more health conscious, active and physically fit. For more information contact Beth@stretchngrow.com, Program Director.

Wednesday: Keyboard Discoveries (piano), 2:30 p.m.
Ages 4 and up ~ \$120 for 8 weeks (Tuition \$105 + Registration Fee \$15)
Starts the week of August 13th

Keyboard Discoveries will teach children the fundamentals of music notation and how to play introductory pieces on the piano. No previous experience or skills are necessary. This class is an excellent opportunity to test your child's interest in the piano and prepare for private lessons. The class will culminate with a 'mini-recital' at the end of the 8 weeks. Class size is limited to 6 students and music books and supplies are included. Contact instructor Angela Favazza at 817-292-6797 or amfavazza@hotmail.com for additional information. Class begins the week of August 13th. It will take place during the school day. Time and day of the week are TBA.



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Wednesday: Dance ~ Ballet/Tap Combo, 3:30 – 4:30 p.m.
Ages 3 and up ~ \$210 per semester (14 weeks, 1 hour lesson a week); \$65 costume fee
Starts August 29th (Showcase: December 16 at 4:00 p.m. at The Dance Company)

The Dance Company, located in Arlington, will be offering dance and tap classes beginning August 29th. Classes will be taught by Miss Daniels, lead teacher of The Dance Company.

Dancers will develop proper posture and technique, learn and understand the basic positions and steps that define ballet. Dancers will also learn basic tap steps and develop the articulation of sounds. Lots of fun for the feet!

Dress includes pink tights, black or purple leotard, ballet shoes and tap shoes. (PLEASE label shoes and clothes.) For dance-related inquiries, call 817-274-6575 or email admin@thedancecompanydfw.com.

Thursday: Fury Soccer Academy, 3:30 – 4:15 p.m.
Ages 3 and up ~ \$55 per session (4 classes per session) or \$200 for fall semester;
Starts August 30th

Learn all the skills and techniques of soccer in a fun, non-competitive, structured learning environment. The goal of this program is to build necessary skills and understanding for beginning soccer players. For more information, please contact Coach Rob at furysoccer@sbcglobal.net or call 817-881-9003. Students must wear sensible outdoor attire and tennis shoes; no crocs or sandals allowed.

**For information on any of these offerings,
 Contact: Joyce Hunt or Heidi Pulido
 All payments must be paid directly to the vendors.
 Please do not send checks made payable to CDSA.**