



KIDS' TIME PROGRAM CLASS DESCRIPTIONS

Homework Club & Learning

Homework Club

Grades 1 - 5

Monday - Thursday

3:45pm - 4:55pm

This class is offered all year and is a fantastic opportunity for students to get a jump start on their homework and receive some extra help if needed.

Mishna Club

Grades 4 & 5

Thursday

3:45pm - 4:55pm

Have fun learning Mishna with our superstar, Rabbi Drang. Students will enjoy a siyum at the end of each session.

Music & Movement

Ballet (Girls Only)

Grades EC3 - K

Wednesday

3:45pm - 4:55pm

Joy Deco Ballet teaches a combination of dance styles, terminology, and movements that include scarves, ribbons, and other fun props. There is an additional focus on self-esteem and rhythm as the children have fun preparing for the end-of-year show.

Please note: An additional fee for the performance outfit for the end-of-year show will be included in the 3rd session cost.

Gymnastics Girls (Girls Only)

Monday

Grades 2 & 3

Tuesday

Grades K & 1

Wednesday

Grades 4 & 5

3:45pm - 4:55pm

Coach Maia Shaffer will work with the children to help them build basic to advanced skills in gymnastics. The children are divided based on their experience and have the opportunity to excel at their own developmental pace. Gymnasts must have prior experience to join the 4th & 5th grade class on Wednesday.

PLEASE NOTE: This class is a full year commitment, as the children are preparing for an end-of-year show.

Zumba (GIRLS ONLY)*Monday**Wednesday**3:45pm - 4:55pm**Grades EC4 - 1**Grades 2 - 4**Max 15 Students*

Zumba (Zumbatomic) is a Latin-inspired, dance fitness class. It incorporates kid-friendly Latin and international music and dance movements, which creates an exciting and fun class. Instructor, Hanna Cohen, will teach the children different rhythms including cumbia, meringue, salsa, calypso, and Israeli-Jewish songs.

Sports**Kidokinetics (12 students max)***Monday**Wednesday**3:35pm - 4:55pm**Grades EC3 & EC4**Grades EC3 - K*

Our fun-filled classes include activities that develop motor skills, enhance physical fitness, and improve self-confidence. Kidokinetics teaches the basics of various sports and other important physical exercises, enabling children to feel competent when playing different sports. The children will be introduced to the basics of each sport in a fun and non-competitive atmosphere. Activities include soccer, hockey, tennis, basketball, volleyball, football, golf, hula hoops, obstacle courses, T-ball, and more. Kidokinetics focuses on individual achievement to improve the child's self-confidence.

SportKinetics (15 students max)*Monday**Tuesday**3:35pm - 4:55pm**Grades K & 1**Grades EC4 & K*

In this class, Coach Angel will engage the children in a variety of sports throughout the session. She will teach the fundamentals of each sport, including basic rules and skills. Sportkinetics is committed to helping each child develop to their fullest potential both on and off the court.

Basketball (15 students max)*Wednesday**Wednesday**3:45pm - 4:55pm**Grades K & 1 (Girls & Boys)**Grades 2 & 3 (Boys Only)*

Our team of coaches from Kingdom Training returns this year to teach the children the fundamentals of basketball. The children will learn basic rules and skills, including teamwork and sportsmanship. The coaches will emphasize the building blocks essential for any player to achieve their ultimate potential. All the coaches have High School and College ball experience and in most cases Europe and/or NBA experience as well.

Flag Football (Boys Only) (15 students max)*Monday**3:45pm - 4:55pm**Grades 2 & 3*

Our coaches from Kingdom Training return this session to work with the children and teach the fundamentals of football, learning basic rules and skills, including teamwork and sportsmanship. The coaches emphasize the building blocks essential for any player to achieve their ultimate potential.

Soccer (8 students minimum)*Tuesday**Thursday**3:45pm - 4:55pm**Grades K - 3**Grades EC4 & K*

The instructors from the International Soccer Touch Academy (ITS) offer age appropriate instruction for each group. Classes will include a warm-up activity as well as game practice, and will focus on movement, passing, receiving, and defending. ITS encourages confidence and creativity in their players and builds character by teaching teamwork, sportsmanship, and positive attitude.

Kickboxing*Wednesday – Boys and Girls**3:45pm - 4:55pm**Grades 1 - 4*

Stephen's Karate and Kickboxing teaches a unique blend of karate, kickboxing, boxing, krav maga, and Brazilian jujitsu. Our special structured program will help improve your child's concentration, self-esteem, confidence, respect, discipline, and overall fitness in fun and exciting manner. There are nine levels of progression, which offer a great reward system for your child. Classes will be taught by Barry Stephen, a black belt, with over 30 years of teaching experience. Mr. Stephen owns and operates a school in Boca Raton since 1986, and has run programs at the JCC in Boca Raton, Pinecrest, St. Andrews, and in Coral Springs. He is also an adjunct Professor FAU, Palm Beach State College, and several other Palm Beach schools.

Arts**Art***Monday**Thursday**3:45pm - 4:55pm**Grades 1 - 5**Grades 1 - 3*

Instructor, Lisa Pinkis, will introduce her students to the many forms of art and will work with a variety of media to bring out the budding artist in your child.

Drama*Tuesday & Thursday**3:45pm - 4:55pm**Grades 2 - 8*

Students will learn self-discipline, responsibility, the value of teamwork, and concentration skills. The students prepare a fabulous end-of-year play.

PLEASE NOTE: This class is a full year commitment, as the students are preparing for the end-of-year show. Students must sign-up and attend both the Tuesday and the Thursday classes.