

RAINBOW'S END

WHERE AFTER SCHOOL FUN BEGINS!!

*Rainbow Community School
After School Clubs & Sports!*

Spring Session 2017



- Clubs are 1st come, 1st served. Minimum number must be met for club to meet.
- Club AND Material fees will be billed to you by the school.
- To register fill out form below and drop in office OR After School mailbox in the Butterfly House. One form per child please. We need paper forms for ALL kids!
- Sports have special forms. Please fill out in addition to the regular form.
- After School fees are included in the cost. Any child signed up for a club, class or sport is welcome to attend Rainbow's End for FREE on that day. A GREAT deal! After School staff will escort kids to their activity and assist in classes as needed.
- This is a 6 week session. Sports sessions vary in length.
- Please see description for EXACT club dates. School holidays, Teacher workdays and Listening Conference days clubs will not meet.
- Clubs cancelled due to illness or bad weather will be rescheduled for a later date. Please see the make-up dates listed.
- Questions? email Denisa at denisa.rullmoss@rainbowlearning.org

Child's name _____ Grade _____ Age _____

Program/s enrolling in _____

Email _____ Phone _____

Class fee/s _____ Material fee/s _____

I agree to pay the fee/s for my child to attend Rainbow's End After School clubs, classes and/or sports. I give my child permission to fully participate in all the activities of the club. I understand I will be charged in full and should my child drop out there will be no refund.

Parent Signature _____ Date _____

MONDAYS

Rainbow Newspaper Club!

Fee - \$72 Materials - \$15 Grades - K - 3rd

Time - 3:30 - 4:30 Number - Min. 8, Max. none

Dates - April, 3,10,17, 24, May 1, 8 (Make- Up May 15)

Taught by - **Natascha van Aalst Leitner**



Kids will learn the basics of journalism (interviewing, reporting, researching, illustrating and making a newspaper) while developing skills that translate into kids' daily life; active listening, understandable writing, critical thinking and working together with friends. The youngest ones will team up with older kids to create a writers team... reporting about all things going on at Rainbow; writing profiles of teachers, reviews about performances, celebrations, sports games or other news on campus. The articles will be published in our own Rainbow newspaper. Come join the editor's room of 'The Rainbow Reporter'!



Natascha Leitner worked all over the world as an international journalist, writing about travel, politics, art and music for magazines and newspapers; "I interviewed everyone about everything; from Dutch poets and politicians to international celebrities and musicians, like P!nk, Shakira, Jennifer Lopez, and every boy band you can dream of!! While teaching my daughters about writing, interviewing and my job as a journalist, we created the idea of a Rainbow Newspaper Club. I hope to help get kids excited about literary arts by making writing fun, demystifying the process of reporting and honoring our kids' work by creating a 'real' newspaper together!"

Preschool Playball!

Fee - \$96 Materials - \$5 Ages - 5 year olds in Preschool

Time - 2:30 to 3:30 Number -Min. 6, Max. - 10

Dates- April, 3,10,17, 24, May 1, 8 (Make- Up May 15)

Taught by - **Coach Jessie Howard** www.playballasheville.com

Playball is an early childhood sports development program with creative, high-energy lessons that are derived from 8 major sports.

Please see Thursday page for a FULL Playball description!!

Children will be guided to their Playball club by Sandra McCassim from the PreSchool room and then checked back in. All classes will be held in the Outdoor Classroom or on the playground.



TUESDAYS

Kung Fu Club!

Fee - \$72 Materials - \$10 Grades - K - 3rd

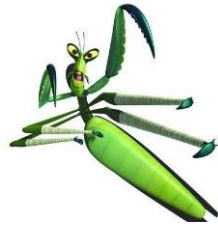
Time - 4:00 - 5:00 Number - Min. 6 Max. 12

Dates - April 4, 11, 18, 25, May 2, 9 (Make-Up May 16)

Taught by - **Billy Roberts**



Good morning, Young Grasshoppers and Welcome to Kung Fu. In Kung Fu Club we will learn animal style martial arts and an ancient Shaolin movement form. We will strengthen the mind and the body as we train kicking and punching, obstacle course footwork, problem solving, and Tiger Focus. Be prepared to work hard, get strong and feel awesome!



Billy is the father of a Kindergartner at Rainbow. He has been studying and practicing Chinese Medicine and Martial Arts for over ten years. He has taught both kids and adults amazing art forms of longevity and self-defense for many years. Prior to landing in Asheville he worked for the North Carolina Outward Bound School as a Field Instructor and Climbing Guide. He has been relieving pain and anxiety and promoting health at Longview Acupuncture in West Asheville at the Point Health Collective since 2013.

The Wandering Swordsman -Boffer Games

Fee - \$72 Grades -1st- 8th Time - 4 to 5:00 Max - 20 kids

Dates - April 4, 11, 18, 25, May 2, 9 (Make-Up May 16)

Taught by - **Phil Ferguson** www.wanderingswordsman.com

Join Asheville's Boffing community and learn swordplay skills, honor, self-discipline and teamwork! Teaching kids to engage in combat with compassion is a great key to enrich their lives and create a world where people handle conflict healthily and cooperatively. Whether you're guarding your team's base in capture the flag, sieging the castle walls, or running from shambling zombies, there's a place for everyone and your teammates want your help!



The Wandering Swordsmen LLC is devoted to the facilitation and development of the sport of boffer. Boffer weapons are padded implements designed to resemble medieval weaponry, including swords, shields, bows, arrows, spears and more. All gear is built to strict safety specs provided by Belegarth- www.belegarth.com Low Contact rules are used for kids under 15.

Phil Ferguson, *The Wandering Swordsman*, started the Asheville Boffing community in 2011 and has been teaching professionally since 2014. Phil teaches at schools, festivals, weekly games at Carrier Park on Sundays and travels to national events to compete. His goal is to travel the world to help professionalize the sport, while using his training methods to teach people how to engage in compassionate combat and help humanity learn how to resolve conflict more effectively.

WEDNESDAYS

Slime Club!

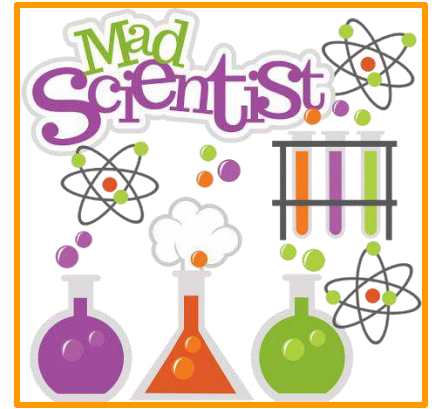
Fee - \$72 Materials - \$10 Number - Min. 8, Max. 12

Time - 2:00 to 3:00 Grades - 1st - 5th

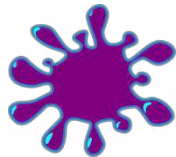
Dates - April 5, 12, 19, 26, May 3, 10 (Make-Up May 17)

Taught by - **Nicholas Hardin - Nieri and After School staff**

Become a "MAD SLIME SCIENTIST" with Nico and friends as we experiment and make oozy, slimy, fluffy, bubbly, sticky, gooey stuff!! We will make slime, putty, gak, oobleck....and other strange and messy fun. We will experiment to see what works, what doesn't and what surprises we will uncover in this cool and interesting club!



Hello, my name is **Nicholas**. My favorite thing is to climb trees! I also like dancing and playing soccer. The reason I love slime is that it is squishy, floppy and fun to play with. Slime or putty is good for plane and car rides, because it is great for travel!



Slime



TAASC - The American Adventure Service Corp!

Fees - See below... After School fees are included.

Time - 1:30-3:00 Dates - **Begins April 5** Grades - 3rd - 8th

Taught by - **Greg Gillett - 828-299-9844 ashevilletaasc@gmail.com**

Interested in fun, adventure, self-reliance, personal responsibility & increased confidence, all in a safe and super fun group setting?



"We believe every young person has the potential to become a compassionate leader in both their community and their lives. The TAASC Outdoor Leadership Program provides an innovative outdoor leadership curriculum, one on one mentoring by our staff and an environment where they can practice being a leader, while having fun, discovering a love for the outdoors and making new friends!!"

Outcomes include: increased responsibility; confidence; new experiences and opportunities; dealing with challenges; group skills; appreciating the natural world; self-reliance.

Meetings cover: huge range of outdoor skills, wilderness first aid, cooking, initiative challenges, leadership, navigation skills, climbing knots, camp craft, leave no trace...



3 options for membership. All fees are pro-rated, students can join at any time.

Tuition collected by TAASC - Some scholarships help available. Extra trips may be added for -\$125

- TAASC Ultra Light: 12 weekly meetings, no trips - \$342
- TAASC Light: 12 weekly meetings and one trip per quarter - \$467
- Full program - 12 weekly meetings, all trips - \$717

THURSDAYS

Playball!

Fee - \$96 Materials - \$5 (snacks & medal) Grades - K- 1st

Time - 3:30 to 4:30 Number -Min. 6, Max. - 10

Dates- April 6, 13, 20, 27, May 4, 11 (Make Up - TBA)

Taught by - Maxy Mirkin - www.playballasheville.com



Playball is an early childhood sports development program with creative, high-energy lessons that are derived from 8 major sports. Is your Kindergarten-1st grade student interested in soccer, baseball, tennis, basketball, football, golf, rugby, or hockey? Give them the skills and the confidence they need to play their favorite games by joining the Playball team where every day is a discovery of new abilities. Each class includes three important components of movement:

locomotion, stability, and manipulation. These building blocks are at the core of every synchronizing move we make, so teaching them properly in a stimulating way helps children learn quickly and easily. We use child-sized soccer balls, footballs, basketballs, tennis rackets, and hockey sticks to teach kicks, passes, shots on goal, techniques, and grip. We also bring balance beams, hurdles, hoops, and cones to create obstacle courses and tricky sport sequences. Lessons are a blast as we sing songs and use wild imagery to help remember our techniques. Join the team today so we can learn, practice, and play; it's the **Playball** way!



Our 3 main focus areas are:

Locomotion: running, skipping, hopping, sliding

Stability: balancing, landing, twisting, lifting

Manipulation of equipment. Learn to grip and swing a tennis racquet, hockey stick, and baseball bat, how to smash a volleyball, throw and kick a football.



Coach Maxy is the proud head coach and owner of **Playball** Asheville. Her experience and certifications in the child psychology and exercise science field are many, but for her, it's the pure joy of teaching children that makes being a coach the best job in the world! Her studies in Florida and travels to New Zealand lead her to work with early childhood literacy, cerebellar delays, and exercise science interventions and her love of sports and movement is what prompted starting **Playball** in WNC. It has been an incredible 6 years in Asheville, watching the children become little athletes, bursting with confidence on the field and in the classroom, thanks to their commitment to play!

THURSDAYS

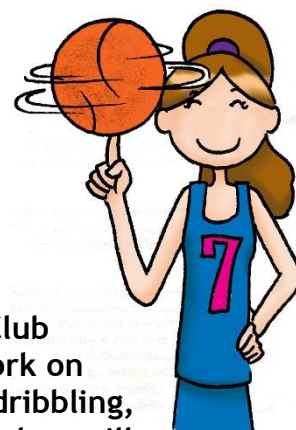
Girls Basketball Skills Club!

Fee - \$72 Grades - 2nd - 4th

Time - 4:00 to 5:00 Number -Min. 2, Max. - 15

Dates- April 6, 13, 20, 27, May 4, 11 (Make Up - TBA)

Taught by - Damien Hoffman



The Girls Basketball Skills Club meets once per week to work on foundational skills such as dribbling, passing and shooting! Each class will have both skill development and game play. This is a great chance for girls to get coaching tips personalized for girls at this age. Basketballs, jump ropes, cones, etc. will be provided by the Coach.



Damien Hoffman is a Rainbow father who played high school and (briefly) college basketball! He is a Duke alum who welcomes all UNC and NC State fans to his Basketball Skills class.



Rainbow Running Club!

Fee - \$72 Grades -4th-8th Time - 3:45- 4:30

Materials - \$10 (Dates - April 6, 13, 20, 27, May 4, 11

Taught by - Susan Waddell susan.waddell@rainbowlearning.org



We will run each week for 25-30 minutes, track our growth and participate in 'meets' with other schools. There is no rush to the finish line, for the only improvement we aim for is self-improvement. Snacks and reflections will close our sessions

*I am **Susan Waddell**, one of the Omega teachers at Rainbow and am so excited to share a passion of mine. I started running in the fall of 2010 after being tempted by the founder of Girls on the Run. I have run on and off since then, even completing my first half marathon in 2013. I now run 4-6 times a week, 3 miles each time. I love how strong I feel when I complete a run and that I can set my own pace when I run outside.*

"There is no rush to the finish line for I believe slow & steady wins the race!"

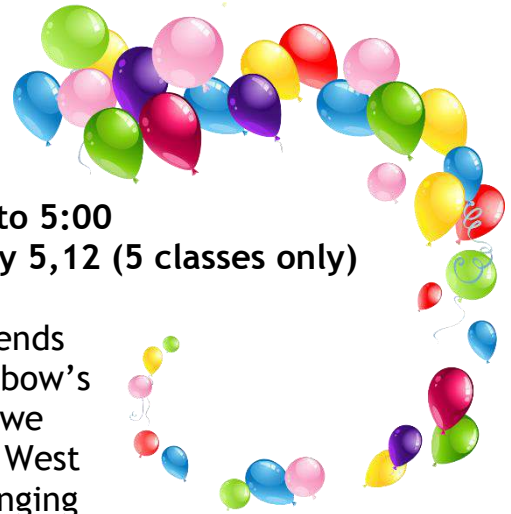
FRIDAYS

Random Acts of Kindness OR Random Acts of Silliness Club!

Fee - \$60 Materials - \$15 Grades - K - 8th Time - 4:00 to 5:00

Number -Min. 6, Max. - none! Dates- April 7,21, 28, May 5,12 (5 classes only)

Led by - Rainbow's End Staff!



Join your friends and the Rainbow's End Staff as we walk around West Asheville bringing smiles, laughter and a warm feeling to others. We will choose a playful task each Friday to brighten someone's day. We might take balloons to a waiter in a restaurant, carry groceries out to the car for an elderly person, make and take cookies to a store owner, blow bubbles with strangers (and give them a bottle of bubbles), deliver a surprise on

someone's doorstep, help someone with their job, bring flowers to a yoga teacher, challenge someone walking down the sidewalk to a dance off, give a toy to a child in a stroller, sing a song to someone getting gas, read a book to someone sitting on a bench, challenge a group of tourists to a pool noodle duel.....who knows what will inspire and delight??!!

Small groups of kiddos will be well supervised in our silly and kind pursuits. We hope to inspire happy feelings, giggles and a desire to PLAY IT FORWARD!

WE WANT YOUR IDEAS for NEXT YEAR!



WHAT CLUBS or CLASSES would you love to have next year?? Please drop your ideas in the After School mailbox inside the Butterfly House. It is directly to your right as you walk in the door. Want to do trapeze work? How about a chicken club? Interested in another awesome musical play? Let us know! Omega kids....tell us what you love too. Also, if you have friends that know how to do something really cool and would like to share that skill with kids, please give us their contact information. The SKY is the limit....well maybe a bit lower to the ground - WAIT, we could do kite flying, so the sky IS the limit!!!

My cool idea _____

My cool friends know how to _____

I am interested in teaching (or your parents)_____

Your name and grade_____

RAINBOW SPORTS

Ultimate Frisbee!

Fee - \$96 Materials - \$10 (snacks)

Time - 3:45 - 5:00 Grades - 5th- 8th

Dates - Wednesdays, March 29th to April 24th

Coach - **Mark Strazzer**



Asheville Ultimate Club hosts a Youth Ultimate Club on the beautiful turf field at Memorial Stadium. World Ultimate Frisbee Champion Mark Strazzer will lead the Rainbow squad against other teams from around Buncombe County.



Final Tournament Sunday 5/28/17 from 11-5pm at Carrier Park

Come out and learn how to throw the old flat ball!



Warriors Soccer

Fee - \$96 Materials - \$10 (snacks) Grades- 5th - 8th

Dates - Feb. 27th to May 1st

Practices - Mondays 3:30 to 4:30 Games - Tuesdays at 4:15

Coach - **Mark Strazzer & Jim Arrendale**



For the games schedule check out the league web site.

<http://hospitalityleague.weebly.com/> RCS Warriors Team jerseys are available for \$15!



Join the Rainbow Soccer Team!

