

RAINBOW'S END

where the after school fun BEGINS!

Rainbow Community School
After School Clubs, Classes & Sports!

Winter Session 2016



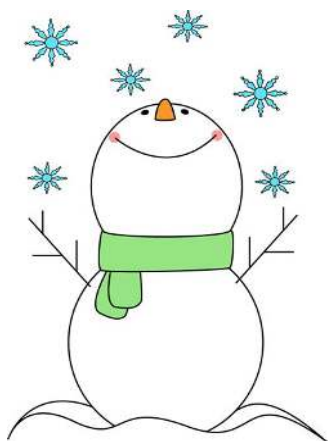
- Clubs will be filled on a 1st come, 1st served basis.
- Minimum number needs to be met for the class to happen. You will be notified if class is full and a wait list will be made.
- **To register** fill out the form below and drop at the office OR the After School mailbox in the Butterfly Building. Each child will need their own form.
- Sports have special forms. Please fill these out in addition to the regular form.
- Class, Club, Sports & Material fees will be billed to you by the school.
- **After School fees are included in the cost (except TAASC).** Any child signed up for a club, class or sport is welcome to attend Rainbow's End for FREE on that day! After School staff will escort kids to their activity and assist in classes as needed.
- Many clubs & classes are 8 sessions. Sports sessions vary in length. Some clubs run year long. [Please see description for exact club dates.](#) Clubs will not meet on school holidays, teacher workdays and Listening Conference days.
- Clubs cancelled due to illness or bad weather will be rescheduled for a later date. [Please see the make-up dates listed.](#)
- Questions? please email Denisa at denisa.rullmoss@rainbowlearning.org

Child's name _____ Grade _____ Age _____

Program/s enrolling in _____

Class fee/s _____ Material fee/s _____

Email _____ Phone _____



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

Parent Signature _____

Date _____

MONDAYS

Wandering Swordsman - Boffer Games



Fee - \$96 **Grades** - 1st - 8th **Time** - 4:00 - 5:00
Dates - Jan. 11, 25, Feb. 1, 8, 22, 29, March 7, 14
(Make Up March 21st)

Taught by -Phil Ferguson www.wanderingswordsman.com



Join Asheville's (AND Rainbow's) growing swordplay community and play fun new games created by students! Learn swordplay skills, honor, discipline, and teamwork! Each quarter we will specialize in teaching the tactics for a different gear set and this quarter we will focus on **POLEARMS!**



Boffer games are played by people of all ages using foam padded boffer gear that is designed to safely come into contact with a player in order to resemble medieval swordplay. Boffer gear is constructed to resemble swords, shields, arrows, etc. All of the gear is built according to a large list of strict safety specifications provided by one of the leading national boffer organizations in the world called Belegarth (www.belegarth.com).

Low-contact rules are used for kids under

15. The players are encouraged by the referee and teammates to merely tap each other and to be appropriately gentle when swinging, depending on who they are playing with.

Many involved in our community/classes will attest, TWS has fantastic results in teaching sportsmanship, honor, communication skills, group coordination and self-discipline. 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 Swordsman (TWS) - [Phil Ferguson](#) has been hosting boffer games in the Asheville area for years at Carrier Park, The Landing, ArtSpace, Evergreen and Francine Delany, Valley Springs Middle School and now Rainbow Community School. TWS has also hosted games for festivals including LEAF, The French Broad River Festival, Geekout, Gratify, Three Days of Light, Asheville Mardi Gras Parade and The Soulshine Farm Music Festival.

TUESDAYS

CIRCUS NINJA TRAINING!

Circus Ninja Training

Fee - \$96 Grades - K & Up

Time - 3:30 - 4:30

Numbers - Min. 6, Max. 12

Dates - 8 classes

Jan. 5, 12, 19, 26,

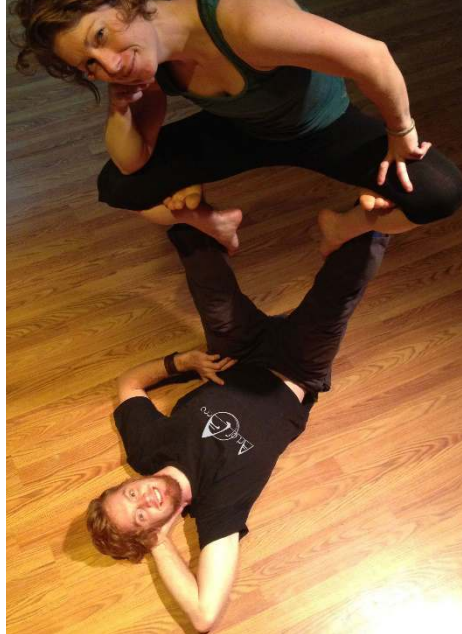
Feb. 2, 9, 23, March 1

(make up - March 8th)

Taught by

CJ O'Reilly &

Cassidy Walpole



What do
Ninjas and Circus
artists have in
common?
They're both agile,
adept, and just
plain awesome!
Learn to be more
agile, adept,
move like a cat
and do amazing
tricks in Circus
Ninja Training.

Activities will culminate in awesome new skills and awareness including:

- martial arts (TaiJi, KungFu and Capoeira) inspired warmups, stretches and movement foundations for juggling
- inversions (hand stands and more!)
- partner acrobatics of lifts, balances and counterbalances inspired by acroyoga, dance and circus performance
- rolling and tumbling (safe falling), movement and acrobatic safety

We'll also do some one or two time special focus classes on:

- slack-lining
- human pyramids
- flow arts
- hooping

CJ O'Reilly is a Clan Destiny Circus member and has performed at LEAF and beyond! He is a Contact Improvisation instructor, AcroYoga Ninja, and has years of martial arts experience including Karate, Tae Kwon Do, and Chen and Yang Style Taiji with teachers in China. To him, circus is some serious play! CJ's favorite animal is the Tiger because they're the cutest as a cub, but intense and powerful as adults - RaaaaArr~!~!~

Acro Ninja **Cassidy Walpole** is trained in Restorative Yoga and Thai Yoga Massage. She is a Certified AcroYoga Montreal Instructor, founder of Art of Acro, and teaches classes and workshops in WNC. Cassidy says, "Acroyoga is basically juggling with your feet, but instead of juggling balls, you are using an entire person! Flying is my favorite because, with the help of my partner, I get to float and fly and defy gravity!" Cassidy's favorite animal is the Koala, because they look sooo snuggly!

THURSDAYS



Winter Roots: Fire, Chocolate & Dreaming

Fee - \$96 Materials fee - \$15 Time - 3:30 - 4:30

Grades - 4th - 6th Numbers - Min. 8, Max 15

Dates - Jan. 14, 21, 28, Feb. 4, 11, 18, 25, March 3

(Make Up - March TBA)

Taught by - [Lena Ruark-Eastes](#) www.earthpatheducation.com

Winter is the time to go within and connect with our creativity, a time to cozy in with friends and share our dreams and visions. The Winter Roots circle for RCS girls will be an opportunity to connect with the spirit of winter through crafting, ritual, sharing and fire.

Week 1 & 2 - *Spirit of Fire*

We will learn how to honor fire and make fire by friction, as our ancestors have for thousands of years before us.

Week 3 & 4 - *Magic of Cacao and Chocolate Making*



I studied in a Zapotec Village in Mexico how to make cacao, toasting the beans over the fire and grinding them into a paste with a stone. I am honored to bring this ancient chocolate making technique to the

Winter Roots Circle. We will redefine what you think of as chocolate as we focus on the main ingredient: cacao. Many native peoples revered it as a sacred medicine, only to be used in ceremony. In this class we will use ceremonial grade cacao from Guatemala

to make sugar and dairy free delicious chocolate treats and beverages. We will experiment with a variety of superfood ingredients including some locally wildcrafted herbs using cacao as a base. Most importantly, we will come away with more love and respect for our plant ally cacao and a knowledge of how to respectfully call on her for healing.



Week 5, 6 & 7 - *Handmade Leather Bound Journals*

We will sew and learn to make leather-bound Dream Journals.

Week 8 - *Closing Fire*

Sharing our Dreams & Visions, Making hot chocolate over the fire!

Deeply committed to the Earth Path, [Lena Eastes](#) is passionate about celebrating this life on amazing planet earth. She graduated from UNCA in Cross Cultural Sustainability and has a Permaculture Design Certificate from the Regenerative Design and Nature Awareness Program. She is the Founder/Director of Earth Path Education, Roots Day Camp, Growing Goddess Rites of Passage Camps. Lena started the Soil Sister Program at the Southeast Women's Herbalist Conference. She is currently a teacher at The Learning Village in Sacred Mountain Sanctuary in Candler. Lena loves lightning bugs, growing food, foraging, running, dancing, Appalachian crafts, deep breaths, bringing people together and waterfalls!



THURSDAYS

Dungeons & Dragons - Legend of the Edge

Fee - \$48 Materials - \$15 Grades - 5th - 8th

Time - 3:45 to 4:45 Min. 3, Max. 8

Dates- Jan. 7, 14, 21, 28, Feb. 4, 11, 18, March 3

(Make Up - March TBA)

Taught by - Edezra Cunningham with Willow Eshan and Justin Pilla



Dungeons & Dragons is filled with adventure, excitement, heroics, glory and more. It is one of the biggest RPGs out there and by far the most well-known. The thing is, most people don't know what a role playing game is. A role playing game is a chance to take on the role of a character in a wonderful and magical world. You decide upon a type of character to play (sneaky, magical, strong, etc.) and the role he/she will play in the group. For example, a cleric (which is a type of wizard) could heal the rest of the group if they get hurt and the strong character could fend off enemies from the rest of the group if they get in a dangerous situation. The group will then go on quests of varying difficulty and motivation, complete tasks on the way, and collect great rewards for heroic deeds!



Edezra Cunningham is a 7th grade student who has been playing these games for years, and enjoys creating them as well as playing them. Now, he and the other leaders are telling a story of adventure and excitement in The Legend Of The Edge, a unique setting and journey designed by the leaders of the group: Willow Eshan, a classmate and friend who leads a lot of talk games at recess and after school, and Justin Pilla, the assistant teacher for 6th grade who has played a lot of D&D in the past and is a good friend of both students.



"This is our 2nd student led club at Rainbow's End and we are delighted to support these RPG players in their enthusiasm to share these imaginative games with you!

Please feel free to email Justin with questions at justin.pilla@rainbowlearning.org."

Denisa – After School Director

RPG stands for Role Playing Game!

WEDNESDAYS

Cooking Club

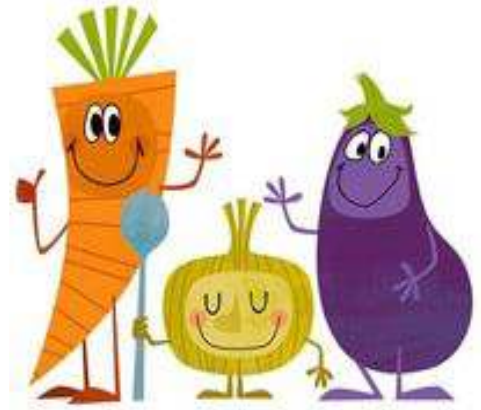
Fee - \$48 Materials - \$48 Grades - K - 8th

Numbers - Min. 6, Max 12 (for each group)

Time - 1:30 - 2:30 (grades K - 3rd) AND
3:00 - 4:30 (grades 4th - 8th)

Dates - Jan. 6, 13, 20, 27, Feb. 3, 10, 17, 24
(Make Up March 2nd)

Taught by Different Cooks/Chefs/Groups/Restaurants
(after school staff will assist or teach too!)



Cooking Club was a delicious hit last year so we decided to make it a yearly Winter Club!! We made homemade cheese quesadillas and refried beans, pancakes and fruit smoothies, vegetarian sushi and miso soup, muffins, chili, homemade cornbread, chinese dumplings, fruit kabobs and more! Guest chefs made our cooking club a blast, so we will invite the best food groups/chefs/cooks we can find to lead us on new **COOKING ADVENTURES!** We will measure, chop, dice, saute, simmer, blend, stir, skewer, melt, peel and most importantly EAT! Knife safety, using blenders and griddles, and learning measurement skills are part of the club. Each week, we will have a different adult who loves to cook lead the kids in a preparing a dish.



This session we will write down our recipes to create our own kid-friendly cookbook (thanks Nik for being our cookbook reminder!).

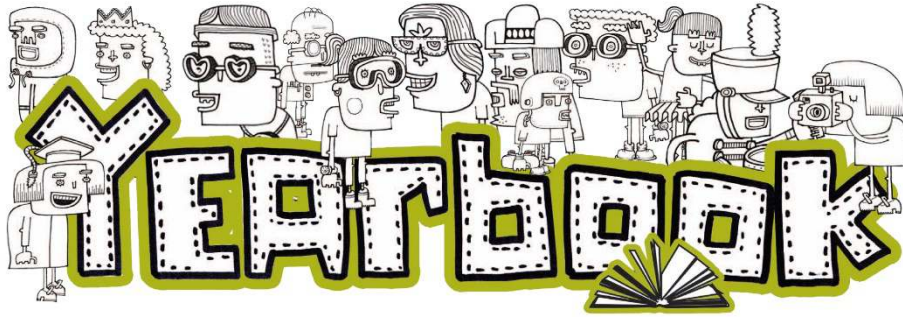
If you LOVE to cook and would like to volunteer to be one of our guest master chefs to share a special dish, please see Denisa. Please include any food allergies on your child's registration. We will try to accomodate most kids, but there will be some days when dairy and/or gluten is used. You may send substitutions for your child (example: gluten free pasta on a day when the club is preparing lasagna).

If you know of a restaurant, non profit, school or professional chef that would love to share their love of cooking please have them contact me. After school staff assists with all Cooking Clubs classes. We also welcome food donations to help with costs and would love any local sponsors!

To sign up to be a guest chef please email Denisa at denisa.rullmoss@rainbowlearning.org



TUESDAYS (& THURSDAYS)



Yearbook Club!

Fee - Fundraiser / free

Time - Tues. 3:30 - 4:40
or Thurs. 7:50 - 8:30

Grades - Omega

Dates - Runs all year

Led by - Susan Waddell

Omega creates a yearbook each year as a part of the fundraising efforts for their school-trip - mostly completed during the school day- but often takes more time. Students use school cameras to capture school-wide events, clubs, a picture of every student, classes, staff members and memorable spaces on the property. Pictures are uploaded into Picasa and eventually into collages as pages are created! This year- Omega students who volunteer to help create the yearbook will be asked to commit to either staying after school on Tuesdays (3:30-4:40) OR coming early on THURSDAYS (7:50-8:30). We will begin September 22nd and the work with yearbook will continue throughout the school year.

WEDNESDAYS

TAASC - The American Adventure Service Corp

Fee - Club fee see below / Separate After School use fees DO apply

Time - 1:30 - 3:00 Grades- 3rd - 8th Dates - Begins Jan. 6

Taught by - Greg Gillett www.ashevilletaasc.com



Interested in fun, adventure, developing self-reliance, personal responsibility and increased confidence, all in a safe and super fun group setting? You'll learn outdoor skills such as: wilderness first aid, outdoor cooking, climbing skills, navigation, knots and other skills to prepare for our adventure trips.

"We believe every young person has the potential to become a compassionate and transformational leader in both their community and their lives. The TAASC Outdoor Leadership Program will provide students with an innovative curriculum, one on one mentoring by our staff and an environment where they can practice being a leader.

TAASC will complement the work already being done at Rainbow to support young people in becoming compassionate and transformational leaders."

We offer 3 options for membership. They are flexible, students can adjust accordingly.

Students can join at any time - we pro-rate tuition. Some scholarship help is available for those eligible.

***TAASC Ultra-light program** - \$250 - quarter. 12 weekly skills meetings. Trips can be added for \$125 a trip.

***TAASC Light Program** - \$375 - quarter. 12 weekly skills meetings and 1 weekend adventure trip.

***Full TAASC Program** - \$625- quarter. 12 weekly skills meetings and 3 weekend adventure trips

For more information: [Greg Gillett 828-299-9844](mailto:Greg.Gillett@ashevilletaasc.com) ashevilletaasc@gmail.com

FRIDAYS

Drama Club Production - *Treasure Island!*

Fee - \$96 Materials - \$20 Grades- K to 8th

Time - 3:30 to 4:30/5:00 Min. 20, No Max.

Days - Fridays, the week before our big show we will meet additional days.

Show/s - March 18th and possibly 19th

Dates- Jan. 8, 15, 22, 29, Feb. 5, 12, 19, March 4, 9, 10, 16, 17

Directed by - Katie Turner with help from Angie Moore, Sue Ford and Denisa Rullmoss



Avast and Ahoy mateys! Are ye ready to sail the seas with Captain Smollett, Jim Hawkins and Long John Silver? Are ye ready to sing swashbuckling songs and hunt for treasure with your fellow ship mates? Join the crew as we put on a show of the classic story TREASURE ISLAND! We need a hearty crew, young or old, to tell this classic pirate tale (practice your best ARRR)! Take sail and learn all about what it takes to put on a big show!! Scurvy bilge rats and land lubbers need not apply. There will be something for all buckos to do!



We will have several crews including ACTORS, BACKSTAGE CLUB (set design and prop building, costumes), SOUND & LIGHTS, MUSIC and more!



*This musical kids production of **Treasure Island** will be directed by **Katie Turner** (see bio below), with help from **Angie Moore** (Rainbow Spanish & Drama teacher). The music direction will be from long time pirate friends **Sue Ford** (Rainbow Music teacher) and **Denisa Rullmoss** (Rainbow After School Director). This club will end with a magnificent show open to friends, family, the public and maybe a few buccaneers!*

Katie Turner has been on the stage since age four. She taught drama camps, directed shows and won awards during high school. Katie received a degree in acting and directing from Florida School of the Arts. She has been searching for a way to keep her love of theater alive and is very excited to have the opportunity to bring that love to Rainbow! When not working on a show, Katie is usually walking one of her dogs, dancing in the kitchen, geeking out over Harry Potter, or playing with her preschool daughter McKenna!



MONDAYS & THURSDAYS

Girls on the Run! - GOTR

Fee - Sliding scale \$35 to \$175

Time - 4:00 to 5:15 / 5:30

Grades - 3rd - 5th Numbers - Min. 8, Max 15

Dates - Feb. 29th to March 21st (Final 5-K Celebration)

Coaches - Katie Waldowski & Lucy Macgregor



Welcome to Girls on the Run! -

A life-changing, non-profit program for girls.

Our mission is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running.

The Girls on the Run program combines training for a 5K (3.1 miles) running event with lessons that inspire girls to become independent thinkers, enhance their problem solving skills and make healthy decisions. We are dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams



*We believe that every girl
CAN embrace who she is,
CAN define who she wants to be,
CAN rise to any challenge,
CAN change the world.
CAN.*



Girls on the Run honors its core values. We strive to:

- *Recognize our power and responsibility to be intentional in our decision making*
- *Embrace our differences and find strength in our connectedness*
- *Express joy, optimism and gratitude through our words, thoughts and actions*
- *Nurture our physical, emotional and spiritual health*
- *Lead with an open heart and assume positive intent*
- *Stand up for ourselves and others*



**We would LOVE any parent help
with our GOTR group!**

Questions?

katie.waldowski@rainbowlearning.org
lucy.macgregor@rainbowlearning.org

RAINBOW SPORTS - go Rainbow Warriors!

Rainbow Volleyball!

Fee - \$96 Grades- 5th - 8th Dates - Jan. 13th to March 23rd

Days - Mon. (alternating), Tues., and Wed.

Practices - Tuesdays 4:00 - 5:00 and Wednesdays 1:45 - 2:45

Practices will be held at the Montford Rec Center

Games - Every other Monday at Evergreen 4:00

Jan. 25, Feb. 8, 22, March 7, 21

Coaches - [Anne Raustal](#) & [Jen Lauzon](#)



Volleyball is THE fantastic new sport at Rainbow. It was so awesome last session that the team decided to keep on volleying!! Learn to bump, set, and spike as we practice with our friends at Rainbow and then travel to Evergreen to play games! New players (boys and girls) welcome!



Questions?
Please email

Anne aeraustol@gmail.com

Jen jen@lazoomtours.com



Rainbow Warriors Basketball!

Fee - \$96 Grades - 5th - 8th Days - Tuesdays and Thursdays

Dates - Jan. 7th - March 1st

Practices - Thursdays 3:30 to 4:30 Games - Tuesdays 4:15

Coach - [Mark Strazzer](#) - mark.strazzer@rainbowlearning.org

Come play team basketball with the Rainbow Warriors! A co-ed sport that will play against other Hospitality League teams. Hospitality League believes that fitness is important and strives for a positive atmosphere of physical activity. We want students to learn athletic skills, build leadership and team-building skills, gain confidence, participate in friendly competition and, most importantly, to have fun! Work hard so you can be selected to the 8th grade All-Star team! Here is the HL web site with rules of play and the game schedule.

<http://hospitalityleague.weebly.com/>



hoop it up