



# RAINBOW'S END

Where After School

Fun Begins!!

**Rainbow Community School  
After School Clubs & Sports!  
Fall Session 2017**

*Vintage Faerie Art by Margaret Tarrant*

- Clubs are 1<sup>st</sup> come, 1<sup>st</sup> served (some WILL fill up).
- 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!
- 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 an 8 week session. Sports sessions vary in length.
- Please see description for EXACT club dates. Holidays, Teacher workdays and Listening Conference days clubs will not meet. Clubs cancelled due to illness or bad weather will be rescheduled. Please see the make-up dates. If your child attends After School on a club date that is not listed, AS fees will be charged.
- Questions? Email Denisa at [denisa.rullmoss@rainbowlearning.org](mailto:denisa.rullmoss@rainbowlearning.org)

Child's name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Program/s enrolling in \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Class fee/s \_\_\_\_\_ Material fee/s \_\_\_\_\_

We would like to apply for a club scholarship (limited number available) \_\_\_\_\_

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

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

# MONDAYS

## Watercolor Painting Art Class!

Fee - \$96 Materials - \$15 Grades - K - 2<sup>nd</sup>

Time - 3:30 - 4:30 Number - No Min., Max. 12

Dates - Sept. 11, 18, 25, Oct. 2, 9, 23, 30, Nov. 6

Taught by - **Tori Lutkowski** (Make-Up Nov. 13)



Wet-on-wet watercolor painting is a technique taught in Waldorf schools and enjoyed by many children. It's a satisfying artistic experience, as wet paint is laid on wet paper, the colors flow, blending into one another in beautiful, unexpected ways. Our paintings are color oriented and quite formless in the beginning and grow to show more form and design as class progresses.



**Tori Lutkowski** has a B.F.A degree and loves sharing art with Children. Watercolor painting using the Waldorf method is one of her favorites!! New to Asheville, Tori moved here from Atlanta. She has been both a Homeschool and Preschool teacher. Tori has 3 children at Rainbow!



## Hip Hop Dance!

Fee - \$96 Materials - \$5 Grades - 3<sup>rd</sup> - 6<sup>th</sup>

Time - 4:00 to 5:00 Number - Min. 6, Max. - 20

Dates - Sept. 11, 18, 25, Oct. 2, 9, 23, 30, Nov. 6

Taught by - **Julie Chapman** (Make-Up Nov. 13)



Did watching your fellow Rainbow friends bust a move to Bruno Mars at *Imagine* make your booty ready to shake? How about those super-sweet moves that got the whole school rocking out to *Can't Stop the Feeling*? If you've been wanting in on the fun, come join our crew! You'll learn the basics of hip hop dance as we pop, lock, wave, drop and butterfly.

Each week, we'll learn new choreography and work on a longer routine, which you'll have the opportunity to perform at the end of the club. (And if performing isn't your thing, no pressure - you do you!) We'll also learn about the history of hip hop - old skool! - including the artists and moves that helped shape this powerful art form.

**Can't wait to shake it with you!**



At an early age, **Julie Chapman** cultivated a love of choreography. She was obsessed with making up dances - often to the dismay of her playmates. Now she and her daughter Avalon, a third grader at RCS, get to choreograph together! Julie pursued her love of dance by studying and performing hip hop, Bharata Natyam, Bhangra and bellydance. She incorporated all of these styles into her classes before ultimately focusing on the type of dance that brings her the most joy: hip hop! This joy translates to everyone in Julie's packed classes, in which she holds the intention to help heal racial divide by sharing her love of hip hop dance and culture.





# TUESDAYS

## Beading Club with Katie!

Fee - \$96 Materials - \$20 Grades - 3<sup>rd</sup> - 8<sup>th</sup> Time - 4:00 to 5:00

Dates - Sept. 12, 19, 26, Oct. 3, 10, 17, 24, Nov. 7

(No Beading on Halloween) (Make-Up Nov. 14)

Taught by - **Katie Wilson**



Bring your imagination to Beading Club as we explore making jewelry, keychains, charms, hangings, candle holders and more! We will experiment with many different sizes and types of beads, including glass, clay, stone, wood and plastic. We will use string, yarn and wires (including memory wire) to produce unique art work to hang, wear or use!!



Hi, I'm **Katie Wilson**, 5<sup>th</sup> grade assistant teacher by day... jeweler/beader by afternoon! I love to read, spend time in nature, and create! I'm excited to share an opportunity for creativity.



## The Wandering Swordsman -Boffer Games

Fee - \$96 Grades - 1<sup>st</sup> - 8<sup>th</sup> Time - 4 to 5:00 Max - 20 kids

Dates - Sept. 12, 19, 26, Oct. 3, 10, 17, 24, Nov. 7

(No Boofing on Halloween) (Make-Up Nov. 14)

Taught by - **Phil Ferguson** [www.wanderingswordsman.com](http://www.wanderingswordsman.com)



Join Asheville's Boofing 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 Swordsman 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](http://www.belegarth.com) Low Contact rules are used for kids under 15.

**Phil Ferguson**, *The Wandering Swordsman*, started the Asheville Boofing 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

## TAASC - The American Adventure Service Corp!

Fees - \$228... After School fees are included!

Time -2:00-3:00 Grades- 3<sup>rd</sup> - 6<sup>th</sup>

Dates -Sept.13, 20,27, Oct.4,11,18,25, Nov.1 (make-up Nov. 8)

Taught by - **Greg Gillett** - 828-299-9844 [ashevilletaasc@gmail.com](mailto: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.*



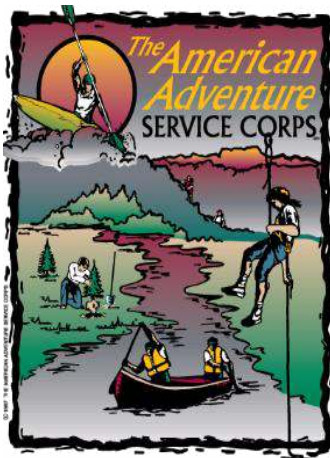
*The TAASC Outdoor Leadership Program provides an innovative outdoor leadership curriculum, one on one mentoring by our staff and an environment where they can practice being a leader, while having fun, discovering a love for the outdoors and making new friends!!*

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...

Tuition collected by TAASC  
Some scholarship help available.  
**Want to expand your adventures?**  
Join TAASC trips like camping,  
canoeing expeditions,  
climbing and more!!

**Students can attend one weekend trip per month for \$125.**



These trips are a wilderness experience, a community service experience, or a combination of both. The trips provide our students opportunity to practice skills learned during weekly meetings and the chance to set and achieve personal and group goals.



**Learning  
First Aid!**





# WEDNESDAYS

## Horseback Riding Club!

Fee - \$240 Grades - 2<sup>nd</sup> - 8<sup>th</sup> Class Time - 2:30 to 4:30

Transportation - Rainbow Bus...we will leave at 2:00pm and arrive back at school at 5:00pm

PLEASE wear long pants & closed toe shoes!

Number - 8 kids plus we would love a parent helper!

Dates- Sept.13,20,27, Oct.4,11,18,25, Nov.1

Taught by -Kate Dilworth (make-up Nov. 8)

[pegasushillfarm.com](http://pegasushillfarm.com)



Our program will spotlight English horseback riding, general horse care and maintenance, and building a positive relationship with your horse. Pegasus Hill Farm specializes in biomechanical horsemanship, where harmony and communication between rider and horse is paramount. We value all ages and stages of riding and look forward to cultivating confidence, respect and comradely!



Kate Dilworth is the proud parent of 2 children at Rainbow!!



*"I have had a love of horses for as long as I can remember. I grew up show jumping in Long Island and as a young adult, I taught riding lessons. I rode in the intercollegiate equestrian team at Savannah College of Art and Design. While living in Georgia, I managed a hunter show barn and learned to appreciate the value of hard work and a clean, organized facility. Still, while my riding continued to improve, the protocol for horse care I had grown up with didn't sit right with me; I found the horsemanship lacking. The desire to start my*



*own farm, where we would treat the horses with love and respect, and foster a community of likeminded equestrians was always in the forefront of my mind. Today, it is a reality."*

***"Welcome to Pegasus Hill Farm!!"***

# THURSDAYS

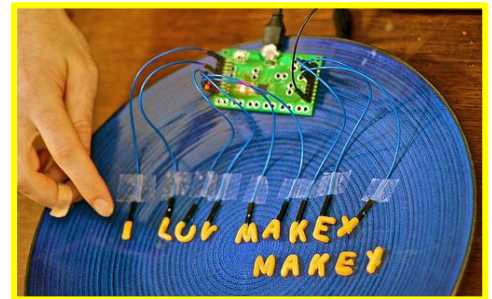
## Makey Makey Club!

Fee - \$96 Materials - \$15 Grades - 3<sup>rd</sup> - 6<sup>th</sup>  
Time - 4:00 to 5:00 Number -Min. 3, Max. - 15  
Dates- Sept. 21,28, Oct. 5, 12, 19 26, Nov. 2, 9  
(Make-Up Nov. 16)  
Taught by - **Nicholas Rake**  
[www.makeymakey.com](http://www.makeymakey.com)



This class will introduce students to the Makey Makey, an interface between computers and real world objects! The Makey Makey is a remarkably easy to use and easy to understand tool that has been designed to unlock students' creativity when thinking about unique ways to interact with a computer. The concept is very straightforward: Complete an electrical circuit using your own body as a conductor, and the Makey Makey responds by sending a keystroke to any connected computer. By using that one core idea,

students will have the opportunity to create electronic instruments, video game controllers, and more. Throughout this class we will take a hands-on, project based approach to exploring how electricity behaves and how we can use it to interact with computers in creative new ways.



**Nicholas Rake** has lived in Asheville for 13 years and is a self-taught programmer and electronics tinkerer. He has been a part of Asheville Makers for four years, organizing the group's educational outreach program and has taught coding classes at Rainbow, started an after-school coding club at Odyssey and led an all-ages Arduino Bootcamp through the Asheville Museum of Science. Nicholas has worked with local educational evangelist and Makey Makey VP for Education Initiatives Tom Heck and looks forward to being able to bring Tom's style of enthusiastic Makey Makey exploration to Rainbow!!



# THURSDAYS

## ZUMBA Kids with Marisa!

Fee - \$96 Materials - \$15 Grades -K - 2<sup>nd</sup>

Time - 4:15 to 5:15 Number - Min. - 5, Max - 12

Dates - Sept. 21,28, Oct. 5, 12, 19 26, Nov. 2, 9  
(Make-Up Nov. 16)

Taught by -**Marisa Capalbo**

[marisa.capalbo@rainbowlearning.org](mailto:marisa.capalbo@rainbowlearning.org)

Zumba Kids and Zumba Kids, Jr. not only keeps the kiddos moving with fun Zumba routines choreographed specifically for their age group, but incorporates games as well. These classes are designed to keep them movin' and groovin', making fitness FUN! Zumba is a dance-fitness party where we play it loud and rock with friends to our own rules!



**Marisa Capalbo** is a member of ZIN™, the Zumba Instructor Network and is specially certified as an instructor for Zumba Kids Jr. & Zumba Kids. She is also a graduate from The University of the Arts with a major in Dance as well as a performer at the Asheville Community Theater. Marisa has recently joined the Rainbow Community School family as a Teacher's Assistant in Preschool. Her son is now also attending Rainbow! She looks forward to sharing her love of movement with the kids at RCS and helping them to find their own rhythm and discover their individuality while have tons of FUN!!



# TUESDAYS

## Preschool ZUMBA Kids Jr.!

Fee - \$96 Materials - \$15 Ages 3 - 5

Time - 4:15 to 5:00 Number - Min. - 5, Max - 8

Dates - Sept. 12,19,26, Oct. 3,10,17,24, Nov. 7  
(No Zumba Jr. on Halloween) (Make-Up Nov. 14)

Taught by -**Marisa Capalbo**

[marisa.capalbo@rainbowlearning.org](mailto:marisa.capalbo@rainbowlearning.org)





# FRIDAYS



## Magical Earth Warriors Club!

Fee - \$96 Materials - \$15 Grades - 3<sup>rd</sup> - 6<sup>th</sup> Time - 3:45 - 4:45 Number- Min.- 4, Max - 20  
Dates - Sept. 8, 22, 29, Oct. 20, 27, Nov. 3, 17, Dec. 1 (Make-Up Dec.8)

Taught by - **Soul & Soil Project** [www.soulandsoilproject.org](http://www.soulandsoilproject.org)

Magic is all around us! All over this earth and within our own bodies and spirits! Magic is not simply playing tricks and illusions, casting spells or performing supernatural feats. Magic happens when we conjure up our own inspiration from the natural elements: earth, air, fire and water, weaving them together to create something out of nothing! Magic is when we call upon our own inner spirit to use for the greater good and is the joy and wonder of Life itself!



### rites of passage

1. Leadership of respect and care for the earth, the body & the community
2. Pioneership of self-sufficiency (sustainability) concepts and tricks
3. Activation of creative expression through eco-art, music & craft
4. Connection to the magic of nature and self so you can tap into good powers of the Force

Ready for your rites of passage and to walk the path of an earth warrior? Dive into a whimsical, creative world of discovering magic....in plants, animals, stones and trees; in art, music, sound and dreams! Come, earth warriors, gather 'round and journey where magic abounds!

Our activities will include making your own Earth Warrior Magic Wand, expanding your knowledge on garden tricks of the trade, like hugelkultur beds, vermicomposting, compost tea, trellising & companion plants, making a Faerie Village and bee & butterfly baths and creating Eco-Art!! Weave in 21st century technology for sound healing! We will be recording natural sounds, rhythms & musical instruments, learning the art of looping & making your own nature-electronic fusion sound healing tracks!



**Alina Quu** - an earth-soul folk songwriter & vocalist devoted to serving the spirit, the people, the ancestors & the earth. Rooted in creativity and the principles of the sacred Medicine Wheel, Alina embraces social healing and empowerment through a holistic lens, calling in balance between health, creativity, communication & engaged stewardship.

**William Bowers** - local producer and music educator. Specializing in songwriting and music technology, he shares the wonders of learning self-expression through blending traditional folk music instruments with the wonders of synthesis, sound design and music production.



**Kelly "Sunshine" Hollinger** - an urban garden organizer, farm-to-table chef and aspiring nutritionist. Her talents stem from a background of homesteading, farming, landscaping and culinary arts. She nurtures empowerment through hands-on-learning with the six senses, inviting connection back to the earth and ultimately, to our highest selves.







# Odyssey of the Mind®

## Odyssey of the Mind Club!

Fee - \$96 (see below) Grades - 6<sup>th</sup> - 8<sup>th</sup> Time - 4:00 Day / Dates - (see below)

Taught by - **Molly Williams**

The Odyssey of the Mind club will be tentatively held on Tuesdays after school. This may change depending on the availability of the students who are interested. The fee may include additional costs if we make it past the first round of the competition! This club will be longer than 8 weeks because the first round of the competition is the beginning of 2018.



We will gauge interest to see how many groups we will have. Once we have dedicated groups, we will begin to solve a problem and prepare for the competition! Odyssey of the Mind has different “problems” that they present, and it is up to each group of students to come up with a creative solution. And let me reiterate “creative”! This will be student-led problem solving, so I will be around to help where needed, but ultimately this will be your project that you can be proud of! I would encourage everyone to check out Odyssey of the Mind site [www.odysseyofthemind.com](http://www.odysseyofthemind.com)

I will hold an information session for students and parents in the near future, so if you have any questions I will make sure you feel comfortable with it before signing up for the year.

Feel free to contact me at [molly.williams@rainbowlearning.org](mailto:molly.williams@rainbowlearning.org)

*Hello, everyone! My name is **Molly** and I will be running Odyssey of the Mind this year! I am new to Rainbow (Assistant 5<sup>th</sup> Grade) AND new to Asheville. I am from Baltimore, Maryland, where I taught in the heart of the city as a Science, Engineering and Computer Coding teacher for grades K-5. We built bridges, coded Minecraft games, created catapults, had class pets and more. I absolutely love to create things. I am a clawhammer banjo player and my fiancé is a banjo builder! We live at his woodworking factory and just built a teardrop trailer together and took it across the country! I love to knit, sew my clothing, cross stitch, make linoleum prints and build with wood. A creative program like Odyssey of the Mind has me SO excited to see what YOU can create this year!*



**Remember, take chances, make mistakes, and get messy!**

# FRIDAYS

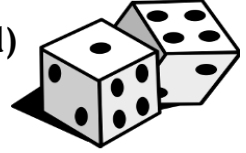
## Makasi's Chess & Queen D's Backgammon Club!

Fee - \$48 Materials - \$25 (for buying new game boards for After School)

Grades - K - 8<sup>th</sup> Numbers- Min. 6, Max 14 Times - 4:15 - 5:15

Dates - Sept. 8, 22, 29, Oct. 20, 27, Nov. 3, 17, Dec. 1 (Make-Up Dec. 8)

Taught by - **Makasi Siriwayo & Denisa Rullmoss**



*Kids may play/learn both games OR concentrate on just chess or backgammon.  
Join us each Friday Afternoon as we get our GAME ON!!!!*



Makasi is our After School Coordinator and has been playing chess for years. He loves teaching and sharing the game. The Chess Club gives students an opportunity to play friendly games of chess against their peers in a low-stress environment. Students of all levels are welcome to come, as help is given to those who need it. Chess variants are sometimes played. Makasi is a strong

believer that Chess helps develop decision making skills in everyday life!



Queen D is the Rainbow's End Director and has been playing backgammon since high school. She loves to teach (and play ) this once hugely popular game. You

couldn't walk into a pub or cafe in the late 1970s without tripping over a backgammon board or hearing the rattle of dice.

Perhaps your parents or grandparents loved to play!! Easy to learn and a great multi-age game.



*Backgammon and Chess are 2 of the oldest games in existence,  
likely 5000 years old, and originated in Mesopotamia!*





# RAINBOW SPORTS



## Warriors Flag Football

Fee - \$112 Materials - \$10 (snacks) Grades- 5<sup>th</sup> - 8<sup>th</sup>

Dates - Sept. 7<sup>th</sup> to Oct. 26<sup>th</sup> Coach - Mark Strazzer

Practices - Thursdays 3:45 to 4:45 Games - Tuesday (one Thurs.) at 4:15

Come play flag football with all the Hospitality League teams and your friends at Rainbow Community School! Learn the flea flicker, or the ol' fainting goat play, or how to shake n' bake your way to the end zone! The team will have 1 practice and 1 game each week. Rules of play and game schedule at <http://hospitalityleague.weebly.com/>

9/19/17 - Tuesday  
Rainbow @ Evergreen

9/26/17 - Tuesday  
Odyssey @ Rainbow

10/3/17 - Tuesday  
Francine Delany @

Rainbow

10/5/17 - Thursday  
Rainbow @ Art Space



10/10/17 - Tuesday  
The Learning Community @ Rainbow

10/17/17 - Tuesday  
Rainbow @ Franklin School

10/24/17 - Tuesday  
New Classical Academy @ Rainbow

10/26/17 - Thursday  
All-Star Game (Buncombe Sports Park)



The *Hospitality League* provides an opportunity for players to participate in organized sports. We believe that fitness is important and strive for a positive atmosphere of physical activity and playing as a team. We want students to have a place to learn athletic, leadership & team-building skills, gain confidence, participate in friendly competition and most importantly to have fun! During any game you can see that all students get to play, there is a stronger emphasis on playing than winning, coaches' model positive sportsmanship and everyone is encouraged to support and nurture a caring atmosphere.

## Ultimate Frisbee!

Fee - \$120 Materials - \$10 (snacks)

Time - 3:30 - 5:00 Grades - 5<sup>th</sup>- 8<sup>th</sup>

Dates - 10 Wednesdays, Sept. 20<sup>th</sup> to Nov. 8<sup>th</sup>

Coach - Mark Strazzer



Asheville Ultimate 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.



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

# RAINBOW SPORTS

## Rainbow Running Club!

Fee - \$96 Materials - \$10 (snacks) Grades -4<sup>th</sup>-8<sup>th</sup>

Dates - Sept. 8,22,29, Oct. 20,27, Nov. 3,17, Dec. 1

Time - 4:00 - 4:45 Day - Fridays (Make-Up Dec.8)

Meets - First one on Oct. 2<sup>nd</sup> (Monday), others TBA

Coach - Susan Waddell [susan.waddell@rainbowlearning.org](mailto:susan.waddell@rainbowlearning.org)



We will run each week for 25-30 minutes at Carrier Park, 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!"*

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## Rainbow Volleyball!

Fee - \$96 Materials - \$10 (snacks) Grades- 5<sup>th</sup> - 8<sup>th</sup>

Dates - Sept. 6<sup>th</sup> to Oct.25<sup>th</sup> Games - Mondays TBA

Practices - Wednesdays 1:45 to 3:00 at Montford Rec. Center

Coaches - Mark Strazzer



Learn to bump, set, and spike as we practice with our friends at Rainbow and then travel to other schools to play games! New players (boys and girls) welcome....!





