RAINBOW'S END Where After School Fun Begins!!

Rainbow Community School After School Clubs & Sports! Winter Session 2018

Vintage Faerie Art by Margaret Tarrant

- Clubs are 1st come, 1st 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.



- After School fees are included in the cost (unless otherwise noted). 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 <u>denisa.rullmoss@rainbowlearning.org</u>

Child's name		Grade	Age
Program/s enrolling in _			
Email		Phone	
Class fee/s	Material fee/s		
	for a club scholarship (<i>limite</i> e granted		ble). Both full and partial
permission to fully part	for my child to attend Rainboicipate in all the activities of narged in full and should my o	the club. Since f	ees pay instructors
Parent Signature		Da	ate



MONDAYS

Playball!

Fee - \$128 Materials - \$10 (t-shirt, trophy)

Grades - K - 1st Time - 3:30 - 4:30 Number - Min. 8, Max. 10

Dates - Jan. 8, 22, 29, Feb. 5, 12, 26, March 5, 12

Taught by - Maxy Mirkin (Make-Up March 26)

Playball is an early childhood sports program with creative, highenergy 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, including how to smash a volleyball or throw and kick a football! Every class is a discovery of new abilities and includes three important components of movement: locomotion, stability, and manipulation of equipment. 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,

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!

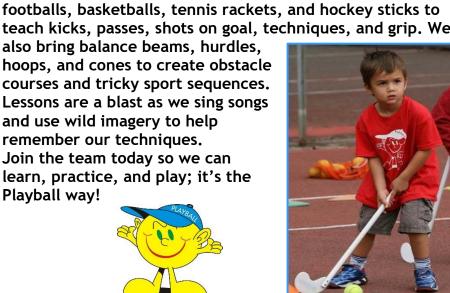






Coach Maxy is the proud head coach and owner of Playball Asheville. Her experience and certifications in the child psychology and exercise science field are many, but for her it's the pure joy of teaching children and seeing that SPARK that makes being a Playball coach the best job in the world! Her studies in Florida and travels to New Zealand led 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 7 years in Asheville, watching the children of Playball become little athletes, bursting with confidence on the field and in the classroom, thanks to their commitment to play!





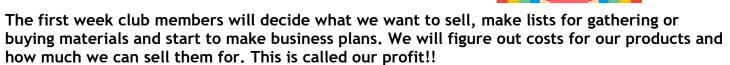
MONDAYS

Entrepreneur Club!

<u>Fee</u> - \$96 <u>Materials</u> - \$15 <u>Grades</u> - 3rd - 5th <u>Time</u> - 4:00 to 5:00 <u>Number</u> -Min. none, Max. - 6 <u>Dates</u>- Jan. 8, 22, 29, Feb. 5, 12, 26, March 5, 12

(Make-Up March 26)

<u>Led by</u> - Adelyn Hanf & Layne Solinas with help from some adult friends!



The next week we will work on our business cards and plans. If there is time everyone will begin to fabricate (make) our products to sell!!



The next few weeks we will work to finish all of our items and decide how we should advertise. Once everybody is finished creating, we will begin to sell our products. The way we will sell is to bring blankets or take fold up tables to the sidewalk and all the kids would have their own little station to sell their products. We will sell our amazing products for several weeks. The last club we will talk about what worked well, what we could improve on and if we feel that our product was a success.

Kids will keep all of their earnings (minus the materials cost if any), leftover products and business cards.



Hi. My name is Adelyn. I've been at Rainbow since 1st grade. I am in 4th grade and am 9 years old. I like basketball, reading and drawing. My best friend's name is Layne.

Hi. My name is **Layne**. I've been at Rainbow since 1st grade. I love basketball, baking and drawing. My best friend's name is Adelyn.

We want to do Entrepreneur Club because we like creating our own businesses.

We are so excited to see who joins!



Rainbow's End After School is proud to support the ideas and proposals for clubs from our talented and inspired students. We have 2 clubs this session created by our kids!!

TUESDAYS



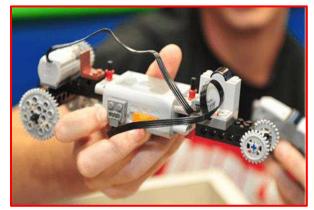
Bricks 4 Kidz Lego Engineering!

<u>Fee</u> - \$128 <u>Materials</u> - \$10 <u>Grades</u> - K - 5th <u>Time</u> - 4:00 to 5:00 <u>Dates</u> - Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27 (Make-Up March 6)

Number -Min. 8, Max. - 16 Taught by - Sophie Baker

Calling all LEGO enthusiasts!!!! Join Bricks 4 Kidz After School and make awesome motorized LEGO machines each week, like moving cars, amusement park rides and Star Wars ships!





Students will use our proprietary LEGO technic kits, model plans and motors to make real, moving machines. Students will also build with many other STEM based engineering materials like Brain Flakes, K'Nex, Zoobs, Magnatiles, and lots of other LEGO materials! Kids also get to enjoy free play exploration time at the end of each class.

We don't simply play with Lego® parts and pieces, we build motorized, working models from scratch!







Instructor: Sophie Baker

"I'm a college student who spends her free time building with Legos! I even used to work at The Lego Store! My current project is to build a coral reef in an aquarium. I enjoy teaching and one of my favorite things is to watch someone figure out the problem they were having after just a hint."

For more info. check out www.bricks4kidz.com/northcarolina-asheville-arden/

TUESDAYS

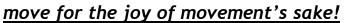
Creative Movement, Improvisation, & Choreography Club

Fee - \$96 Grades - 3rd - 8th Time - 3:45 - 4:45

<u>Dates</u> - Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27 (Make-Up March 6)

Number -Min. 5, Max. - 20 Taught by -Melissa Scott

Bring your originality and imagination to Creative Movement, Improvisation, & Choreography Club! We will start with ways to creatively respond to music with movement and improvisation, and then flow into crafting movement into choreography. Throughout this club, we will think about how movement can communicate our ideas and feelings, as well as just......



indering to wordsmap

Hi, everyone! I'm Melissa Scott and I teach 3rd grade at Rainbow. I'm happy to share my love for dance, creative movement, and choreography with you! I started dancing when I was 4 years old and have experience with ballet, tap, jazz, modern, hip hop, and African dance. I love the connection between music and movement and how movement gives us a way to express ourselves. I also love shaping movement into choreography and I've choreographed dance for various groups of people, including classes here at Rainbow for our Imagine and Winter Show performances!

The Wandering Swordsman -Boffer Games

Fee - \$96 Grades -1st- 8th Number - 20 per group Dates - Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27

<u>Time</u> - 3:15 - 4:15 and 4:30 - 5:30 (Make-Up March 6) 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 boffing. 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.Low Contact rules are used for kids under 15.

Asheville Boffing community in 2011. 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



Stories, Myth and Yogic Adventures!

Fees - \$96 Materials - \$15

<u>Time</u> -2:00-3:00 <u>Grades</u>- 1st - 4th <u>Number</u> -Min. 8, Max.- 16

Dates - Jan. 10, 17, 24, 31, Feb. 7,14, 21, 28,

(make-up March 7)

Taught by - Raphaela Fritz

Join Rainbow parent Raphaela Fritz in a journey inspired by storytelling and

myths. Each week we will explore a tale and learn how to embody the wisdom and teachings of the story into our lives through yoga, breath work and relaxation. Inspiring stories filled with elephant headed and playful monkey gods, beautiful warrior goddesses, dragons, and all powerful gods of



craziness. Each of these characters teach and remind us, through story, about courage, love, beauty, service, the removal of obstacles, fear, and standing up for a what it takes to strive toward goodness, even in the most challenging of times. We will learn and play with balancing and standing poses, back and forward bends, twists, handstands, and yoga with a friend's help. Please join us if you love fun, adventure, moving your body in ridiculous ways, and amazing stories.

<u>Inspiration from....elephant headed gods, playful monkey gods,</u> beautiful warrior goddesses, dragons and all powerful gods of craziness!



This is Raphaela Fritz's fifth year as a parent of two at Rainbow; Lucien in 3rd grade and Navarra in Preschool. She is a mother, massage therapist, healer, and avid practitioner, student, and teacher of yoga. She is the co-founder and visionary of **Nectar Healing Arts** which is nestled just 2 doors down from RCS, above West Asheville Yoga. This will be her second year working with children in the amazing after school program at Rainbow, and she is looking forward to sharing this embodied storytelling journey with your kids. www.nectarme.com



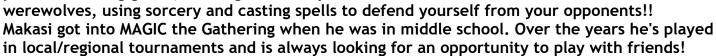
WEDNESDAYS

MAGIC the Gathering!

<u>Fee</u> - \$96 <u>Materials</u> - \$15 <u>Grades</u> - 2nd - 6th <u>Time</u> - 3:15 to 4:15 <u>Number</u> -Min. 3, Max. - 15 <u>Date</u>s- Jan. 10, 17, 24, 31, Feb. 7,14, 21, 28, (make-up March 7)

Taught by - Makasi Siriwayo & MAGIC friends!

Explore awe-inspiring worlds of MAGIC, where you'll find yourself battling guilds, running from vampires and





MAGIC is a spectacular game where players build a unique card deck from a near endless pool of cards. Each deck functions in different ways and has unique creations. MAGIC teaches problem solving, sportsmanship, creativity, math and more!



New to MAGIC?

Come learn and build your first deck. The club will provide all needed materials and cards to get kids started. Kids are also welcome to bring their own decks!

TAASC - The American Adventure Service Corp!

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

Time -2:00-3:00 Grades- 3rd - 6th

<u>Dates</u> - Jan. 10, 17, 24, 31, Feb. 7,14, 21, 28, (make-up March 7) 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 <u>TAASC Outdoor Leadership Program</u> 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!!

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

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

<u>Want to expand your adventures?</u> ...Camping, canoeing expeditions, climbing & more!! Students can attend one weekend trip per month for \$125. Some scholarship help available.

WEDNESDAYS

Ski Club!

<u>Fee</u>- \$5 per person plus fees below. <u>This is a 5 week club!</u>
<u>Number</u> - Minimum 15 skiers / snowboarders, all ages, including adults!
<u>Dates</u> - Jan. 10, 17, 24, 31, Feb. 7 (Make Up Days Feb. 14 and Feb. 21)
Coordinator - <u>Steve Swartz</u> <u>schwarz</u> <u>steve@hotmail.com</u>



Join your Rainbow friends at the Cataloochee slopes this Winter! We need 15 folks to get the group rate. This club is open to anyone. Transportation to and from the slopes must be provided and organized by you.

Parent supervison required for new skiers and younger grades. FORMS and FAQ sheets will be sent to you upon registration. These MUST be completed and turned in by Dec. 15th.

<u>PACKAGES</u> - Program pricing listed is per person:

- Lift ticket only (no rental equipment or lessons) \$100
- Lift ticket with rental * (no lessons) \$130
- ❖ Lift ticket, rental and lessons ** \$175, Helmet Rental \$35

*Rental package includes: skis, ski boots and poles or snow board and snowboard boots
**Ski and Snowboard lessons begin at age 8. The 5-week program lessons are a continual learning
program and are 1.5 hours in length. Lessons start at 3:30. Students who sign up must attend each
time to receive the benefits from the program. The program pricing is for beginner lessons only.

Steve Swartz - "My Mom and older brothers started taking me skiing when I was 4 or 5. It is a great way to have fun while getting outside and staying active during the winter months! When Graham was in 1st grade we would go to Cataloochee every Wed. Soon other kids wanted to join. It got me thinking about starting a ski club at Rainbow. Last year we made it happen! We learned a bunch, suffered through a pretty warm winter and are back for more this year!

Hot Tea Club!



<u>Fee</u> - A box of tea (no caffeine please) and a jar of honey. Normal After School fees do apply.

Number & Grade - Everyone is welcome to join us!

Time - 4:30- 5:30 You DO need to sign up.

Dates - Jan. 10, 17, 24, 31, Feb. 7,14, 21, 28, (make-up March 7)

<u>Led by</u> - Rainbow's End After School Staff!

Join the After School gang in sharing a pot of tea, good conversation and company each Wed. afternoon. We will taste all kinds of tea as we sit around the table discussing the week's events. We will also look at tea culture and critique the tea selections. Tea suggestions are Rooibos, Chamomile, Zingers, Mint, Lemon, Ginger, Apple Spice, Berries, Mango, Peach, Vanilla, Rosehips, Licorice, Chai, etc. Any tea as long as the tea has no caffeine. Loose leaf welcome!

THURSDAYS

Cooking Club!

Fee - \$96 Materials - \$30 Grades - K - 8th

Time - 3:30 to 4:30 for K - 3rd , 4:30 - 5:30 for 4th - 8th

Number - Min. - 6, Max - 12 (per group)

Dates - Jan. 11,18, 25, Feb. 1, 8, 15, 22, (Make-Up March 15)

Taught by -Diane Strazzer



Cooking club is a fun exploration of culinary techniques and flavors from around the world. We will build skills such as knife safety and body-awareness in the kitchen while broadening our food vocabulary with the hopes that you will get to share your awesome new cooking skills with your folks. We will make delicious food that we will enjoy when finished. Some of the things we will make include handmade aprons, quesadillas, guacamole, salsa and macaroons. YUM! YUM! All food sensitivities and needs of participants will be considered. Please write these specifics on your enrollment form.



<u>Diane loves to make a big ol mess in the kitchen</u> <u>and try new fun foods!!</u>













Diane Strazzer has a Master's Teaching from WCU.

She has taught art for over 7 years and currently teaches at the Franklin School of Innovation. She taught ZestQuest a healthy food/lifestyle curriculum in Waynesville elementary schools. Diane is married to your very own Coach Mark! She has worked in four organic gardens (including Bountiful Cities, Falconhurst, the John C Campbell and Yogaville) and loves making food from there.

Her favorite cuisine is Indian.

Diane's very favorite food is pineapple and the first time she bit into a fresh one in Africa she cried because it was so amazingly tasty!

THURSDAYS

Science Club!

Fee - \$96 Materials - \$15 (Scholarships are available!)

Grades - 6th - 8th Time - 3:45 to 4:45

<u>Dates</u> - Jan. 11,18, 25, Feb. 1, 8, 15, 22,

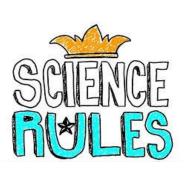
Number - Max - 12 (Make-Up March 15)

Taught by -John Bickart

Science Club will offer students the chance to either explore various materials or create a science project.

Possible Projects are:

- melting, bending & blowing small glass tubing
- woodcarving
- student-designed projects
- some chemical reactions
- pendulum experiments
- string designs
- scientist's notebook entries
- the bed of nails!!









I love the hands on approach to learning science!

When students play around with natural materials they walk in the path of real scientists. I consider myself a lifelong scientist; learning by playing with wood and fire, mainly. That's why some of my favorite hobbies are woodcarving, hiking and teaching science.

Teachers & students know what they want!



We empower ourselves when we listen to our hearts.

I have been a teacher/professional workshop instructor for over 40 years, working with both adult and child populations. I believe in helping a student go through personal transformation above learning information. Professional offerings include higher education preservice teacher preparation, leading teacher workshops, teaching middle/high school science and math (including youth at risk), science topics for adults...including incarcerated individuals and educational software.

FRIDAYS

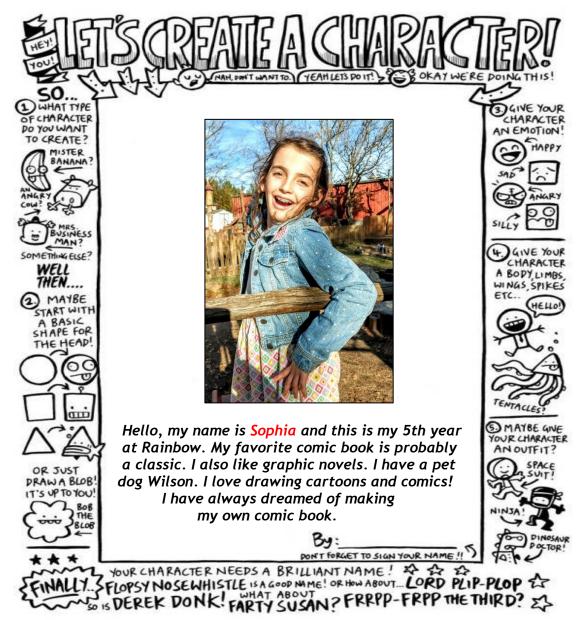


Cartoon / Comics Club!

Fee - \$96 Materials - \$10
Grades - K - 4th Time - 3:30 - 4:30
Number - Min. - 4, Max - 10
Dates - Jan. 12, 19, 26, Feb. 2, 16, 23,
March 9, 16 (Make-Up March TBA)
Led by - Sophia Banchiere with help
from Ali Banchiere and adult friends!



Do you love comics? Join this club and learn the art of drawing comics! We will read and review comics for inspiration as we prepare to make our own comic strips. We will have drawing exercises, step by step drawing instructions, art games and more. Both beginners and experienced drawers welcome! We hope to have local cartoonists come in and help us make a comic book!



RAINBOW SPORTS!

Rainbow Warriors Basketball!

Fee - \$128 Materials - \$10 (snacks) Grades - 5th - 8th

Practices - Wednesdays 1:45 - 2:45 at Montford Rec.

Games - Tuesdays, Wednesdays, Thursdays 4:15pm

Dates - See below for days/ locations

<u> Coach</u> - Mark Strazzer



Come play basketball with the Rainbow Warriors! A co-ed sport's team 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!

The game schedule:

12/5/17 - Tuesday

Evergreen vs. Rainbow (2)

12/7/17 - Thursday

Rainbow vs. Odyssey (4)

12/12/17 - Tuesday

ArtSpace vs. Rainbow (4)

1/10/18 - Wednesday

Rainbow vs. Odyssey (5)

1/24/18 - Wednesday *12:30*

Rainbow vs. Francine Delany (6)

2/1/18 - Thursday

Rainbow vs. TLC (4)

2/6/18 - Tuesdays

Franklin vs. Rainbow (4)

<u> 2/13/18 - Tuesday</u>

Rainbow vs. New Classical (1)



#1 - Asheville Neuro #4 - Edington

#2 - Evergreen #5 - Montford Rec.

#3 - Forest Church #6 - Boys & Girls Club



Proud Schools Participating in the Hospitality League!

ArtSpace Charter School

Evergreen Community Charter School

Francine Delany New School for Children

The Learning Community School

The New Classical Academy

Rainbow Community School

Odyssey Community School

Franklin School of Innovation

Here is the site with rules of play and the game schedule. http://hospitalityleague.weebly.com/

Village Marimba Class! (Tuesdays & Thursdays)

Fee - \$200 (\$10 per class) (After School fees not included)

Grades- 5th - 8th PLUS Adults!

Beginner Class -Tues. and Thurs. - 4:00 - 5:00 pm

Intermediate/Advanced Class- Tues. and Thurs.- 5:00 - 6:00

<u>Dates</u> - January 15th to March 24th (10 weeks!)

Adult Class - Wednesdays from 5:00 - 6:30 pm.

Taught by - Sue Ford

Come join Sue Ford, Mountain Xpress's Hall of Fame winner of "Best Music Teacher" in a marimba band experience, with Village Marimba Classes.

Marimba Band is a joyous collaborative experience in community creating music!!



Village Marimba
is a program of
Asheville Rhythm,
an organization that seeks
to create a culture
that promotes wellness
through rhythm and
bridges musical traditions
through innovative
collaborations.

ashevillepercussionfestival.com

In a Class Session, students will:

- Learn a repertoire based on the group's interest, including popular songs, multicultural songs and original music.
- Work on proper mallet/stick technique, which is also applicable to other percussion instruments.
- Have fun making music with other young people and their friends!
- ❖ Work toward a big performance at the end of the session!!



Contact Sue Ford directly to sign up for Village Marimba classes sue.ford@rainbowlearning.org



MONDAYS AND/OR FRIDAYS

Jack & the Beanstalk - The Musical!

Fee - \$120 (Ensemble) and \$240 (Main Cast) (some scholarship help) Materials - \$20 Time - 4:00- 5:15 (5:30 last week/s) Dates - Mondays - Jan. 8, 22, 29, Feb. 5, 12, 26, March 5, 12

Fridays - Jan. 12, 19, 26, Feb. 2, 16, 23, March 9, 16

Performance Week- Tues. & Wed. March 20, 21 Dress Rehearsal - Friday, March 23 Performance! - Saturday, March 24 Director- Katie Turner, Asst. Director - Marci Bernstein

"Now here's a tale straight out of the mountains! One that'll get your ears a'flappin' and your toes a'tappin'!"





We all know the story of Jack & the Beanstalk -- but did you know people have been sharing Jack Tales for over 600 years? It's true! Historians believe that Jack existed in spoken stories long before he was ever captured on paper. Tales eventually made their way from England to the Appalachian region, were adapted to fit the culture and became part of a rich oral tradition. Settings may have changed, but the stories remain the same. This musical is set in fictional Sweetwater Holler of the very real and fascinating Appalachian Mountains.

Main Cast

Mondays AND Fridays - 4th-8th grades, min. 7, max. 10 This group is an animated bunch of big, bold characters! These roles have the most lines and stage time. If you are ready to dedicate yourself to making this show great, this club is for you!

Ensemble

Mondays - 1st-8th grades, min. 7, max. 10 This group of characters is a lively bunch who like to sing! These roles have few lines, lots of fun & are so important to our story!

Assistants

Mon. and/or Fri. - 7th-8th grades, max. 2 Learn how to put a show together! Help during rehearsals including taking notes, blocking, leading theater games, etc...



Katie Turner has been in theater since she was four years old. She performed in competitions, taught summer camps and majored in Acting/Directing at Florida School of the Arts. She has enjoyed sharing her love of theater with Rainbow for the past 2 years and is looking forward to another great show!

Marci Bernstein is the owner of Attic Salt Theatre Company and has spent the past 20 years teaching acting to kids in NYC and Asheville. She has also been a part of the TAPAS program in Asheville City Schools and directs Youth Production Classes at

