

Where After School

Fun Begins!!

### Rainbow Community School After School Clubs & Sports! Spring Session 2018

Vintage Faerie Art by Margaret Tarrant

- Clubs are 1<sup>st</sup> come, 1<sup>st</sup> served (some fill up)
- Min. number must be met for club to meet
- Club AND Material fees will be billed to you.
- <u>To register</u> fill out form below and drop in office OR After School mailbox in the Butterfly House. One form per child please. <u>We need paper forms for ALL kids!</u>



- <u>After School fees are included in the cost (unless otherwise noted)</u>. 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 or teach in classes as needed.
- This is a 6 week session, except Fridays, which are 4 weeks. Sports sessions vary.
- <u>Please see description for EXACT club dates</u>. 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> 2) scholarships will be grante ed in scholarships.			
permission to fully part	for my child to attend Rainbo icipate in all the activities of parged in full and <i>should my</i> o	the club. Since fe	ees pay instructors	

Parent Signature\_

Date



<u>Omega Writing Club!</u> <u>Fee</u> - \$72 <u>Materials</u> - \$5 <u>Grades</u> - 6<sup>th</sup> - 8<sup>th</sup> <u>Time</u> - 4:00 to 5:00 <u>Number</u> - Min. & Max -none! <u>Dates</u> - April 9, 16, 23, 30, May 7, 14 (Make-Up May 21) <u>Taught by</u> - Hana Schloz





If you like writing stories, create entire fictional worlds in your head, or just enjoy reading and

Creative Writing Club

want to learn how it's done, join the creative writing club! We'll be using this time to find inspiration, workshop students' ideas, explore different forms of storytelling through writing, and even learn a bit about the process of editing and publishing your own work. Mostly though, students will be learning about creative writing through the time-tested, Hemingway-approved method of *practice*! All levels of writing experience are welcome.

Hi everyone! My name is Hana Schloz, and I went to Rainbow Community School from 2004 to 2013; now I'm taking a gap year after graduating high school before I attend the University of St. Andrews in

Scotland for a joint degree in English and Social Anthropology. I am currently working on a collection of short stories that I hope to get published in the next four years, and I'd love to have the opportunity to impart what I've learned from my experiences, both as a self-taught author and a lifelong lover of stories.

### Faerie Club!

<u>Fee</u> - \$72 <u>Materials</u> - \$12 <u>Grades</u> - K - 2nd <u>Time</u> - 4:00 to 5:00 <u>Number</u> -Min. 5, Max. - 13 <u>Dates</u> - April 9, 16, 23, 30, May 7, 14 (Make-Up May 21) <u>Led by</u> - Queen D and the Rainbow's End Elves & Pixies





Toadstool benches, magical lanterns, cork trolls and sprinkle sticks, charmed bottle cap tambourines,

faerie crowns & wands....oh my! All things enchanted will happen in this club as we learn the difference in a pixie and sprite, an elf and a faerie, a gnome and a dwarf and more! Crafts, stories, treats AND tricks will make this spirited club one to remember....don't forget to look for the goblins!







# TUESDAYS

#### Skate Club!

<u>Fee</u> - \$72 <u>Time</u> - 4 to 5 <u>Grades</u> -ALL Levels welcome! <u>Materials</u> - \$10 plus your own skates. We can provide helmets and pad/guards or you can bring your own. <u>Dates</u> - April 10,17, 24, May 1, 8,15 (Make - Up May 22) <u>Taught by</u> - <u>Michal Bynum</u>, *AKA* Coach Wench!



The first half of the club skaters will learn about safety gear, falling correctly to avoid injury & skills to avoid obstacles. Then skaters will focus on speed, using long strides to use less energy while getting the most thrust and using crossovers to maintain that speed through curves!

"I love skating because going fast with the wind in my face is magical"



I have been a Roller Derby athlete for 8 years and Jr. Roller Derby coach for 5 years. Safety and injury prevention is the most important component to longevity and enjoyment to skating. I love skating... going fast with the wind in my face is magical. My hero is Erin Jackson the first African American woman speed skater. She started by playing roller derby then trained for ice speed skating and went to the Olympics!



## The Wandering Swordsman -Boffer Games

Fee - \$72 <u>Grades</u> -1<sup>st</sup>- 8<sup>th</sup> <u>Number</u> - 20 per group <u>Dates</u> - April 10,17, 24, May 1, 8,15 (Make - Up May 22) <u>Time</u> - 3:15 - 4:15 and 4:30 - 5:30

Taught by -Phil Ferguson www.wanderingswordsman.com

Learn the martial art of medieval swordplay using fully padded, safety-tested boffer swords, shields, arrows and other gear! Play fun games like Capture the Flag, Protect the Monarch and Zombie Apocalypse! Classes will teach valuable lessons and skills including swordplay technique, teamwork, discipline, honor and even humility.



**Phil Ferguson** started training in boffer swordplay in 2006, started the Asheville team / community in 2011 and has been teaching professionally since 2014. Phil teaches at many





schools and festivals around Asheville, at Carrier Park on Sundays, and travels to national events to compete numerous times throughout the year. His goal is to travel the world with The Wandering Swordsmen to help professionalize the sport, while using his training methods to teach people how to engage in compassionate combat and by doing so help humanity learn how to resolve conflict more effectively!



### **Ultimate Frisbee for Younger Grades!**

<u>Fees</u> - \$96 <u>Materials</u> - \$10 (frisbee) <u>Time</u> -3:30 - 4:30 <u>Grades</u>- 1st - 4<sup>th</sup> <u>Number</u> -Min. 6, Max.- 12 <u>Dates</u> - April 11, 18, 25, May 2, 9, 16 (Make - Up May 23) <u>Taught by</u> - Brigitte and Bradley Newsom



Ultimate frisbee is a fun and growing sport that combines many athletic skills like running, catching, and throwing. Players develop and use many of the techniques similar to soccer, basketball, and football. In this club we will introduce young athletes to the game of frisbee through fun drills and games in a supportive, non-competitive environment. Our goal will be to develop ultimate frisbee skills with an emphasis on fun and good sportsmanship.



Coaches **Brigitte and Bradley** are Rainbow parents who met playing Ultimate frisbee more than 2 decades ago. They started playing in college and have since played in competitive, nationally-ranked teams, as well as community leagues. They continue to share their love of the sport with each other, their children and friends they've met along the way. Brigitte & Bradley are looking forward to sharing it with your young'uns!!!

## **Ultimate Frisbee for Older Grades!**

<u>Fee</u> - \$96 <u>Materials</u> - \$10 (snacks) <u>Time</u> - 3:30 - 5:00 <u>Grades</u> - 5<sup>th</sup>- 8<sup>th</sup> <u>Dates</u> - April 11, 18, 25, May 2, 9, 16, 23 <u>Coach</u> - <u>Mark Strazzer</u>

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. Register at <u>http://ashevilleultimate.org/middle</u>

#### Final Tournament - May 27 from 11-5pm at Carrier Park



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











#### Slime Club!

<u>Fee</u> - \$96 <u>Materials</u> - \$15 <u>Number</u> - Max. 12 per group <u>Grades</u> - K - 5<sup>th</sup> <u>Times</u> -2:00 to 3:00 for K - 2<sup>nd</sup> AND 3:30 to 4:30 for 3<sup>rd</sup> - 5<sup>th</sup> <u>Dates</u> - April 11, 18, 25, May 2, 9, 16 (Make - Up May 23) <u>Led by</u> - Haley Collins, Shawna Grasty & After School staff

Slime Club was a HUGE hit last year so we are bringing it back this Spring!! Many thanks to the kiddo who originally came up with the idea. Become a "SLIME MONSTER" as we experiment and make slimy, fluffy, bubbly, sticky, gooey stuff!! We will make slime, putty, gak, and other



strange and oozy concoctions. We will experiment to see what works, what doesn't and what surprises we will uncover in this cool, interesting and messy fun club!

We will end our club again with an OOBLECK Day! Is it a solid, is it a liquid??? Join this club to find out!

Dance party on the Oobleck....









# THURSDAYS

### Rainbow Running Club!

Fee - \$72 <u>Materials</u> - \$10 (snacks) <u>Grades</u> - 4<sup>th</sup> - 8<sup>th</sup> <u>Time</u> - 4:00 - 4:45 <u>Number</u> - the more the merrier! <u>Dates</u> - April 12, 19, 26, May 3, 10, 17 (Make-up May 24) <u>Coach</u> - Susan Waddell, 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!"

### Puppet Production Workshop with Betsy!

Fee - \$72 <u>Materials</u> - \$10 <u>Grades</u> - 2<sup>nd</sup> - 5<sup>th</sup> <u>Number</u> -Min.10, Max 15 <u>Dates</u> - April 12,19,26, May 3,10,17 (Make-up May 24) <u>Time</u> - 4 to 5pm <u>Taught by</u> - <u>Betsy Kendrick</u> <u>betsykendrick60@gmail.com</u>



**Betsy** studied painting and drawing at The Maryland Institute of Art in Baltimore and The Leo Marchtz School in the Provence region of France.

She has attended workshops at Penland School of Crafts and Odyssey Center for the Ceramic Arts. She has taught locally at the YWCA, Roots & Wings, Naturally Grown Bilingual School, Canvas Paint & Mingle and much more! Betsy currently has a studio on the third floor of the Wedge Building in the River Arts District. Carrying ceramics up and

down 3 floors saves her from having to go to the gym. She has 3 grown children who make her happy every day!!!













# FRIDAYS

#### **Bowling Club!**

<u>Fees</u> - \$72 <u>Materials</u> - \$5 <u>Time</u> -4 to 5pm (leave school at 3:45, return by 5:15) <u>Grades</u>- 3<sup>rd</sup> - 8<sup>th</sup> <u>Number</u> -Max.- 14 <u>Dates</u> - April 13, 20, 27, May 4 (Make-Up TBA) <u>Led by</u> - Susan Waddell



YES! BOWLING CLUB! Susan Waddell, Rainbow Omega 7/8 teacher, remembers when she was



young and participated on a bowling league. It was always fun and the memories have not yet faded. Recently, when bowling with Nik and Emmie, her children, Nik thought it would be pretty radical if we had a bowling club. And, so we do! We have space for 14 bowlers. <u>All levels welcome</u>! Kids will bowl 1-2 games each week.

Students should NOT bring money for food/games.

## Dog Washing FUNdraiser!

<u>Fee</u> - \$48 <u>Materials</u> - \$8 <u>Time</u> - 4:00 - 5:00 <u>Grades</u> - ALL! <u>Number</u>- Min.- 4, Max - 12 <u>Dates</u> - April 13, 20, 27, May 4 (Make-Up TBA)

Do you love dogs AND love getting messy? THIS is the club for you. We will chat about the safest and best way to clean a pooch, fill up our baby pools, then wash 2 or 3 dogs each week! We will take reservations from any Rainbow family and will donate the proceeds to an animal charity of our choice! Cost is a DONATION!

To RESERVE a spot to have your dog washed:

- Email Denisa at <u>denisa.rullmoss@rainbowlearning.org</u>
- Let us know your 1<sup>st</sup> and 2<sup>nd</sup> choice of the dates listed above.
- Tell us the size of your dog, short or long hair, and their name.
- Each dog wash will last around 15 minutes.
- Dog owners are required to stay WITH your pooch while we are cleaning and on leash.
- Pups must be up to date on shots and gentle with children.









# **RAINBOW SPORTS!**

Warriors Soccer

<u>Fee</u> - \$128 Materials - \$10 (snacks) <u>Grades</u>- 5<sup>th</sup> - 8<sup>th</sup> <u>Dates</u> - Feb. 26<sup>th</sup> to May 1<sup>st</sup> <u>Practices</u> - Mondays 3:30 to 5:00 <u>Games</u> - Tuesdays at 4:15 <u>Coaches</u> - Jim Arrendale & Mark Strazzer



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



## Join the Rainbow Soccer Team!



#### The game schedule:

#### March

<u>3/20 - Tuesday</u> Rainbow @ Evergreen <u>3/22- Thursday</u> New Classical Academy @ Rainbow <u>3/27 - Tuesday</u>) Odyssey @ Rainbow

#### April

<u>4/10 - Tuesday</u> Francine Delany @ Rainbow <u>4/17 - Tuesday</u> Rainbow @ Art Space <u>4/24 - Tuesday</u> The Learning Community @ Rainbow

#### May

5/1<sup>-</sup> Tuesday Rainbow @ Franklin School of Innovation

