

# After School Programs at Montessori

## SPORTS EXPLORERS - Wednesdays 2:30pm

Vocabulary enhancement - learning the actual names/functions of muscles & bones  
Health & Nutrition awareness - food groups, risks of poor eating, & overall wellness.

Cardiovascular endurance, strength, and flexibility training

Activities designed to improve gross motor, agility, coordination, & sports readiness.

Basics of sports techniques to make your child successful.

**TENNIS, GOLF, SOFTBALL, FOOTBALL, VOLLEYBALL, CRICKET,  
TRACK & FIELD, BASKETBALL, SOCCER, TUMBLING and MORE!**

## TUMBLING, CHEER, & DANCE - Fridays 2:30

Learning Many Genres of Dance: Broadway to Country, 50's, 60's, 70's and beyond.

Self Confidence, Poise, and Charisma, and Leadership Development

Cardiovascular endurance, strength, balance, and flexibility training

Activities designed to improve gross motor, agility, coordination, & sense of rhythm

Fun Academic Learning with Word Spell Cheers, Number Chants, Dance Terminology

## Spanish - Tuesday 3:00

We are committed to offer you the roadmap to bilingualism. Our programs are aimed at facilitating language development in children toward levels of bilingual and bi-cultural mastery in Spanish. They are grounded on a constructivist methodology, reinforced by a cultural-based didactic method. Children will be speaking, reading & writing the language through hands on activities, on line activities and scenario based challenges. The after school program is offered for children from K to 5th grade.

## CHESS CLUB - Fridays 3:00 pm

Chess teaches the importance of Behavior Management, Making Good Choices and Considering All Possibilities. Kids will learn Abstract Concepts of planning and Strategy. They will Build Self Confidence, Develop Self-Learning Tools, and Sharpen Analytical and Observation Skills.