

“FUN EXPERIENCES FOR LITTLES AND KIDS AFTER SCHOOL”



CulinaryClass4Littles **Ages:** 3-5 yrs. **Day and Time:** Tuesdays @ 4:15 – 5 pm

CulinaryClass4Kids **Ages:** 6-10 yrs. **Day and Time:** Tuesdays @ 5:15 – 6 pm

Pablo Picasso once said, “Every child is an artist.” One of the most commonly overlooked arts is cooking. Mothers, fathers, and grandparents alike cook and bake without ever thinking about the essential beauty that comes with each addition, each ingredient. Culinary experiences open up our eyes, it enlightens our senses and it teaches us the creativity that is so important once we get older. While many people only want to send their kids to ballet recitals, piano rehearsals and art classes, at Mazel Day School we like to think outside the box! One of the most exciting features of our after-school program is our Culinary program. These lessons will involve the children making fun and innovative recipes (with adult guidance of course). They will learn to be great chefs, and less picky eaters! Cooking teaches them essential math skills like measuring and pouring, but also important rules such as about safety. We intend to go over some of the sciences of food, like why children need to wash their hands before eating, or why it is important to wear an apron (so that no pesky germs get on our nice clothes)! It allows them to learn about traditions and Jewish customs in the kitchen, such as kosher food preparation. Getting children in the kitchen is a great way to develop tons of creativity. It strengthens both fine and gross motor skills, while improving communication. Children learn to socialize amongst one another and all about teamwork. It will ensure that your darling little ones will have open minds and palettes once they grow up. Also, we intend on sending some of our yummy creations home for you to try... which you can then recreate with your children. But most importantly... the best reason to offer your child a culinary class is that cooking is so much fun!

Aerobics4Littles **Ages:** 3-5 yrs. **Day and Time:** Thursdays @ 4:15 – 5 pm

Aerobics4Kids **Ages:** 6-10 yrs. **Day and Time:** Thursdays @ 5:15 – 6 pm

Get fit! Get fun! Our exciting and high-energy aerobics class is designed for boys and girls. The format of the class is exercise combined with dance moves to upbeat music. There are many benefits of our energetic class: increase cardio fitness, muscle strength and endurance, flexibility, and most importantly, self-esteem. Our goals are to make sure that our children develop a love for health and fitness, learn about good nutrition and their bodies, and feel good about who they are.

Dance4Girls **Ages:** 6-10 yrs. **Day and Time:** Tuesdays @ 5:15 – 6 pm

This program introduces young girls to the joy of dance with a blend of movement, music, rhythm and improvisation. It will give them the opportunities to develop a musical ear and coordination while they are exposed to music from all over the world. The class is divided to two parts. The first part is a warm-up session which is based on ballet exercises and yoga exercises. Since a dance technique comes from ballet’s classical training and exercises, we consider it a fundamental building block of your child’s dance education. As it strengthens and tones young bodies, it builds lifetime disciplines, develops greater concentration and challenges creativity. In the second part of the class the students will be introduced to different dance styles such as flamenco, modern, Latin, and Israeli folklore.

Yoga4Kids **Ages:** 6-10 yrs. **Day and Time:** Tuesdays @ 4:15 – 5 pm

As yoga's popularity grows, more and more avenues of this ancient practice are being explored. Yoga for kids, quite a modern concept, grew out of parents thinking their children could enjoy some of the same benefits of yoga that adult do, such as improved body awareness, coordination, and stress relief. Traditional yoga practice is definitely a grown-up activity, but yoga is flexible enough to accommodate young students as well when the teaching is approached in the right way. Although children are naturally flexible, they probably will not do the poses “correctly” in the adult sense of the word, so it’s important to keep things simple. More than learning the poses, the yoga experience will encourage kids to explore the unfamiliar with open minds and be comfortable in their bodies. For children who are not good at (or don’t enjoy) conventional sports, yoga can provide a much-needed physical outlet in a noncompetitive environment.

Hebrew4Littles **Ages:** 3-5 yrs. **Day and Time:** Mondays @ 4:15 – 5 pm

Learn a language today, open the door to tomorrow! Immerse your little one in the world of Hebrew. More than just a beautiful language – it is the tongue of Israel! Learn songs, play interactive games and enjoy fun activities while developing basic vocabulary and language skills in Hebrew. After all, the earlier a child is introduced to a new language, the easier it is for them to acquire it.

Hebrew4Kids **Ages:** 6-10 yrs. **Day and Time:** Mondays @ 5:15 – 6 pm

Whether your child is already learning Hebrew in school or not, this program is a wonderful opportunity to immerse him or her in the Hebrew language – especially if you don’t speak it at home yourself. Research shows that the best way for a child to learn a language is through immersion. The more time your child spends hearing and speaking in a foreign language, the more adept they will become in using it. Through songs, interactive games and fun activities your child will develop and expand their vocabulary and communication skills in Hebrew.

Art4Toddlers **Ages:** 2-3 yrs. **Day and Time:** Tuesdays @ 4:00 – 5 pm

Toddlers adore art! This program will offer new activities and experiences for your little one. Children will explore color, texture, and more while experimenting with new and innovative materials in a pleasant and warm environment. Parents are welcome to join the class with their child!

Art4Littles**Ages:** 4-6 yrs.**Day and Time:** Wednesdays @ 4:15 – 5 pm

This class will help children create their own masterpieces using a wide range of high quality art materials. Children will develop important school readiness skills such as fine motor skills, the ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity.

Art4Kids**Ages:** 7-10 yrs.**Day and Time:** Wednesdays @ 5:15 – 6 pm

Your child will develop new skills and talents while designing unique art pieces using a variety of materials and tools. Each lesson focuses upon developing skills, learning techniques and expanding knowledge. The methods and styles of contemporary and master artists specializing in paint, sculpture, design and more are incorporated into each class. A wonderful opportunity for the budding artist in your family!

Chess4Littles**Ages:** 4-6 yrs.**Day and Time:** Thursdays @ 4:15 – 5 pm**Chess4Kids****Ages:** 7-10 yrs.**Day and Time:** Thursdays @ 5:15 – 6 pm

This class will build a strong foundation for young students and act as an introduction to the world of chess. We believe that chess builds character and a strong determination to succeed, opening young students' eyes to a very magical world of intricate pieces and developing strategy. Our young and confident chess teacher is motivated to ensure that each individual student understands the material and will master the pleasures and skills of the game.

Guitar4Kids**Ages:** 7-10 yrs.**Day and Time:** Tuesdays @ 4:15 – 5 pm

Does your child enjoy music? Have they ever expressed an interest in learning to play the guitar? Guitar playing can be the beginning of a lifetime hobby and source of joy. Did you know that there are many benefits in playing and learning music? A two-year Swiss study involving 1,200 children in 50 schools showed that students involved in the music program were better at languages, learned to read more easily, showed an improved social climate, showed more enjoyment in school, and had a lower level of stress than non-music student. When a child is shy, music can be the bridge to bring them out of their shyness. Studying music encourages self-discipline and diligence, traits that carry over into intellectual pursuits and that leads to effective study and work habits. Studies show that kid's learning music also has significant improvement of spatial-temporal scores - useful for math and science!

Drums4Kids**Ages:** 7-10 yrs.**Day and Time:** Mondays @ 5:00 – 6 pm

Drumming is a wonderful musical experience for children. Unlike many other traditional instruments such as piano, drumming is a form of music-making that comes very naturally to children (remember when they banged your pats and pans?). In this way, it offers a unique opportunity for children to learn about and experiment with music as a whole. Rhythm, drumming technique and basic concepts in music theory will all be incorporated in this fun class.