Enrichment Program At-A-Glance

Welcome to Norfolk Collegiate’s Enrichment Program!

This guide provides brief descriptions for the classes offered during the winter and spring of 2020. Each vendor and class has a minimum and maximum enrollment, so please enroll as early as possible to ensure classes take place and your child is included. This booklet does not include after-school clubs that will be offered throughout the year.

If you decide to enroll your child in our enrichment programs, you will need to download and complete the Enrichment Registration Form and Emergency Contact Form, which are available online at www.NorfolkCollegiate.org/Enrichment. Completed forms need to be returned to the lower school office.

For more information or questions regarding Norfolk Collegiate’s Enrichment Program, please contact Gina Vitale at 757.626.1820 or via email at gvitale@norfolkcollegiate.org.
ACADEMIC

CHINESE LANGUAGE & CULTURE
GRADES 3-5
TUESDAY
Your child will join Ms. Wesi Boyer, former lower school strings teacher, on a journey in her native language of Chinese-Mandarin. Students will learn art, the sound of music and more in Chinese. Joining our Oaks on the adventure will be Ms. Boyer’s mother, Ms. Mak, a well-known singer in Northern China and Chinese language specialist.

COMIC CREATIONS
GRADES 3-5
WEDNESDAY
Does your child have a knack for drawing or like to write? We have the class for him or her! Join us as we explore the world of comics and learn about the different styles of cartooning, create new characters and build a comic portfolio.

CHESS
GRADES 2-5
THURSDAY
Championship Chess presents a systematic, fun way to build your child’s chess skills while playing and learning through instruction. Studies show that chess improves math, reading and problem-solving skills, and our methods connect these academic benefits to our classes. Classes are led by Kala Dawson of Championship Chess and include instruction, chess play and guided analysis.

NEW
ATHLETIC

GIRLS ON THE RUN
GRADES 3-5
MONDAY & WEDNESDAY
Girls on the Run is a life-changing, fun program for girls in fourth and fifth grade. It meets twice a week and combines training for a 5K running event with self-esteem and uplifting workouts. The program encourages positive emotional, social, mental and physical development. Registration begins Feb. 3 and the program begins Feb. 24 and ends with 5K Girls on the Run race on May 17. Parents must complete an online registration form with Girls on the Run at https://www.gotrhr.org/. According to the Girls on the Run guidelines, this club needs a minimum of eight girls enrolled to proceed. Registrants will be notified by Feb. 19 with a final confirmation.

MINDFUL FITNESS
GRADES K-5
MONDAY
Does your child need a little mindful exercise in his or her life? Your child will be running as fast as he or she can for a class full of fitness, fun and mindfulness! Oaks will play games, have spirited team challenges and participate in activities to create a mindful state. Participants will receive weekly mindfulness badges.

MUSIC & MOVEMENT
GRADES PRE-K 3&4
TUESDAY
Students will burn energy, work on their gross motor skills, balance and coordination while utilizing both sides of their brains. They’ll dance to fun music and use props that will coordinate with monthly classroom themes. Students do not need special attire. They may wear regular school clothes for this program.

BALLET
GRADES K-2
TUESDAY
Students will learn a progression of ballet and jazz technique while having fun through the use of props, kid-friendly music and a positive atmosphere. Students will have the opportunity to participate in Little Feet Dance Studio’s annual dance recital at the end of the school year. Girls should wear leotard/tights or leggings and a fitted shirt. Boys should wear comfortable athletic wear. All students should wear ballet or tap shoes.

SOCCER SHOTS
PRE-K 3&4- GRADE 2
WEDNESDAY
Soccer Shots is a uniquely designed program that will introduce soccer to your child in a fun, safe and controlled environment. The program focuses on individual skill, fitness and sportsmanship while introducing the tactical elements of the game as your child prepares to play on a competitive team. Soccer Shots is a national leader in youth soccer development with the innovative lesson plans tailored to the distinct age-group. No soccer gear is needed, as all equipment is provided by the program leaders.

KARATE
KINDERGARTEN- GRADE 5
THURSDAY
In collaboration with Norfolk Karate Academy, our martial arts enrichment course will teach your child the basic stances, kicks, blocks and strikes used in karate along with self-defense techniques from Gracie Jiu Jitsu and verbal skills for dealing with bullies. The program will increase your child’s confidence and self-esteem by teaching him or her how to respond to intimidating or aggressive behavior. Each student also is dual-enrolled for additional classes at Norfolk Karate Academy for the duration of the course. Your child will be awarded a stripe on his or her belt upon successful completion of the course.
If the student completes all three courses offered during the school year, he or her is eligible for promotion to the next belt level. **Please note all students must have a uniform, which are available for purchase of $35, if needed.**

**INSTRUMENTAL**

**STRINGS**  
**GRADES 1-5**

Is your child interested in music? Let the wisdom and expertise of Wesi Boyer lead her to a love of music. Students will learn how to play their instrument and read music simultaneously under Boyer’s guidance. Depending on your child's needs and desired type, Boyer will offer group or private lessons. She also will assist with helping students find instruments to rent or buy, as needed. Lessons will be scheduled after a completed registration form is received. Boyer has been teaching violin, viola and cello for beginning and advanced students at Norfolk Collegiate for more than 10 years, is a retired violinist with the Virginia Symphony and is a member of Suzuki Teachers’ Association of Hampton Roads. For more information, please contact Boyer at wcboyer@cox.net.

**PIANO**  
**KINDERGARTEN- GRADE 5**  
**MONDAY & WEDNESDAY**

Build your child’s musical skills while also exploring his or her musical interests and talents outside of the classroom with piano lessons. Each child enrolled in piano lessons will enjoy a 30-minute, one-on-one private lessons at his or her own pace. Students will take part in 10 private lessons and one studio class (group performance) per session that will culminate with a recital in May. Ownership of a piano or keyboard at home, as well as a schedule that allows for appropriate practice time at home, are important prerequisites for piano registration at Norfolk Collegiate. To schedule piano lessons, please contact Oksana Lutsyshyn at olutsysh@odu.edu.

**ACORN ATHLETICS**

Norfolk Collegiate will have several scheduled Acorn Athletic programs. During these clinics, lower school students will be able to participate in a week-long sport lead by Norfolk Collegiate head varsity coaches with the assistance of upper school student-athletes.

The clinics will be one week after school (Monday-Friday from 3:15-4:15 p.m.). They will cost $75 and they will be billed to student account. All clinics will be held at the lower school fields or gymnasium, 5429 Tidewater Drive, Norfolk.

Sign-up sheets will go home in bookbags and via email prior to the start of each Acorn Athletic program, and there will be a fun, family event at the end of each week from 3:45-4:15 p.m.
Norfolk Collegiate develops critical thinkers, doers and explorers through innovative, engaging instruction in an inclusive and supportive learning community.