

Larkspur Recreation Department's
Winter/Spring 2010

After School Program At Hall Middle School

A WORD TO PARENTS ABOUT OUR OFFERINGS: Larkspur Recreation is proud to offer our Winter/Spring 2010 schedule of After School Classes and events. Please take a few moments to read through this information and don't hesitate to call the Recreation Department if you have any questions. Larkspur residency **is not** a requirement for participation; however, being a student in the Larkspur School District is.

All recreation activities are dependent upon the number of registrations received. It is for this reason we require pre-registration for each of our classes. Insufficient registrations will result in canceled classes, whereby refunds will be granted. **NO REFUNDS WILL BE GRANTED UNLESS CLASSES ARE CANCELED BY THE LARKSPUR RECREATION DEPARTMENT.**

After School class registrations may be mailed or delivered to the Recreation Department on the Hall Middle School campus (240 Doherty Drive, Larkspur) or dropped off at the Hall Middle School Office. We hope that you and your children enjoy the Winter/Spring listings we've provided. We welcome any feedback and/or suggestions you may have.

YEAH!! YOGA

Yoga teaches teens techniques for coping with the unique issues they're faced with everyday—insecurity about their changing bodies, the enormous pressure to fit in, stressful schedules, and uncertainty about their beliefs and their futures. Experience Hatha Yoga in an encouraging, non-competitive environment. We will explore yoga postures and breathing practices that promote a stronger and more flexible body while helping to calm and focus the mind.



A maximum of 12 registrations will be accepted. Register early!

Min # registrants: 3 Max # registrants: 12

Days/Dates: Mondays

Session I January 4 – March 1 (ex 1/18, 1/25, 2/15)

Session II March 8 – April 19 (ex 4/12)

Session III April 26 – June 7 (ex 5/31)

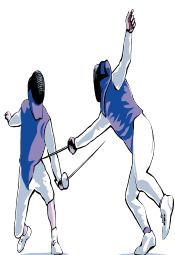
Time: 3:30 – 4:15pm

Barcodes: Session I: # **3531** Session II: # **3532** Sess III: #**3533**

Place/Cost: HMS Room 505 / \$90.00 per six-week session

Instructor: Lynn Lavaroni, RYT (Registered Yoga Teacher) and Hall Middle School 7th Grade Social Studies Teacher

**MARIN FENCING ACADEMY WITH
MAESTRO STUART KAUFMAN**



Learn the ancient art of fencing in a fun-filled hour of games and exercises designed to teach proper fencing while the student also has fun. Fencing today is considered one of the safest sports and the staff of the Marin Fencing Academy has 32 years of experience teaching young fencers. After suiting up into fencing outfits (provided by the Academy along with all gear), students will practice group footwork and then work in pairs for a variety of games that teach fencing techniques. At the end of each session, the students will participate in a 'round-robin' tournament just like at real fencing competitions at the US Nationals and the Olympics.

Day / Dates: Wednesdays

Session I Jan 13 – Feb 24 (ex 2/17)

Session II Mar 3 – Apr 7

Session III Apr 21 – May 26

Time / Place: 2 – 3:15pm / Behind HMS Gym

Cost: \$86 each 6-wk session

Barcodes: **Sess I: #3534** **Sess II: #3535** **Sess III: #3536**

Instructor: **Maestro Stuart Phillip Kaufman** is the founder of the Marin Fencing Academy.

ROCK & ROLL GUITAR (GUITAR PROVIDED)

Stand up and be a true guitar hero in the "Strike a Chord" Rock Guitar class. Learn chords, licks, riffs, and all the tools you need to play your favorite songs. Fun activities are a regular part of the class, and best of all, you don't need to buy a guitar, because they are provided with the program. For new and continuing students. See you there!!

Day/Dates: Wednesdays Jan 13 – Mar 10 (ex 2/17)

Time/Grade: 1:55 – 2:55pm

Place: Larkspur Recreation Dept. Community Room

Cost: \$195 / 8 weeks **IMPORTANT: If you're a new student, you'll need**

to purchase a course textbook for an additional \$17. If you need to borrow

a guitar, there is a \$50 refundable deposit. These costs can be taken care of

Barcode: #3537

Instructor: Kenan Guitar School Staff

Anthony Parker developed the "Strike A Chord" curriculum during 3 years of teaching private students and introduced it to the Oakland School District in 2006. The Strike a Chord after School Guitar Program is a FUN beginners class for kids ages 7 and above. This is a "hands on" class held at your Hall Middle School and guitars are provided for students to take home and practice.

<http://www.kenanguitar.com>



OLYMPIC ARCHERY!



Learn Olympic-style Archery from a highly ranked shooter and the Director of Cupids Gate Archery in San Francisco. Learn to shoot correctly from day one! Instructor Tony Ng will focus on shooting form, stance, and safety. Archery is great exercise, utilizing the largest collection of muscles you have (the back). You'll use these muscles a lot as you learn how to execute bull's-eyes from 15, 20 & 30 meters! Practice your shooting skill while having fun popping balloons at the center of the target. Tony Ng is also constantly seeking out hidden talents, trying to determine who has what it takes to be the next junior state / national / world champion at their age group while having lots of fun getting there. Tournament-grade equipment is provided for each student to use. Feel a sense of accomplishment becoming proficient in a sport that has been around for more than 5000 years.

Days/Dates: Wednesdays, March 31 – May 26 (ex 4/14)

Grades / Time: 5th – 8th graders / 1:55 – 3:25pm

Place: HMS Synthetic Turf Field

Cost: \$296 / 8 weeks

Instructor/Barcode: Tony Ng / # 3538

ORIGAMI

This class will introduce you to the ancient art of origami. You and your classmates will learn to fold basic origami bases and models, and learn to read many of the symbols used in origami instructions. Each week you will fold several models related to a theme. **All materials are included!**

Origami II builds on what you've learned in Origami I. We will learn to fold more complicated origami base and models as we learn to read more of the symbols used in origami instructions. Participation in Origami I is a prerequisite.

Days/Dates: Wednesdays,

Session I: January 6 – February 10

Session II: February 24 – March 31

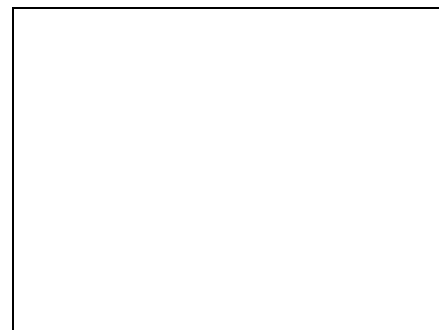
Grades/Time: 5th – 8th graders / 2 – 3:15pm

Place: HMS Classroom #503 (Nelson Land)

Cost: \$100 / 6 weeks

Instructor: Caritas Bringas

Barcode: Origami I: #3539 Origami II: #3540



LEARN TO PLAY PIANO!

Learn to play fantastic-sounding pieces of music! Contemporary, blues, accompaniment, classical... the possibilities are endless. Jump-start your interest in music with a focus on the sheer FUN of playing! No previous piano or music training is needed, though each student must have access to a piano/keyboard and dvd player so that they can practice at home.

Minimum # of students: 4 Maximum # of students: 6

Register NOW!

Day/Dates: Fridays
Session I: Jan 29 - March 19 (ex Feb 12 & 19)
Session II: Mar 26 - May 7 (ex Apr 16)
Time/Grade: 3:15 – 4:15pm
Place: Band Room #210
Cost: \$215 / 6 weeks
Barcode: Session I: **#3541** Session II: **#3542**
Instructor: Esperansa Flaquer-Lynch



OFF CAMPUS ACTIVITIES

kidpower

Children, together with their parents/caregivers, will have the opportunity to practice Kidpower "People Safety" skills for supporting safe, positive experiences with people -- strangers, family members, friends, and other people they know. Participants will practice skills for being and acting aware, taking charge, and getting help. Each step of the way, adults will be coached in how to practice these skills with their children in an age-appropriate, upbeat way.

Children and adults together learn to: Be and act aware; Project an attitude of confidence; Set appropriate boundaries with people they know; Be safe with strangers when out on their own; Act responsibly while respecting others; Deal effectively with bullying and harassment; Persist until they get help, especially with people in authority.

Day/Date: Saturday, March 20th
Ages/Times: 4 – 8 years / 1 – 3 pm
 1st – 5th Grades / 3:30 – 5:30pm
Place: Hall Middle School Gym
Cost: \$60 per child (child may bring 1 or 2 parents)
Instructor: Erika Leonard & Tasmin Pessa
Barcodes: 4 – 8 years: **#3526** 1st – 5th Graders: **#3527**

Taekwondo

Students at Bacich in Kindergarten through 4th grades are welcome to join this outstanding class! Join Wheaton's ATA Black Belt Academy Instructor Katie Wheaton, a 5-degree black belt, as she leads her students through a journey of learning to set goals, listen and focus better, develop self-discipline and have a positive attitude. Bacich School students have the opportunity to better themselves physically and mentally with this after school offering. This beginner's level class requires no previous experience. ***Uniforms & Testing are offered for an additional fee.**

Days/Dates: Mondays and Wednesdays, Ongoing
Place: Larkspur Recreation Dept.
 240 Doherty Drive, Larkspur
Instructor: Katie Wheaton Fee: \$80 per month



OFF CAMPUS ACTIVITIES (cont'd)

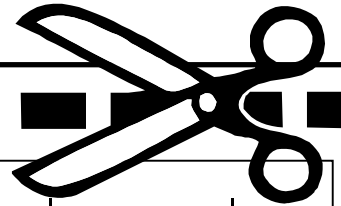
Annual Egg Hunt

Grab your basket and come for the fun and games at our annual Egg Hunt & Magic Show!
This year, the Hunt will be held in beautiful Piper Park. **The address is 250 Doherty Drive.**

The Egg Hunt will begin at **10 am sharp**. We ask you to come on down a little early to ensure that you'll have time to find parking and make sure your children will be able to participate in all of the activities. If you can, please walk, bike or carpool. Parking spaces are limited.

Children will be sent to age-specific areas to hunt for eggs and other goodies. You'll have photo opportunities with our Big Bunny, and after the Hunt, we'll all meet in the Hall Middle School gym for the **free Juggling Show!**

Date: Saturday, April 3rd
Time: **10 am SHARP!**
Place: Piper Park, 250 Doherty Drive, Larkspur
Cost: **FREE!!**



HALL MIDDLE SCHOOL REGISTRATION FORM

Larkspur Recreation Dept.
240 Doherty Drive
Larkspur, CA 94939
(415) 927-6746

Office Hours:
Monday - Thursday
9 - 12 & 1 - 5pm
Closed Fridays

All questions below must be answered...

Student's Name	Parent's Name
Student's Birthdate	Classroom #/Teacher
Home Address (Larkspur Residency not required for participation)	
Day Phone	Home Phone
email address	Cell Phone #
Alternate Emergency Contact & Telephone No.	

Class	Barcode	Cost
1.		
2.		
3.		

Total Due: \$ _____

"I hereby release the City of Larkspur and its agents and employees from ANY AND ALL CLAIMS FOR DAMAGES OR INJURIES received while participating in activities of the Recreation Department."

Parent/Guardian Signature _____ Date _____