



ThistleWaithe's South Salem Campus  
Afternoon Adventures for 3 – 6 year olds  
SPRING 2018

**Yoga and Mindfulness with Miss Jessica after Lunch Bunch**

**Mondays 1:00- 1:45**

**Cost \$240 for 8 sessions**

Yoga and Mindfulness cultivates healthy bodies and healthy minds. Children will learn Mindfulness strategies for self-regulation, helping their bodies and minds to feel calm when needed. They will practice fun yoga poses through stories, playful activities, and games to improve body awareness and coordination. Practicing Yoga and Mindfulness fosters feelings of kindness and respect toward ourselves and towards others. Will be held outside when weather permits!

4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/4

**min. 4, max. 6 children**

**YOGA WITH JENNIFER HILL**

**Mondays 3:00-4:00**

**Yoga, Cost \$240 for 8 sessions**

This class is filled with music and movement; playful yoga poses, breathing exercises and imaginative relaxation techniques. Children will develop flexibility, coordination, and body awareness and can improve concentration by instilling a sense of calm and relaxation. Age appropriate music and props present sensory integration and add to the yoga fun.

4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/4

**min. 4, max. 12 children**

**Super Soccer**

**Mondays 3:00-4:00**

**Super Soccer Stars, Cost \$240 for 8 sessions**

Super Soccer Stars teaches soccer skills in a fun, non-competitive and educational environment. Through our age-specific curriculum, we use soccer to nurture, build self-confidence and develop teamwork. Low child-to-coach ratios and positive reinforcement ensure that each child improves at his or her own pace while having a blast!

4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/4

**min. 4, max. 12 children**

**ART WITH MISS KATE**

**Tuesdays 3:00-4:00**

**Art, Cost \$240 for 8 sessions**

Through age appropriate projects and a wide variety of materials and techniques, students are encouraged to express themselves with an emphasis on process and experimentation in a fun creative atmosphere. Classes may include drawing, painting, sculpture, puppet-making, book-making, masks, mixed media, crafts, collage, recycled art and printmaking. These diverse visual and tactile projects will build fine motor skills and encourage creative thinking.

4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, AND MAKEUP DATE 6/5

**min. 3, max. 8 children**

**DANCE WITH MISS WENLIN**

**Wednesdays 3:00-4:00**

**Dance, Cost \$240 for 8 sessions**

A dance class that is based on Early Childhood brain development theory that aims to help young children with centering their Neurological systems. The class will also raise their body awareness and achieve good understanding of body and mind working together. At the same time, the class strengthens muscle tone, coordination, and confidence. It is all conducted in fun and inspiring ways with props, books, nature, music, and friends.

4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30 AND MAKEUP DATE 6/6

**min. 6, max. 12 children**

**DRAMABEE- SHREK**

**Thursdays 3:00-4:00**

**DramaBee, Cost \$240 for 8 sessions**

DramaBee is thrilled to announce **Shrek!** We are bringing our Educational Theatre Program for ages 3-6 to the ThistleWaithe Learning Center. It is a fun and exciting program that uses popular Broadway Musicals to teach the joy and the power of live theatre. We will be teaching the children about acting, singing, and dancing using the music that everybody loves from **Shrek!** It has been proven that children who participate learn self-confidence, socialization, focus, memorization, achievement, public speaking, creativity and teamwork. Costumes, props and a special DramaBee "stage" are all provided by DramaBee and we look forward to bringing the wonderful world of theatre to your children!

4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31 AND MAKEUP DATE 6/7

**min. 6 max. 12 children**

**Performance Date - Parents please come - 5/31**

PAYMENT DUE BY **MONDAY, MARCH 26, 2018**. PLEASE MAKE CHECKS PAYABLE TO "**THISTLEWAITHE LC**".  
YOUR CHILD MAY NOT PARTICIPATE UNLESS REGISTRATION FORMS AND PAYMENT HAVE BEEN SUBMITTED.