Afternoon Enrichment Programs

SPRING 2020

Open to all ages (unless otherwise noted)
*Dates are subject to change.*

REGISTER HERE

For questions, email Megan Saia at msaia@dcds.net

CHESS WIZARDS

Program Instructor: Ernie the Chess Master
Description of Program: Tired of that glazed-over look from too much screen time? Ready to make some new friends and amaze your parents with your brain power? Join Chess wizards for challenging chess lessons, exciting tournaments, fun team activities, and more! If you’re a seasoned checkmate artist, we’ll show you new ways to let your creativity loose on and off the chess board. More than just a game of winning and losing, we challenge our students to think ahead, visualize their goals, treat others with respect, and learn from their mistakes. Studies have shown that chess enhances cognitive development, improves scholastic performance and boosts confidence...plus it’s a game kids can enjoy their whole lives!

Please note, a minimum of 10 children are required for this class to run and a maximum of 20 children.

Time: 3:20-4:20 pm
Location of class: Adams Lab
Pick-up location: HUNTINGTON HOUSE at 4:20 pm (After 4:20 pm, please register for EDP)
Price: $200

YOGA AND MINDFULNESS AT EDP (Grades 1-5)

Program Instructor: Marie Nagode
Description of Program: Yoga and Mindfulness for Lower School
Students - participate in a 50-minute class once a week after school on Mondays (3:30 - 4:20). Every child will learn yoga poses, breathing exercises, and relaxation techniques through a combination of creative expression, games, music, and positive affirmations.

Yoga supports the development of the whole child, including:
* Improved body awareness using poses that teach strength, flexibility, balance
* Better concentration, focus and attention using breathing exercises
* Increased confidence and self-esteem by successfully trying new things
* Relaxation and self-control using age-appropriate mindfulness techniques
* Feeling of well-being while learning in a fun, nurturing, joyful environment

Please note, a minimum of 8 children are required for this class to run.

Time: 3:15-4:15
Location of class: Valentine Center (alternate location: Multipurpose Room)
Pick-up location: Library at 4:15 (after 4:15 pm, please register for EDP and pick up at the HUNTINGTON HOUSE)
Price: $210
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FLAG FOOTBALL

Program Instructor: Compete Athletic Training Coaches
Description of Program: Compete provides its athletes with the opportunity to take athletic development into their own hands. With the ability to play, practice & train while led by their top coaches & using their best coaching strategies, the athletes within this program will be given the tools to achieve their long-term goals. Your athletes will be able to target their weaknesses and focus on becoming complete and successful athletic competitors. Having the tools to make a play in any situation on any playing field while having CONFIDENCE in your ability to do so is a top priority for our coaches to impart on our players. A typical class includes speed and agility work (Ladders, cone drills, footwork), hand-eye coordination, catching and throwing practice, basic routes/formations and match play (4 teams Round Robin).
Dates: Four 90-minute Friday sessions on May 1st, May 15th, May 29th
Time: 1:00-2:30 PM. Please send your child with a lunch. We will have lunch together from 12:30-1:00 pm
Location of class: Rand Gym (or if weather permits, the front field)
Pick-up location: Main Entrance at 2:30 pm (after 2:30 pick up at the Huntington House)
Price: $160

Soccer Clinic

Program Instructor: Compete Athletic Training Coaches
Description of Program: Compete Soccer Academy is a skills development program aimed at giving players at all levels the tools they need to develop on and off the field. Our focus is to develop each athlete's physical, technical, and tactical potential through passionate coaching in a positive and fun atmosphere. We are the go-to training resource for the local soccer community.
A typical class will include:
Footwork / Skills (tik-tok, scissors, fake shots)
Drills to work on important team concepts: passing, movement, dribbling, offense/defense
Match Play Fun Games
Dates: Four 90 minute sessions on the following Fridays: April 3rd, April 24th, May 22nd
Time: 1:00-2:30 PM. Please send your child with a lunch. We will have lunch together from 12:30-1:00 pm
Location of class: Rand Gym (or if weather permits, the front field)
Pick-up location: Main Entrance at 2:30 pm (after 2:30 pick up at the Huntington House)
Price: $160