

# After Hour Eagle Power

A free, after school enrichment program for Pre-K 3 to 6<sup>th</sup> grade students. It is a structured program with a variety of fun, age-appropriate activities. New activities will be offered each nine weeks to suit an assortment of interests.

## First Nine Weeks (Monday, August 9 to Thursday, October 7)

### Monday-Running Club

The Running Club at RCES was established to promote lifelong healthy living and learning. A typical afterschool session includes stretching, warm ups and exercise for 10 - 15 minutes to prevent injury. We run around the perimeter of the school for about 20 minutes. Students are encouraged to increase their running time and decrease their walking with each session. The objective is to help make students enjoy exercise and not dread it. Running Club with Coach Cooper is open to all students grades K-6. Come Get Fit With Us!

### Tuesday-Crafts and Creations

Like to make things and be creative? Join us for fun arts and crafts. Students will create a project each week with Mrs. Dart. Open to Grades K-3. 15 student limit. The cost is \$10 for materials.

### Wednesday-Let's Get Moving!

After Hour Eagle Power presents "Let's Get Moving!" All Pre-K 3 to Kindergarten age students are invited to join us! Mrs. Hollea will guide your kids through this fun hour of fitness. Students will receive the benefits of guided movement taught in a kid friendly approach resulting in improved concentration, self esteem, flexibility, and body awareness. This class is limited to 20 students. Be the first to sign up to reserve your spot. We simply ask that students pay a one time fee of \$5.00 and provide their own exercise mat.

### Thursday-Mind your P's and Q's

Students grades 4-6 will learn to become true southern ladies and gents with Mrs. Baber! Students will have fun learning conversation tips, etiquette for a telephone conversation, correspondence rules, table manners, and other important basic manners everyone should know. RCES is sure to produce the classiest group of students yet! Class limited to 15 students.

**\*Please do not send in any money. The teacher will arrange for payments.**

**\*Students are to be picked up at the pavilion by 4pm unless otherwise noted by the teacher of the class.**

**Sign up for After Hour Eagle Power is first come first serve so sign up quickly!**

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Activity: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Phone: \_\_\_\_\_



