

Camps, care, and enrichment programs designed to educate, entertain, and engage students.



## FALL ENRICHMENT SCHEDULE

**SESSIONS BEGIN OCTOBER 5**

**ALL CLASSES ARE EIGHT WEEKS LONG**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03:45PM - 04:45PM		<u><a href="#">Peaceful Picassos</a></u> Enrichment Adventures Grades: K - 5 \$125.00	<u><a href="#">Intro to Acting</a></u> Imagination Stage Grades: 3 - 5 \$204.00	<u><a href="#">3D Video Games Design</a></u> Code Advantage Grades: 1 - 3 \$294.00	
03:45PM - 04:45PM		<u><a href="#">Shooting Stars Soccer</a></u> Overtime Athletics Grades: K - 4 \$160.00	<u><a href="#">Music Start: Intro to Keyboard</a></u> The Music Path Grades: K - 5 \$ 185.00	<u><a href="#">Drawing</a></u> Art Box (Young Rembrandts) Grades: K - 5 \$ 160.00	
03:45PM - 04:45PM		<u><a href="#">Hip Hop All Stars</a></u> Adrenaline Dance Studio Grades: 1 - 5 \$180.00	<u><a href="#">My First Lemonade Stand</a></u> Spark Business Academy Grades: K - 2 \$ 208.00	<u><a href="#">Running Club: Endurance, Speed and Agility</a></u> Love The Ball Grades: K - 3 \$ 180.00	
03:45PM - 04:45PM		<u><a href="#">Engineering and Technology</a></u> iSteam Grades: 1 - 3 \$236.00	<u><a href="#">Karate</a></u> Zen Budo Karate Grades: 1 - 5 \$ 198.00	<u><a href="#">SHOWTIME</a></u> RockStarts Atlantic Grades: 1 - 3 \$ 198.00	

**REGISTRATION:**  
**BEGINS SEPTEMBER 15th - CLOSSES SEPTEMBER 26th**  
**CLASSES BEGIN OCTOBER 5**

**LOG INTO [WWW.FLEXACADEMIES.COM](https://www.flexacademies.com)  
 AND CLICK ENROLL NOW**

## CLASS DESCRIPTION

## PEACEFUL PICASSOS

### ENRICHMENT EDVENTURES

Art isn't just about being creative -- it is a great outlet for kids! In this class, children will use their creative juices to learn more about relaxation techniques. Zentangles, zen gardens, mandalas, watercolors and more will allow children to connect with their inner zen.

# 3D VIDEO GAMES DESIGN

## CODE ADVANTAGE

3D Video Game Design (1st-3rd) One of the best ways to get kids excited is to allow them to create something of their own. In class, students bring their imaginations to life in full, 3D color and create games they can play including Frogger Freeway, Underwater Diving, and Sports Games. Utilizing block coding, this class helps young learners focus on the coding concepts (not typing) to learn about loops, variables, and constructors while having a blast!

**MUSIC START: INTRO TO KEYBOARD**  
THE MUSIC PATH

MusicStart® is a patented progressive music learning system that balances fun and development of skills. Using familiar songs, it teaches all the necessary basics to get started playing music. The MusicStart® Keyboard is especially designed for learning. It uses 4 instructive Attachments that vary the challenge from color matching to letter matching to note matching and reading standard musical notation. MusicStart® is preparation for (or a supplement to) playing any instrument and teaches step-by-step problem solving. All materials are provided.

**HIP HOP ALL STARS**  
ADRENALINE DANCE STUDIO

Our ADF hip hop dancers will learn the latest street dancing technique, performance skills and confidence. Hip Hop is an ever-evolving style performed to current hip hop music. The Adrenaline Dance Force classes offer the ability to improve hip hop style, increase memory and improve balance by staying grounded and strong through upper and lower body movement. Adrenaline's experienced staff brings excitement to this class with the latest hip hop moves and age appropriate music!

## INTRO TO ACTING

### IMAGINATION STAGE

Students are introduced to the foundational concepts of acting through a variety of fun exercises where they explore physical control, human behavior observations, and realistic actions and reactions. Students focus on creating sustainable and believable characters, moments, and truthful actions for the stage. Through games and activities, students create an ensemble with one another in order to construct an environment where they can effectively explore, make bold choices, and take risks!

**SHOOTING STARS SOCCER**  
OVERTIME ATHLETICS

GOOOOOOOOOOAAAAAAAALLLLLL! Take your game to the next level! Join us for Shooting Stars Soccer and learn to play Soccer like the pros! Coaches will teach you skills like dribbling, passing, trapping, shooting and defense. This program emphasizes fitness, teamwork and sportsmanship. Have a blast and make new friends playing World Cup Tournament, Battle Balls, Trapper 500, Corner Kick Challenge and Soccer Knockout. Don't miss out on what the rest of the world already knows; it's a beautiful game - sign up today!

## DRAWING

### ART BOX (YOUNG REMBRANDTS)

The leaves are changing and so are Young Rembrandts classes. Fall back into place with these exciting new drawings of a colorful rainbow giraffe, every kids dream – a treehouse, a not so haunted mansion and the Eiffel Tower. You won't want to miss these sessions! Join us for stress-free drawing fun today!

## MY FIRST LEMONADE STAND

### SPARK BUSINESS ACADEMY

Let's sell lemonade! Join us for this fun program, where you learn how to make yummy lemonade and how to earn money selling it! Fun sessions empower students with an entrepreneurial mindset for their lemonade stand. Students learn about marketing, finance and strategy in a supporting environment fostering teamwork. From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy.

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## CLASS DESCRIPTION

### **RUNNING CLUB: ENDURANCE, SPEED AND AGILITY** LOVE THE BALL

How Fast can YOU be? Come and find out. LTB will use our SAQ (Speed, Agility, Quickness) curriculum to improve techniques in athletic skill development, agility and explosiveness. Our program will benefit all players who participate in soccer, basketball, tennis, field hockey, flag football, field hockey and most of all track and field. Drills will improve an athlete's ability to move, change direction, accelerate, move laterally, and co-ordinate their feet when running full speed.

### **KARATE** ZEN BUDO KARATE

Zen Budo Karate is a holistic martial arts program designed as an introduction to the martial arts. It combines meditation, martial exercise, bullying prevention tactics, realistic self defense and traditional Karate training. The emphasis in our teaching is on partner work participation, rather than imitation of the instructor. Leadership skills and learning to lead others in a class is strongly stressed, as is self discipline and following directions. Students learn pressure points, joint locks, throws, kicks, punches, how to deflect strikes and how to escape from grabs and holds.

### **ENGINEERING AND TECHNOLOGY** ISTEAM

This fall, our scientists-in-training will learn all about engineering and technology. Students will experience science interactively via hands-on and observable experiments, solving everyday activities and events. While building bridges, designing skyscrapers, engineering the perfect paper airplane, exploring technologies for environmental cleanup, creating automated machinery, and beyond, students will have the opportunity to conduct hands-on experiments in an engaging classroom environment. Our young scientists are encouraged to ask questions, think critically, experiment, and explain their reasoning and problem-solving. As a result, they will deepen their collaboration, creativity, and critical thinking skills, as well as their understanding and interest in science.

### **SHOWTIME** ROCKSTARTS ATLANTIC

RockStarts® SHOWTIME! brings an all-new, performance-focused educational LIVE music curriculum to students in grades K-3. Unique, original songs mesh with familiar favorites to bring new performance experiences for every child! Our end-of-session shows will feature students singing a RockStarts original song, a folk song from the region we study, and performing an instrument as part of the RockStarts Band!