## CAS / After School Activities

**Module 2**  
**January 16th – March 23rd 2012**

### INSTRUCTIONS

Indicate your choice(s), return this sheet to your advisor and be sure sign-ups are complete by next Friday!

**Grades 6-8**

Pick any activities you wish. Feel free to experiment with creativity, action and service activities.

**Grades 9-10**

Pick any activities you wish. Feel free to experiment with a balance of creativity, action and service activities.

**Grades 11-12**

Maintain a balance of creativity, action and service activities. In most cases it will best to show a “commitment over time” to all chosen activities.

### Choice | CAS | Name of Activity | Day and Time | Location | Instructor | Fee | Limit
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**Tryout**
A | Varsity Girls Basketball 9-12 | Mon, Tues, Thurs 3:30 – 5:30 | MPH | Kaba and Grace
A | Varsity Boys Basketball 9-12 | Tues, Fri 3:30-5:30, Wed 4:00-6:00 | MPH | Smith and Milton
A | JV Boys Basketball 9-12 | Mon 4:30 – 6:00 and Wed 4:00-6:00 | Outdoor Court | Wells
A | JV Girls Basketball 8-12 | Mon, Fri 3:30 – 5:00 | Outdoor Court | Emily
A | Varsity and MS Swim 4-12 | Mon,Tues,Thu 4:30-5:30, Wed/Fri am | Pool | Byrnes, Kauffeld, Cornelius and Kpodoh
A | HS Girls Soccer 9-12 | Wed 4:00 – 6:00 | Main Field | Ike and Shamo
A | HS Boys Soccer 9-12 | Thurs 3:30 – 5:30 | Church Field | George and Raul
A | HS Open Swim 9-12 | Wed 4:00 – 6:00 | Pool | Peter
A | MS Boys Soccer League 6-8 | Mon, Fri 3:30 – 5:00 | Main Field | George and Raul
A | MS Girls Soccer League 6-8 | Tues, Thurs 3:30 – 5:00 | Main Field | Dyer, Boateng and Emily
A | MS Girls Basketball 6-8 | Mon and Fri 3:30 – 4:30 | Outdoor Court | Emily
A | MS Open Swim 6-8 | Fri 3:30 – 4:30 | Pool | Peter
A | Muay Thai Martial Arts 8-12 | Tues and Thurs 3:30 – 4:30 | NPAT | Max Becker
A, C | African Drum & Dance 6 -12 | Fri 3:30-4:30 | Rm 41 | Kofi
C | Beaded Jewelry 9 -12 | Tue 3:30 – 4:30 | Rm 23 | Ms. West | 25 | 10
A, C | African Dance Aerobics | Mon & Fri 3:30 – 4:30 | TBD | TBD | Shon / Monfort-Torres
A | Circus Club | Fri 3:30 – 4:30 | Rm 60 | Stephanie / Louidela
A,C | Hip Hop Dance 6 - 12 | Thu 3:30 – 4:30 | TBD | Shon / Monfort-Torres
C | Drawing & Painting 6-12 | Mon 3:30-4:30 | SS Art | Mensah A. | 25 | 10
C | French Study Club 6-12 | Mon 3:30-4:30 | Art Rm 43 | Tobias
C | Guitar (Beginners) | Fri 3:30 – 4:30 | SS Music 40 | Paul / Bright
C | Guitar (Intermediate) | Fri 3:30 – 4:30 | SS Music 40 | Paul
C | Movies That Matter + Snacks | Fri 3:30 – 5:30 | Art Room | Diego | 25 | 20
C | Photography Club | Tue 3:30 – 4:30 | Rm 61 | Odisha
C | Creative Writing Club | Thu 3:30 – 4:30 | Rm 20 | Caroline
C | Pottery & Ceramics 6-12 | Fri 3:30-4:30 | ES Patio | Maxwell/Happy | 25 | 10
A,C | Salsa 6 - 12 | Tue 3:30 – 4:30 | TBD | Shon
A,C | STEP 6 - 12 | Mon & Fri 3:30 – 4:30 | VPAC / NPAV | Astouline /Andy/Rena

### NOTES:

- **Open Swim:** This is for students who have strong swim skills, can swim a minimum of 2 different strokes 100metres and who want some coaching to help improve their technique, without having to make the time and travel commitment for the Swim Team. Students’ focus will be on building stamina and technique development.