

# CAS / After School Activities

Module 2

January 16<sup>th</sup> – March 23<sup>rd</sup> 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
Tryout	A	Varsity Girls Basketball 9-12	Mon, Tues, Thurs 3:30 – 5:30	MPH	Kaba and Grace		
Tryout	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,Thur 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 Co	10	
	A	MS Girls Soccer League 6-8	Tues, Thurs 3:30 – 5:00	Main Field	Dyer, Boateng and Emily	10	
	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	Edem Kojo		
	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	
	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	Odisho		
	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	
	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.**