

4th QUARTER

Monday, April 3, 2023 - Friday, June 2, 2023

Please indicate the activities your student is enrolling in below. Course descriptions are on the following page.

<u>CLUB</u>	<u>DAY AND TIME</u>	<u>INSTRUCTOR</u>	<u>GRADE</u>	<u>MAX STUDENTS</u>
_____ CHEERLEADING (JV)	Tuesday 3:00 - 4:30 PM	Jackie and Hannah Toombs	1 st - 3 rd	25
_____ GYMNASTICS	Tuesday 3:00 - 4:00 PM	Jennifer Diaz	K5 - 5 th	25
_____ CHEERLEADING (V)	Wednesday 3:00 - 4:30 PM	Jackie & Hannah Toombs	4 th - 8 th	25
_____ GYMNASTICS	Wednesday 3:00 - 4:00 PM	Jennifer Diaz	K5 - 5 th	25
_____ DANCE	Thursday 3:00 - 4:00 PM	Amanda Torres	K5 - 5 th	25
_____ CHEERIOS CHEERLEADING	Thursday 3:00 - 4:00 PM	Jackie and Hannah Toombs	K4 - K5	25
_____ COOKING KIDS	Friday 3:00 - 4:00 PM	Mika Rowley & Luna Nunez	K5 - 5 th	25

PCA Disclaimer

This program is non-refundable and will not be prorated. Communication regarding fees should be directed to finance@ilovepca.com. Communication regarding the class takes place between the instructor and family directly. Class sizes are limited and are first-come, first-served. Students who are out of school sick may not participate in the afterschool activity. All participating students must have a registration form completed and on file with the finance department.

PCA Liability: I, _____, will not hold PCA or any faculty member responsible for any accidents or injuries that take place as a result of normal class participation.

Class Registration Form

Child's Name: _____ Teacher's Name: _____

Parent's Name: _____ Cell: _____ Grade: _____

Email: _____ Return to Aftercare: Yes _____ No _____

Allergies/Special Needs: _____

Total Amount Charged : _____

Parent Signature: _____

If you're picking up your child after class, please meet under the black awning.

AFTERSCHOOL ACTIVITIES DESCRIPTION: ELEMENTARY-MIDDLE SCHOOL: 2022 - 2023



JUNIOR VARSITY (1st-3rd Grade) - \$150 a quarter. Mrs. Toombs will be coaching alongside Ms. Hannah. Mrs. Toombs has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 11th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years including optimist, middle school, high school, and at the competitive level. Hannah earned many state and national championship titles as an all star cheerleader. She has also been coaching cheer at PCA for the last 5 years. Together they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps and teamwork skills. JV practice will be on Tuesdays 3:00-4:30 p.m. You will receive a loaned cheerleading uniform top & skirt, a provided bow and pom-poms. If you are a first time PCA cheerleader, you will need to purchase a glitter practice shirt for a small fee. Your cheerleader will also need flexible solid white cheer sneakers. Let's go, Panthers!



GYMNASTICS for boys and girls- \$125 a quarter. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree with a minor in history. Prior to coming to PCA, she was a physical education teacher for 11 years where she would teach gymnastics in physical education classes. She has been at PCA for 17 years and has been teaching pre-school sports program for 15 years. Feel free to contact Jennifer at jjones1212@aol.com.

The following skills will be taught:

Forward roll, backward roll, tripod stance, headstand, hand stand, jumping, stretching, balance. The students will practice on a balance beam, mushroom, rings, and climbing for balance, flexibility, and strength.



VARSITY (4th-8th Grade) - \$150 a quarter. Ms. Hannah will be coaching alongside Mrs. Toombs. Mrs. Toombs has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 11th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years including optimist, middle school, high school, and at the competitive level. Hannah earned many state and national championships as an all star cheerleader. She has also been coaching cheer at PCA for the last 5 years. Together they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps and teamwork skills. You will receive a loaned cheerleading uniform top & skirt as well as a provided bow and pom-poms. If you are a first time PCA cheerleader, you will need to purchase a glitter practice shirt for a small fee. Your cheerleader will also need flexible solid white cheer sneakers. Let's go, Panthers!



CHEERIOS (K4/K5) - \$125 a quarter. We are so excited to introduce the Cheerios to our cheerleading program. Mrs. Toombs will be coaching with Ms. Hannah. Mrs. Toombs has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 11th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years including optimist, middle school, high school, and at the competitive level. Hannah earned many state and national championship titles as an all star cheerleader. She has also been coaching cheer at PCA for the last 5 years. Together they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps and teamwork skills. Practice will be on Thursdays 3:00-4:00 p.m. The uniform will be a glitter cheer shirt (for a small fee), black leggings, a provided bow and pom-poms. Your cheerleader will need flexible solid white cheer sneakers. Let's go, Panthers!



COOKING KIDS - \$135 a quarter. Cooking kids class will be lead by Ms. Mika Rowley. Each week we will be creating something themed to that time of year. At the end of the quarter, we will compile a book of all the recipes used to be taken home. It'll be a fun way to explore new tastes and learn about some seasonal treats. For more information please contact Mika at mika.rowley@icloud.com.

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DANCE - \$135 a quarter. Amanda Torres is excited to start this journey at PCA. Amanda has been dancing since the age of 2 and worked alongside many famous choreographers. She has been teaching for 6 years as well as taking many studio groups and school teams to performances and competitions. Amanda is very fluent in different dance styles and working with different age groups. She is looking forward to growing with this program and working with all our students.

Following are the different dance styles offered each quarter:

1st - hip hop

2nd - jazz

3rd - ballet/lyrical

4th - hip hop

Please feel free to reach out to Amanda at amandaatorress3@gmail.com.