

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> |
|----------------------------|---------------------------|-----------------------------|--------------|---------------------|
| ____ PRESCHOOL SPORTS | Monday 12:30 - 1:15 PM | Jennifer Diaz | K3 | 25 |
| ____ PRESCHOOL SPORTS | Monday 1:30 - 2:15 PM | Jennifer Diaz | K4 | 25 |
| ____ GYMNASTICS | Wednesday 12:30 - 1:15 PM | Jennifer Diaz | K3 - K4 | 25 |
| ____ CHEERIOS CHEERLEADING | Thursday 3:00 - 4:00 PM | Jackie & Hannah Toombs | K4 - K5 | 25 |
| ____ COOKING KIDS | Friday 12:30 - 1:15 PM | Mika Rowley & Luna Nunez | K3 - K4 | 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 PRESCHOOL child after class, please meet under the black awning.

AFTERSCHOOL ACTIVITIES DESCRIPTION: PRESCHOOL 2022 - 2023

SPORTS



PRESCHOOL SPORTS for boys and girls— \$125 a quarter. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree and a minor in history where she played volleyball, basketball, and softball. Prior to PCA, she was a physical education teacher for 11 years and coached for 15 years. She coached college basketball with two conference championships and several district high school championships in volleyball, basketball, track, and softball. She has been at PCA for 17 years and has been teaching preschool sports program for 15 years.

The following skills will be taught:

1st quarter: Soccer- Dribbling, kicking, throwing, and defense

2nd quarter: Basketball: Dribbling, passing, shooting, and defense

3quarter: T-ball: Catching, hitting, throwing, and running bases.

4th quarter: Soccer- Dribbling, kicking, throwing, and defense



PRESCHOOL 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 preschool sports program for 15 years.

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.



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 team-work 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.