

# Rilke Clubs

## Before and After School Program

\*The price is to attend that day every week for the Semester\*

Monday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$100.00	Gym	15	Rilke Teacher- Herr Helgesen
3:15pm-4:30pm	Session 1	All	\$100.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, TBD, TBD
	ORFF	5-6	\$100.00	130	15	Rilke Teacher Herr Downie <b>**Must sign up for Monday and Wednesday session**</b>
	KAY	3-5	\$120.00	106	12	Kidding Around Yoga
	Rhythm & Movement	K	\$300.00	M.S. Common Area	8	Beatriz Lavagnino Ballet
	M.S. Drama	6-8	\$120.00	132	12	Theatrical Adventures <b>**Must sign up for Monday and Wednesday session**</b>
	BelloZero Original Game	3-8	\$160.00	Gym	20	BelloZero – Coach Bello <i>*Basketball Club*</i>
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
4:30pm-5:30pm	Session 2	All	\$100.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	KAY	6-8	\$120.00	106	12	Kidding Around Yoga
	Wu Tan Kung Fu	K-6	\$150.00	Gym	15	Wu Tan Kung Fu and Tai Chi Institute – Sifu Katie
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC

\*The club list and prices are subject to change due to instructor availability, minimum enrollment requirements, and room availability\*

Tuesday						
Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$100.00	Gym	15	Rilke Teacher- Herr Helgesen
7:15am-8:00am	ORFF	7-8	\$100.00	130	15	Rilke Teacher Herr Downie <b>**Must sign up for Tuesday and Thursday session**</b>
3:15pm-4:30pm	Session 1	All	\$100.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, TBD, TBD
	Band	5-8	\$100.00	129A	Returning Students Only	Frau Hilde <b>**Must sign up for Tuesday and Thursday session**</b>
	Coding and Keyboarding	2-8	\$140.00	105	20	Rilke Teacher – Herr Phillips
	Ballet	1-2	\$300.00	M.S. Common Area	8	Beatriz Lavagnino Ballet
	Reading Club	3-4	\$100.00	207	20	Rilke Teacher - Frau Robertson
	Intro to Theater	3-5	\$120.00	132	12	Theatrical Adventures <b>**Must sign up for Tuesday and Thursday session**</b>
	KAY	K	\$120.00	106	12	Kidding Around Yoga
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
	Travel Club is temporarily postponed due to COVID-19					
4:30pm-5:30pm	Session 2	All	\$100.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	KAY	1-2	\$120.00	106	12	Kidding Around Yoga
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
	Wu Tan Kung Fu	K-6	\$150.00	Gym	15	Wu Tan Kung Fu and Tai Chi Institute – Sifu Katie
	American Sign Language	All	\$160.00	201	25	ASL Concepts – Frau Patton

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Wednesday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$100.00	Gym	15	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	5-6	\$100.00	130	20	Rilke Teacher- Herr Downie <b>**Must sign up for Monday and Wednesday session**</b>
3:15pm-4:30pm	Session 1	All	\$100.00	Rms: 101, 102, 109	60	Rilke Teachers- Herr Helgesen, TBD, TBD
	Art Club	3-8	\$120.00	207	15	Rilke Teacher - Frau Robertson
	Sledding and Board Games	2-5	\$120.00	105	20	Rilke Teacher – Herr Phillips
	M.S. Drama	6-8	\$120.00	132	12	Theatrical Adventures <b>**Must sign up for Monday and Wednesday session**</b>
	BelloZero Original Game	3-8	\$160.00	Gym	20	BelloZero – Coach Bello <b>*Basketball Club*</b>
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
	Wu Tan Kung Fu	K-6	\$150.00	M.S. Common Area	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
3:15pm-5pm	Girl Scouts - Brownies	Troop 1132	\$150.00	106	15	Frau Dietrich <b>*Only Troop 1132 members can register, to join the troop please enroll on the Girl Scout website*</b>
4:30pm-5:30pm	Session 2	All	\$ 100.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC

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Thursday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$100.00	Gym	15	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	7-8	\$100.00	130	15	Rilke Teacher Herr Downie <b>**Must sign up for Tuesday and Thursday session**</b>
3:15pm-4:30pm	Session 1	All	\$100.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, TBD, TBD
	Reading Club	5-6	\$100.00	207	20	Rilke Teacher - Frau Robertson
	Coding and Keyboarding	2-8	\$140.00	105	20	Rilke Teacher – Herr Phillips
	Band	5-8	\$100.00	129A	Returning Students Only	Frau Hilde <b>**Must sign up for Tuesday and Thursday session**</b>
	Intro to Theater	3-5	\$120.00	132	12	Theatrical Adventures <b>**Must sign up for Tuesday and Thursday session**</b>
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
	Ballet	2-3	\$300.00	M.S. Common Area	8	Beatriz Lavagnino Ballet
	Girls Skiing & Volleyball	6-8	\$120.00	Gym	15	Rilke Staff – Frau Robinson
	KAY	K	\$120.00	106	12	Kidding Around Yoga
4:30pm-5:30pm	Session 2	All	\$100.00	Outside	45	Rilke Teachers- Herr Helgesen, Frau Sudkamp, & Frau Robertson
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
	Wu Tan Kung Fu	K-6	\$150.00	Gym	15	Wu Tan Kung Fu and Tai Chi Institute – Sifu Katie
	KAY	1-2	\$120.00	106	12	Kidding Around Yoga

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Friday						
Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$100.00	Gym	15	Rilke Teacher- Herr Helgesen
2:00pm-3:15pm	Fun Friday	All	\$100.00	Gym/ Outside	75	German Interns & Rilke Clubs Staff <b>(Limited to 75 students)</b>
	Drama: Behind the Scenes	4-8	\$120.00	132	12	Theatrical Adventures
	Wu Tan Kung Fu	K-6	\$150.00	M.S. Common Area	18	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	BelloZero Original Game	3-8	\$160.00	Gym	20	BelloZero – Coach Bello <i>*Basketball Club*</i>
	Mindfulness & Meditation	All	\$120.00	106	10	Kidding Around Yoga
	Rhythm & Movement	K	\$300.00	129A	12	Beatriz Lavagnino Ballet
2:15pm-3:00pm	Violin - Beginner	1-8	\$170.00	130	Returning Students Only	Miriah May Music <b>(Ends at 3:00pm)</b>
3:15pm-4:00pm	Violin - Intermediate	2-8	\$170.00	130	Returning Students Only	Miriah May Music <b>(Ends at 4:00pm)</b>
3:15pm-4:30pm	Session 1	All	\$100.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, TBD, TBD
	Sledding and Board Games	2-5	\$120.00	105	20	Rilke Teacher – Herr Phillips
	Ballet	1-3	\$300.00	129A	8	Beatriz Lavagnino Ballet
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC
	KAY	3-5	\$120.00	106	12	Kidding Around Yoga
	Wu Tan Kung Fu	K-6	\$150.00	M.S. Common Area	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
4:30pm-5:30pm	Session 2	All	\$100.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Into the Woods	K-6	\$200.00	Outside	15	Into the Woods LLC

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	KAY	6-8	\$120.00	106	12	Kidding Around Yoga
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## After School Activities Descriptions

**\*Clubs are non-refundable after January 25th with the exception of clubs offered by Rilke Clubs\***

1. After school Program - Session 1 – Is offered by Rilke Clubs through various Rilke Schule Teachers. During this time students will have the opportunity to complete their homework with the help of a teacher and/or engage in other academic activities. Students will be group by adjoining grade levels.
2. After school Program - Session 2- Is offered by Rilke Clubs through various Rilke Schule Teachers. During this time students will have the opportunity to get exercise, play cooperatively with students in various grades, learn or practice seasonally appropriate outdoor games.
3. American Sign Language (ASL) Club – Is offered by ASL Concepts through Frau Patton. ASL club offers instruction in American Sign Language. We will also be learning about Deaf Culture and hear from some Deaf speakers. American sign language is a visual language used by the Deaf community. It is the 3rd most commonly used language used in the U.S. and very useful in everyday life! Come and learn ASL in an interactive atmosphere of fun, games, and learning! See you there!
4. Art Club- Is offered by Rilke Clubs through Frau Robertson for 3<sup>rd</sup> - 8<sup>th</sup> graders. Students will participate in art activities guided by Fra Robertson.
5. Ballet - Is offered by Beatriz Lavagnino Ballet for 1-3<sup>rd</sup> grade students for beginning ballet students. If your student signs up for both days you will receive a \$100 discount for the second class.
6. Band Club-Is offered by Rilke Clubs through Frau Hilde for 5<sup>th</sup>-8<sup>th</sup> grade students (4<sup>th</sup> grade on approval). Students may play flute, clarinet, saxophone, trumpet, trombone, or euphonium. Instrument rentals from local music stores are about \$25/month. Students are required to come prepared and submit a weekly video of their playing assignments. This is a yearlong club. Please do not take a spot if you are not committed to having your child participate the full year. Students are required to perform in one concert in December and two in the spring. Please contact Alisha Hilde with any questions at 720-1060. **\*\*Must sign up for Tuesday and Thursday session\*\***
7. BelloZero Original Game: Is offered by BelloZero through coach Bello. This is a basketball club where students will learn team work drills, foot work, speed and conditioning, dribbling, shooting, defense, offense.
8. Drama: Behind the Scenes: (4-8) Is offered by Theatrical Adventures through Frau Keller as an extension to Drama Club on Fridays. First two weeks we will be focusing on warm ups, acting drills, skills building, and improvisation. The third week each student will have an assigned part and we will table read, once confident as a group we will move on to blocking. Followed by props, costumes, and stage practice, etc. We will put on one production each semester twice. There will be a show during school for classmates and one same day in the evening for family and friends.
9. Girls Skiing & Volleyball: (6-8) Is offered by Rilke Clubs through Frau Robinson. Students will begin with Cross Country skiing for January-Spring Break. Students will learn beginning skiing and get an introduction to skijoring (one week with guest) with field trips to Service Ski trails (tentatively 2/24) and Russian Jack Park trails (March 3). After Spring Break and snow melt, students will play Volleyball.
10. Into the Woods – Is offered by Frau Kvernplassen through Into the Woods LLC. The Into the Woods After School Program at Rilke Schule will offer your child a time to play in the woods, exercise, learn seasonal outdoor skills, and engage in learning about the science behind what we experience in the woods.
11. Keyboarding and Coding: Is offered by Rilke Clubs through Herr Phillips. Students will learn and practice typing skills through TypingAgent and coding skills on Code.org. Students who complete the code.org content can learn another language such as Python, work on their own coding projects, or collaborate on projects.

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12. Kidding Around Yoga (KAY)-Is offered by Kidding Around Yoga. Every Kidding Around Yoga class offers a complete, age-appropriate Yoga, Meditation, and Mindfulness practice including breathing instruction, relaxation techniques, stretching and strengthening poses, all using fun-filled music, games, and imagination. For more information, please go to: <https://kiddingaroundyoga.com/yogi/dietrich/>.
13. Middle School Drama (M.S. Drama) (6-8) -Is offered by Theatrical Adventures through Frau Keller. First two weeks we will be focusing on warm ups, acting drills, skills building, and improvisation. The third week each student will have an assigned part and we will table read, once confident as a group we will move on to blocking. Followed by props, costumes, and stage practice, etc. We will put on one production each semester twice. There will be a show during school for classmates and one same day in the evening for family and friends. **\*\*Must sign up for Monday and Wednesday session\*\***
14. Mindfulness & Meditation - Is offered by Kidding Around Yoga. Students can choose if they want to practice Mindfulness by checking in with themselves to see if they need to do homework, yoga, meditate, or finish their snacks/ lunches in a separate area. For more information, please go to: <https://kiddingaroundyoga.com/yogi/dietrich/>.
15. Puppet Theater with skills building (K and 1-2)-Is offered by Theatrical Adventures through Frau Keller. The focus, working with these young actors on their ability to express themselves creatively among their peers. Developing their skills through working together in small groups to put on a puppet show. They will perform this art for their peers, the final product will be recorded and sent out to parents. **\*\*Student must sign up for both sessions\*\***
16. ORFF- Is offered Rilke Clubs through Herr Downie is a music program that follows the ORFF teaching method. The Orff approach is a method of teaching children about music that engages their mind and body through a mixture of singing, dancing, acting and the use of percussion instruments. **Students must sign up for both days available for their grade level. ORFF will not begin until September 8<sup>th</sup>, 2020.**
17. Reading Club- Is offered by Rilke Clubs through Frau Robertson for 3<sup>rd</sup> & 4<sup>th</sup> graders (Tuesday) and 5<sup>th</sup> & 6<sup>th</sup> graders (Thursday). Students will read and discuss the books on the Battle of the Books lists for their respective grades. After Battel of the books concludes, students will continue to explore and foster a love of reading.
18. Rhythm & Movement - Is offered by Beatriz Lavagnino Ballet for Kindergarten students as an introduction to ballet. If your student signs up for both days you will receive a \$100 discount for the second class.
19. Sledding and Board Games: Is offered by Rilke Clubs through Herr Phillips. Students will go to Meadow park and sled during 3<sup>rd</sup> quarter and play board games during 4<sup>th</sup> quarter.
20. Smart Start- Is offered by Rilke Clubs through Herr Helgesen. The club is housed in the gym and provides an opportunity for students to exercise, work on homework, and engage in cooperative play. **This is a fully integrated combined age class.**
21. Travel Club- Is offered by Rilke Clubs through Frau Robertson and is for 7<sup>th</sup> and 8<sup>th</sup> graders only that have received permission Frau Robinson to join the club. **Travel Club is temporarily postponed due to COVID-19**
22. Violin- Is offered by Miriah Phelps, **please contact Frau Phelps at [miriahmaymusic@gmail.com](mailto:miriahmaymusic@gmail.com) for placement and a registration code.** This club offers beginner and intermediate violin group lessons that incorporate fiddle and alternative tunes to the Suzuki Method repertoire. For more information about the Miriah Phelps, please visit their website at: <https://www.miriahmaymusic.com>.
23. Wu Tan Kung Fu – Is offered by Sifu Kevin Walle from Wu Tan Kung Fu and Tai Chi Institute. Classes introduce and teach the fundamentals of Traditional Chinese Martial Arts in age-appropriate delivery models. Students will learn basics and receive an introduction to Praying Mantis Kung Fu.