

# 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	\$110.00	Gym	15	Rilke Teacher- Herr Helgesen
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, RSI Staff - Ms. Meghan, TBD
	ORFF	5-6	\$110.00	130	15	Rilke Teacher Herr Downie <b>**Must sign up for Monday and Wednesday session**</b>
	Rhythm & Movement 2	1	\$300.00	106	Returning Students Only	Beatriz Lavagnino Ballet
	Wu Tan Kung Fu	K-6	\$160.00	GYM	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Drama: Behind the Scenes	5-8	\$130.00	132	12	Theatrical Adventures
	KAY	1-4	\$130.00	TBD	12	Kidding Around Yoga
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Wu Tan Kung Fu	K-6	\$160.00	Gym	15	Wu Tan Kung Fu and Tai Chi Institute – Loshi Katie
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC

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

**Tuesday**

<b>Time</b>	<b>Club Name</b>	<b>Grades</b>	<b>Price</b>	<b>Location</b>	<b>Max</b>	<b>Run by</b>
7:00am-7:45am	Smart Start	All	\$110.00	Gym	15	Rilke Teacher- Herr Helgesen
7:15am-8:00am	ORFF	7-8	\$110.00	130	15	Rilke Teacher Herr Downie <b>**Must sign up for Tuesday and Thursday session**</b>
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, RSI Staff - Ms. Meghan, TBD
	Band	5-8	\$110.00	129A	20	Frau Hilde <b>**Must sign up for Tuesday and Thursday session**</b>
	Ballet	1-3	\$300.00	106	Returning Students Only	Beatriz Lavagnino Ballet
	Reading Club	3-4	\$110.00	207	20	Rilke Teacher - Frau Robertson
	Intro to Theater	1-2	\$130.00	132	12	Theatrical Adventures
	KAY	1-4	\$130.00	TBD	12	Kidding Around Yoga
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC
	Travel Club is temporarily postponed due to COVID-19					
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Intro to Theater	3-4	\$130.00	132	12	Theatrical Adventures
	Rhythm & Movement 1	K-1	\$300.00	106	12	Beatriz Lavagnino Ballet
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC

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Wednesday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$110.00	Gym	15	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	5-6	\$110.00	130	20	Rilke Teacher- Herr Downie <b>**Must sign up for Monday and Wednesday session**</b>
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, RSI Staff - Ms. Meghan, TBD
	Art Club	3-8	\$130.00	207	15	Rilke Teacher - Frau Robertson
	M.S. Drama	6-8	\$120.00	132	12	Theatrical Adventures <b>**Must sign up for Wednesday and Friday session**</b>
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC
	Violin - Intermediate	2-8	\$125.00	130	Returning Students Only	Miriah May Music (Ends at 4:00pm)
	KAY	1-4	\$130.00	TBD	12	Kidding Around Yoga
	Wu Tan Kung Fu	K-6	\$160.00	GYM	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
4:15pm-5:00pm	Violin - Beginner	1-3	\$125.00	130	10	Miriah May Music (Ends at 5:00pm)
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Puppet Theater	K	\$130.00	132	12	Theatrical Adventures
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC

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**Thursday**

<b>Time</b>	<b>Club Name</b>	<b>Grades</b>	<b>Price</b>	<b>Location</b>	<b>Max</b>	<b>Run by</b>
7:00am-7:45am	Smart Start	All	\$110.00	Gym	15	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	7-8	\$110.00	130	15	Rilke Teacher Herr Downie <b>**Must sign up for Tuesday and Thursday session**</b>
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, RSI Staff - Ms. Meghan, TBD
	Reading Club	5-6	\$110.00	207	20	Rilke Teacher - Frau Robertson
	Wu Tan Kung Fu	K-6	\$160.00	M.S. Common Area	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Band	5-8	\$110.00	129A	20	Frau Hilde <b>**Must sign up for Tuesday and Thursday session**</b>
	Intro to Theater	3-4	\$130.00	132	12	Theatrical Adventures
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC
	KAY	1-4	\$130.00	TBD	12	Kidding Around Yoga
	Ballet	1-3	\$300.00	106	Returning Students Only	Beatriz Lavagnino Ballet
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Intro to Theater	1-2	\$130.00	132	12	Theatrical Adventures
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC

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Friday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$110.00	Gym	15	Rilke Teacher- Herr Helgesen
2:00pm-3:15pm	Fun Friday	All	\$110.00	Gym/ Outside	75	German Interns & Rilke Clubs Staff <b>(Limited to 75 students)</b>
	M.S. Drama	6-8	\$130.00	132	12	Theatrical Adventures <b>**Must sign up for Wednesday and Friday session**</b>
	Wu Tan Kung Fu	K-6	\$160.00	M.S. Common Area	18	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Mindfulness & Meditation	1-8	\$130.00	TBD	12	Kidding Around Yoga
	Rhythm & Movement 1	K-1	\$300.00	106	12	Beatriz Lavagnino Ballet
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 102, 109	45	Rilke Teachers- Herr Helgesen, RSI Staff - Ms. Meghan, TBD
	Rhythm & Movement 2	1	\$300.00	106	Returning Students Only	Beatriz Lavagnino Ballet
	M.S. KAY	6-8	\$130.00	TBD	12	Kidding Around Yoga
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Into the Woods	K-6	\$218.00	Outside	20	Into the Woods LLC

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# After School Activities Descriptions

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

1. After school Program – Social Club (Session 1) – Is offered by Rilke Clubs through various Rilke Schule Teachers and Rilke Club Staff. Social Club is a wonderful opportunity for students to continue their social/emotional development through playing games, drawing, and reading with their friends! This will help students learn how to communicate with others, how to share, and how to manage their emotions during social activities. Students will also be able 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 – Playground Club (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. **This is a fully integrated combined age class.**
3. 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.
4. 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.
5. 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\*\***
6. Club Improv! (6-8)– Is Offered by Rich Captain who has been performing comedy improvisation in Alaska for 17 years and has trained with improv greats from Chicago, L.A., NYC, and both ComedySportz Indianapolis, and Portland, Oregon. Club improv is all about having FUN, while learning the building blocks of comedy improvisation: listening, focus, being in the moment, agreement, and trust! Much like the tv show, “Whose Line is it Anyway?” – we will close the semester with a live Improv Showcase!
7. Drama: Behind the Scenes: (5-8) Is offered by Theatrical Adventures through Frau Keller as an extension to Drama Club. 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.
8. Into the Woods – (K-6) Is offered by Frau Kvernplassen through Into the Woods LLC. Our Outdoor Adventure Club kids have fun learning outdoor science and safety skills through play, hands-on activities, and art after school in the wonderful woods behind Rilke Schule. 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. **This is a fully integrated combined age class.**
9. Introduction to Theater (1-2 and 3-4)- Is offered by Theatrical Adventures through Frau Keller. First two weeks we will be focusing on warm ups, acting drills, and skills building. 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.
10. 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/>.

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11. 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\*\***
12. Middle School Kidding Around Yoga (M.S. KAY)-Is offered by Kidding Around Yoga for middle school students only. 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. 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/>.
14. Puppet Theater with skills building (K)-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.
15. 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.**
16. 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.
17. Rhythm & Movement 1 - Is offered by Beatriz Lavagnino Ballet for new Kindergarten and first grade students as an introduction to ballet. If your student signs up for both days you will receive a \$100 discount for the second class.
18. Rhythm & Movement 2 - Is offered by Beatriz Lavagnino Ballet for returning 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. 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.**
20. Sports Club - (5-8) Is offered by Rilke Clubs through Herr Strauch. Students will have the opportunity to play multiple sports throughout the semester, including: flag football, basketball, floor hockey, and more! Sports will be played in the gym and at meadow park.
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 – (K-6) 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. **This is a fully integrated combined age class.**

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