

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	20	Rilke Teacher- Herr Helgesen
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 106, 201	60	Rilke Teachers- Herr Helgesen, Ms. Meghan, Ms. Charlotte
	Travel Club will be held every other week in room 207 with Frau Robertson					
	ORFF	5-6	\$110.00	130	20	Rilke Teacher Herr Downie **Must sign up for Monday and Wednesday session**
	Rhythm & Movement 2	1	\$300.00	103	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
	M.S. Drama	6-8	\$130.00	132	12	Theatrical Adventures **Must sign up for Monday and Wednesday session**
	KAY	4-6	\$200.00	109	14	Kidding Around Yoga
	Mindful Maker's	2-3	\$200	206	10	Kidding Around Yoga
	Cub Scouts	4-5	\$170.00	Library	15	Cub Master Martin
3:15pm-5:00pm	Anna's Art Club	3-8	\$150.00	Rm 131	15	Ms. Anna (Ends at 5:00pm)
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

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	\$110.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00am	ORFF	7-8	\$110.00	130	20	Rilke Teacher Herr Downie **Must sign up for Tuesday and Thursday session**
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 106, 201	60	Rilke Teachers- Herr Helgesen, Ms. Meghan, Ms. Charlotte
	Band	5-8	\$110.00	129A	Returning Students Only	Frau Hilde **Must sign up for Tuesday and Thursday session**
	Ballet	1-3	\$300.00	103	Returning Students Only	Beatriz Lavagnino Ballet
	Reading Club	3-4	\$110.00	207	20	Rilke Teacher - Frau Robertson
	Intro to Theater	3-5	\$130.00	132	12	Theatrical Adventures **Must sign up for Tuesday and Thursday session**
	Cub Scouts	K-1	\$170.00	Library	15	Cub Master Martin
	Mindful Maker's	2-3	\$200.00	206	10	Kidding Around Yoga
	KAY	1-3	\$200.00	109	14	Kidding Around Yoga
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Storybook Theater	1-2	\$130.00	132	12	Theatrical Adventures **Must sign up for Tuesday and Thursday session**

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Wednesday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$110.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	5-6	\$110.00	130	20	Rilke Teacher- Herr Downie **Must sign up for Monday and Wednesday session**
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 106, 201	60	Rilke Teachers- Herr Helgesen, Ms. Meghan, Ms. Charlotte
	Art Club	3-8	\$130.00	207	15	Rilke Teacher - Frau Robertson
	M.S. Drama	6-8	\$130.00	132	12	Theatrical Adventures **Must sign up for Monday and Wednesday session**
	Orchestra	2-8	\$188.00	130	Returning Students Only	Miriah May Music (Ends at 4:00pm)
	Mindful Maker's	4-5	\$200.00	206	10	Kidding Around Yoga
	KAY	4-6	\$200.00	109	14	Kidding Around Yoga
	Cub Scouts	2-3	\$170.00	Library	15	Cub Master Martin
	Wu Tan Kung Fu	K-6	\$160.00	GYM	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
4:15pm-5:00pm	Suzuki Violin	1-2	\$188.00	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
	Drama: Behind the Scenes	5-8	\$130.00	132	12	Theatrical Adventures

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Thursday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$110.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	7-8	\$110.00	130	20	Rilke Teacher Herr Downie **Must sign up for Tuesday and Thursday session**
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 106, 201	60	Rilke Teachers- Herr Helgesen, Ms. Meghan, Ms. Charlotte
	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	Returning Students Only	Frau Hilde **Must sign up for Tuesday and Thursday session**
	Intro to Theater	3-5	\$130.00	132	12	Theatrical Adventures **Must sign up for Tuesday and Thursday session**
	Mindful Maker's	6-7	\$200.00	206	10	Kidding Around Yoga
	KAY	1-3	\$200.00	109	14	Kidding Around Yoga
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD
	Storybook Theater	1-2	\$130.00	132	12	Theatrical Adventures **Must sign up for Tuesday and Thursday session**

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Friday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$110.00	Gym	20	Rilke Teacher- Herr Helgesen
2:00pm-3:15pm	Fun Friday	All	\$110.00	Gym/ Outside	100	German Interns & Rilke Clubs Staff (Limited to 100 students)
	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	\$200.00	109	14	Kidding Around Yoga
	Slot Car Club	3-8	\$300.00	206	10	Kidding Around Yoga
	Rhythm & Movement 1	K-1	\$300.00	103	Returning Students Only	Beatriz Lavagnino Ballet
3:15pm-4:30pm	Social Club (Session 1)	All	\$110.00	Rms:101, 106, 201	60	Rilke Teachers- Herr Helgesen, Ms. Meghan, Ms. Charlotte
	Pre-Ballet and Collaboration Club	K-3	\$300.00	103	Returning Students Only	Beatriz Lavagnino Ballet
	Girl Scouts with Frau Schubert will be held in room 206					
4:30pm-5:30pm	Playground Club (Session 2)	All	\$110.00	Outside	45	Rilke Teachers- Herr Helgesen, TBD

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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. Anna's Art Club- Is offered by Rilke Clubs through Frau Phelps for 3rd - 8th graders. Anna's Art Club is a club for artists who want to learn new projects and techniques with different media. It will challenge the creativity and imagination of the artist in a fun, safe, hands-on, way. Because this club is hands-on and project-oriented, the artists are expected to participate the whole semester. If you feel as if your budding artist cannot be trusted with the different art supplies like knitting needles, dyes, scissors, beads, and more, then this club may not be for them. **(Ends at 5:00pm)**
2. Art Club- Is offered by Rilke Clubs through Frau Robertson for 3rd - 8th graders. Students will participate in art activities guided by Fra Robertson.
3. Ballet - Is offered by Beatriz Lavagnino. Ballet for 1-3rd grade students for beginning ballet students.
4. Band Club-Is offered by Rilke Clubs through Frau Hilde for 5th-8th grade students (4th 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****
5. 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.
6. Cub Scouts – Is offered by Cub Master Martin. Cub Scouts do fun things with other kids, like wearing cool uniforms, going places, and seeing new things. They play all kinds of sports and learn how to build things, like race cars and bird houses. Cubs learn lifesaving skills like first aid, weather preparedness, and safety. They go to different camps, try a variety of outdoor activities, and the best part? Each Cub Scout makes new, life-long friends, all while participating in activities and earning special badges!
7. Girl Scouts – Is NOT offered through Rilke Clubs. For more information contact Kristin Schubert at muchacha_bug@hotmail.com
8. Introduction to Theater (3-5)- 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. ****Must sign up for Tuesday and Thursday session****
9. Kidding Around Yoga (KAY)-Is offered by Kidding Around Yoga. Kidding Around Yoga clubs begin with Mindfulness, and each session includes an active Yoga practice and Meditation. Frau Johnson will also use art, craft, science, dance, obstacle courses, challenges, and other fun methods to teach the Science of Yoga in a fun, kid friendly style. Older students will have slightly different music and will be closer to what one would expect from a tween/teen yoga class (middle-schoolers). Class sizes are limited. A small snack is included for Mindful Eating Practice.

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Some scholarships and discounts may be available on a case-by-case basis. For more information, please go to:

<https://kiddingaroundyoga.com/yogi/dietrich/>.

10. 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****
11. 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/>.
12. Mindful Maker's Club - Is offered by Kidding Around Yoga. This club is for kids to develop STEM skills and set up a healthy hobby while practicing Mindfulness to plan, set up, organize tools and supplies, and complete their project. Kids with supervision and assistance will build and decorate models like planes, cars, etc. and create miniatures, or other similar "building" types of hobbies. Kids will be provided model sets to work on individually and together with a partner or small group to practice working as a team on a project. If any painting or "messy" building needs to take place, there will be a protocol to protect clothing, desks, floors, etc. \$200 per session includes a snack and class supplies, but kids can bring in projects from home as well.
13. Orchestra- Is offered by Miriah Phelps, **please contact Frau Phelps at miriahmaymusic@gmail.com for placement and a registration code.** This club is for string players with 1+ year of experience. Students will learn songs by ear in class and are expected to listen to recommended recordings for home practice. For more information about the Miriah Phelps, please visit their website at: <https://www.miriahmaymusic.com>.
14. 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 8th, 2020.**
15. 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.**
16. Pre-Ballet and Collaboration Club - Is offered by Beatriz Lavagnino. Pre-Ballet and Collaboration Club for students that would like to attend a second day of ballet and have the opportunity to work with students from other groups. If your student signs up for both days you will receive a \$100 discount for the second class.
17. Reading Club- Is offered by Rilke Clubs through Frau Robertson for 3rd & 4th graders (Tuesday) and 5th & 6th 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 1 - Is offered by Beatriz Lavagnino. Rhythm & Movement 1 is for new Kindergarten and first grade students as an introduction to movement.
19. Rhythm & Movement 2 - Is offered by Beatriz Lavagnino. Rhythm & Movement 2 is for returning students as an intermediate to ballet.
20. Slot Car Club- Is offered by Kidding Around Yoga. In this club, kids will combine Mindfulness Practice with STEM to build and race their own 1/32 Scale Slot Car (small electric car on tracks). Building, racing, repairing, and storing Slot Cars will involve skills like using tools and various small parts, and keeping the work area clean and organized. Kids will have one Slot Car kit supplied as part of the Club Cost (car kits generally run from \$50 to over \$100, so each kid would each get the same type to decorate to personalize, and kits are usually available at Anchorage

House of Hobbies) Hopefully this spring there will also be opportunities in the community for competitions and seasonal events with other Slot Car clubs and enthusiasts. During Slot Car Club, kids can bring other Slot Car or RC vehicles to work on with supervision and assistance, and Herr Johnson will bring in a variety of RC planes, helicopters, and other types of remote-control vehicles for demonstrations, problem solving, and challenges. The cost of \$300 includes a 1/32 Scale Slot Car and Track Building Starter Sets, snacks, and any necessary safety equipment.

21. 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.**
22. 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.
23. Suzuki Violin- Is offered by Miriah Phelps. This club offers beginner pre-Suzuki violin students to learn how to care for the instrument and play pre-Suzuki songs in preparation for Suzuki Book songs. Students are expected to listen to recommended recordings for home practice. For more information about the Miriah Phelps, please visit their website at: <https://www.miriahmaymusic.com>.
24. Travel Club – Is NOT offered through Rilke Clubs. Please contact Frau Robertson for more information.
25. 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.**