

# 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	\$130.00	Gym	20	Rilke Teacher- Herr Helgesen
3:15pm-4:30pm	Social Club (Session 1)	All	\$130.00	Rms:101, 106,TBD	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Ms. Meghan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm TBD)
	***Travel Club will be held every other week in room 207 with Frau Robertson***					
	ORFF	5-6	\$130.00	130	20	Rilke Teacher Herr Downie <b>**Must sign up for Monday and Wednesday session**</b>
	Rhythm & Movement for All	2	\$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
	Mindful Maker's 1	2-8	\$225.00	109	20	Kidding Around Yoga
	Mindful Maker's 3	1-8	\$225.00	206	20	Kidding Around Yoga
	Cub Scouts	4-5	\$170.00	217	15	Cub Master Martin
4:30pm-5:30pm	Playground Club (Session 2)	All	\$130.00	Gym	45	Rilke Teachers- Herr Helgesen
	Wu Tan Kung Fu	K-6	\$160.00	M.S. Commons	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	\$130.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00am	ORFF	7-8	\$130.00	130	20	Rilke Teacher Herr Downie <b>**Must sign up for Tuesday and Thursday session**</b>
3:15pm-4:30pm	Social Club (Session 1)	All	\$130.00	Rms:101, 106,TBD	60	Rilke Teachers- Herr Helgesen (Stellar Sealions - Rm 101), Ms. Meghan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm TBD)
	Band	5-8	\$130.00	129A	20	Frau Hilde <b>**Must sign up for Tuesday and Thursday session**</b>
	Mindful Maker's 3	1-8	\$225.00	109	20	Kidding Around Yoga/:
	Quiet Homework Club	2-8	\$130.00	205	20	Rilke Teacher – Frau Reinhart
	Rhythm & Movement for All	1-4	\$300.00	103	Returning Students Only	Beatriz Lavagnino Ballet
	Cub Scouts	K-1	\$170.00	217	15	Cub Master Martin
	KAY	K-5	\$225.00	109	16	Kidding Around Yoga
4:30pm-5:30pm	Playground Club (Session 2)	All	\$130.00	Gym	45	Rilke Teachers- Herr Helgesen, TBD

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**Wednesday**

<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	\$130.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	5-6	\$130.00	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	\$130.00	Rms:101, 106, TBD	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Ms. Meghan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm TBD)
	Reading Club	3-4	\$130.00	207	20	Rilke Teacher – Frau Robertson
	Drawing Club	1-3	\$300.00	132A	15	Renee Morhain
	Reading Club	7-8	\$130.00	218	20	Rilke Teacher – Frau Oakley
	Mindful Maker's 1	2-8	\$225.00	206	20	Kidding Around Yoga
	Mindful Maker's 3	1-8	\$225.00	109	20	Kidding Around Yoga
	Cub Scouts	2-3	\$170.00	217	15	Cub Master Martin
	Wu Tan Kung Fu	K-6	\$160.00	GYM	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
4:30pm-5:30pm	Playground Club (Session 2)	All	\$130.00	Gym	45	Rilke Teachers- Herr Helgesen

**Thursday**

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

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$130.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	7-8	\$130.00	130	20	Rilke Teacher Herr Downie <b>**Must sign up for Tuesday and Thursday session**</b>
3:15pm-4:30pm	Social Club (Session 1)	All	\$130.00	Rms:101, 106, TBD	60	Rilke Teachers- Herr Helgesen (Steller Sealions – Rm 101), Ms. Meghan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm TBD)
	Rhythm and Movement for All	1-4	\$300.00	103	Returning Students Only	Beatriz Lavagnino Ballet
	Reading Club	5-6	\$130.00	201	20	Rilke Teacher – Frau Ringgenberg
	Wu Tan Kung Fu	K-6	\$160.00	Gym	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Quiet Homework Club	2-8	130.00	205	20	Rilke Teacher – Frau Reinhart
	Mindful Maker’s 3	1-8	\$225.00	109	20	Kidding Around Yoga
	Band	5-8	\$130.00	129A	20	Frau Hilde <b>**Must sign up for Tuesday and Thursday session**</b>
	KAY	K-5	\$225.00	109	16	Kidding Around Yoga
4:30pm-5:30pm	Playground Club (Session 2)	All	\$130.00	Gym	45	Rilke Teachers- Herr Helgesen

Friday						
Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$130.00	Gym	20	Rilke Teacher- Herr Helgesen

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

2:00pm-3:15pm	Fun Friday	All	\$130.00	Gym/ Outside	100	German Interns & Rilke Clubs Staff ( <b>Limited to 100 students</b> )
	Wu Tan Kung Fu	K-6	\$160.00	M.S. Common Area	18	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Mindful Maker's 2	2-8	\$300.00	109	16	Kidding Around Yoga
	Slot Car Club	1-8	\$300.00	206	20	Kidding Around Yoga
	Anna's Art Club	5-8	150.00	131	15	Ms. Anna
	Rhythm & Movement for All	K	\$300.00	103	New Students	Beatriz Lavagnino Ballet
3:15pm-4:30pm	Social Club (Session 1)	All	\$130.00	Rms:101,106, TBD	60	Rilke Teachers- Herr Helgesen (Stellar Sealions - Rm 101), Ms. Meghan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm TBD)
	Mindful Maker's 3	1-8	\$225.00	109	20	Kidding Around Yoga
	KAY	K-5	\$225.00	103	16	Kidding Around Yoga
	***Girl Scouts with Frau Schubert will be held in room 206***					
4:30pm-5:30pm	Playground Club (Session 2)	All	\$130.00	Gym	45	Rilke Teachers- Herr Helgesen, TBD

## After School Activities Descriptions

**\*Clubs are non-refundable after September 8th with the exception of clubs offered by Rilke Clubs\***

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

1. Anna's Art Club- Is offered by Rilke Clubs through Frau Phelps for 5<sup>th</sup> - 8<sup>th</sup> graders. 4<sup>th</sup> graders will be accepted upon approval by instructor. 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.
2. 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\*\***
3. Cub Scouts – Cub Scouts is a family-oriented club with weekly Den meetings during Club times, and a monthly Pack meeting, typically the 4th Wednesday of the month from 6-8pm.
  - Children will be working to earn advancements in the Boy Scouts of America program, and attendance is expected, with parent participation encouraged.
  - Children will be required to have a scout uniform.
  - Parents are asked to commit to volunteering at at least one Den and/or Pack meeting per school semester.
  - Cub scouts is a year long commitment and parents should plan on registering their child for Cub Scouts for both the Fall and Spring semester.
  - Children will have the opportunity to do Den/Pack hikes and camping trips outside of school and club hours.

If you'd like to join Pack 409, please sign up for the waitlist. Before a child is placed into the club, parents will be required to submit the BSA Youth Application, as well as go through a How To Protect Your Children From Child Abuse pamphlet, and a Parent Guide. Once those three requirements are complete, children will be accepted
4. Girl Scouts – Is NOT offered through Rilke Clubs. For more information contact Kristin Schubert at [muchacha\\_bug@hotmail.com](mailto:muchacha_bug@hotmail.com)
5. 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. Some scholarships and discounts may be available on a case-by-case basis. For more information, please go to: <https://kiddingaroundyoga.com/yogi/dietrich/>.
6. Mindful Maker's Club 1- Mindful eating practice (AKA snack), create watercolor art using mindfulness prompts, and end class with meditation while the paint dries. Price includes snack and project supplies. Offered by Dietrich Johnson (Yoga Instructor)
7. Mindful Maker's Club 2 - Mindful eating practice (AKA snack), Mindfully make art and crafts using mixed media, and end class with meditation while the paint (or clay etc.) dries. Price includes snack and project supplies. Offered by Dietrich Johnson (Yoga Instructor)
8. Mindful Makers Club 3 - Mindful Mixers club will have fun playing different games, make crafts, or sit back and read or work on homework or other projects! This club allows students to socialize politely, play new games while learning to follow the directions and rules, promote inclusion and anti-bullying, and work on developing other lifeskills from Fine Motor to Manners to Mindfulness. Excellent group behavior gives kids opportunities to earn things like pizza or popsicle parties! Price includes Snack and Program Supplies. (Students are permitted to bring cards, or

games from home on instructor approval, for example Pokemon-type cards if they ask permission ahead of time and agree to not use them during school day.) Offered by Steven Johnson (Mindfulness Instructor)

9. Orchestra- 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 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>.
10. 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.**
11. 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.**
12. Reading Club - Is offered by Rilke Clubs through Frau Robertson for 3rd & 4th graders (Tuesday), Frau Oakley 7th & 8th grade (Tuesday), and Frau Ringgenberg 5<sup>th</sup> & 6th graders (Thursday Lunch). Students will read and discuss the books on the Battle of the Books lists for their respective grades. After Battle of the books concludes, students will continue to explore and foster a love of reading.
13. Rhythm & Movement for All- Is offered by Beatriz Lavagnino. Rhythm & Movement for All is a dance class where they are involved in doing a variety types of ballet and dance to perform at the end of each semester
14. 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.
15. 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.**
16. 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.
17. 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>.
18. Travel Club – Is NOT offered through Rilke Clubs. Please contact Frau Robertson for more information.
19. 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.**

20 Drawing Club - Professional art teacher, Renee, has been instructing in Anchorage for three years. Her love of art is infectious, and she will be teaching students the basics of form, shadow, texture, and simple color mixing. More importantly, the students will have fun as they do it! Enroll your burgeoning artist today!