

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	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
3:15pm-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 106, 217	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Mr. Ethan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm 217)
	Travel Club will be held every other week in room 207 with Frau Robertson					
	ORFF	5-6	\$150.00	130	20	Rilke Teacher Herr Downie **Must sign up for Monday and Wednesday session**
	Drawing Club	2-8	\$300.00	TBD	15	Renee Morhain
	Wu Tan Kung Fu	K-6	\$190.00	GYM	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Mindful Maker's Watercolor & Papercrafts	2-8	\$225.00	132	20	Kidding Around Yoga
	Mindful Builder's	1-8	\$225.00	109	20	Kidding Around Yoga
	Mindful Maker's Diamond Art & Sticker Painting	2-8	\$225.00	TBD	16	Frau Becky Blankenship's Mindfulness Clubs
4:30pm-5:30pm	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen

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	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00am	ORFF	7-8	\$150.00	130	20	Rilke Teacher Herr Downie **Must sign up for Tuesday and Thursday session**
3:15pm-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 106, 217	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Mr. Ethan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm 217)
	Kung Fu	K-6	\$190.00	M.S. Commons	12	Wu Tan Kung Fu and Tai Chi Institute – Loshi Katie
	Band Club	5-8	\$150.00	129A	12	Frau Hilde
	Mindful Builder's	1-8	\$225.00	132	20	Kidding Around Yoga
	Quiet Homework Club	2-8	\$150.00	205	20	Rilke Teacher – Frau Reinhart
	Mindful Maker's Diamond Art & Sticker Painting	2-8	\$225.00	TBD	16	Frau Becky Blankenship's Mindfulness Clubs
	Mindful Maker's Coloring & Papercrafts	2-8	\$225.00	109	20	Kidding Around Yoga
4:30pm-5:30pm	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen, TBD
	Cub Scouts	K-1	\$60 – see description	207	15	Cub Master Martin

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Wednesday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	5-6	\$150.00	130	20	Rilke Teacher- Herr Downie **Must sign up for Monday and Wednesday session**
3:15pm-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 106, 217	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Mr. Ethan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm 217)
	Reading Club	3-4	\$150.00	207	20	Rilke Teacher – Frau Robertson
	Drawing Club	1-3	\$300.00	132A	15	Renee Morhain
	Reading Club	7-8	\$150.00	218	20	Rilke Teacher – Frau Oakley
	Mindful Builder’s	1-8	\$225.00	TBD	20	Kidding Around Yoga
	KAY	1-5	\$250.00	132	15	Kidding Around Yoga
	Mindful Makers - Puzzles, Brain Teasers, and Logic Games	K-8	\$225.00	TBD	18	Frau Becky Blankenship's Mindfulness Clubs
	Cub Scouts	4-5	\$60 - see description	207	15	Cub Master Martin
	Kung Fu	K-6	\$190.00	GYM	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
4:30pm-5:30pm	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen
	Cub Scouts	2-3	\$60 – see description	207	15	Cub Master Martin

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Thursday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15am-8:00 am	ORFF	7-8	\$150.00	130	20	Rilke Teacher Herr Downie **Must sign up for Tuesday and Thursday session**
3:15pm-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 106, 217	60	Rilke Teachers- Herr Helgesen (Stellar Sealions – Rm 101), Mr. Ethan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm 217)
	Reading Club	5-6	\$150.00	201	20	Rilke Teacher – Frau Ringgenberg
	Kung Fu	K-6	\$190.00	M.S. Commons	20	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Mindful Makers - Puzzles, Brain Teasers, and Logic Games	K-8	\$225.00	TBD	18	Frau Becky Blankenship's Mindfulness Clubs
	Slot Car Club	1-8	\$275.00	TBD	20	Kidding Around Yoga
	Performance Band	3-4	\$150.00	129A	30	Frau Hilde
	KAY	1-5	\$250.00	109	16	Kidding Around Yoga
4:30pm-5:30pm	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen

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Friday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00am-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
2:00pm-3:15pm	Fun Friday	All	\$150.00	Gym/ Outside	100	German Interns & Rilke Clubs Staff (Limited to 100 students)
	KAY	K-5	\$250.00	109	16	Kidding Around Yoga
	Kung Fu	K-6	\$190.00	M.S. Common Area	18	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Slot Car Club	1-8	\$275.00	132	20	Kidding Around Yoga
3:15pm-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101,106, 217	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Mr. Ethan (Awesome Possums – Rm 106, Ms. Charlotte (Prideful Panthers – Rm 217)
	Mindful Maker’s- Watercolor	1-8	\$225.00	132	20	Kidding Around Yoga
	Frau Becky Blankenship's Mindfulness Clubs	K-8	\$225.00	TBD	18	Frau Becky Blankenship's Mindfulness Clubs
	Slot Car Club	1-8	\$275.00	TBD	20	Kidding Around Yoga
	Girl Scouts with Frau Schubert will be held in room 206					
4:30pm-5:30pm	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen

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After School Activities Descriptions

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

1. 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.
2. Band Performance – This club is for 3rd and 4th year band students or by audition for 2nd year students. Students are required to perform in 2-3 concerts each semester, a small ensemble piece in the winter, and a solo in the spring.
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. Cub Scouts is a year long commitment. The cost for this club is \$60 per semester plus an annual \$170 scout fee paid directly to the BSA. Club fees cover den dues, achievement belt loops and patches, and other materials.
To register for Pack 409, you must sign up for the waitlist. Before the student is placed into this club, parents are required to submit the BSA Youth Application and the \$170 BSA fee, 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, parents will be provided the code to register their student for this club.
-Scouts will be working to earn advancements in the Boy Scouts of America program, and attendance is expected.
-Scouts 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.
-Scouts will have the opportunity to do Den/Pack hikes and camping trips outside of school and club hours.
4. Girl Scouts – Is NOT offered through Rilke Clubs. For more information contact Kristin Schubert at muchacha_bug@hotmail.com
5. Kidding Around Yoga (KAY)- Kidding Around Yoga with Dietrich - Yoga, Meditation, and Mindfulness, includes active Kids Yoga practice with meditation, games, songs, art, and other fun activities. Offered by Frau Dietrich Johnson. Time provided at the beginning of the club for snacks, snacks not provided.
6. Mindful Maker's Coloring and Papercrafts- Mindful Makers Coloring and Papercrafts with Frau Dietrich Johnson: Students practice mindfulness, social skills, and manners while coloring, crafting, and creating with markers, gel pens, glitter pens, washi tape, making origami, dioramas, cards, scrapbooking, and other mixed media art. Time provided at the beginning of the club for snacks, snacks not provided
7. Mindful Makers - Watercolor - Mindful Maker's Watercolor with Frau Dietrich Johnson: Students create watercolor art using mindfulness prompts, and end class with meditation while the paint dries. Price includes all project supplies. Time provided at the beginning of the club for snacks, snacks not provided. Offered by Dietrich Johnson.
8. Mindful Maker's Diamond Art & Sticker Painting - Mindfulness Club led by Frau Becky Blankenship. Club students will practice Mindfulness while working on creating art individually or in small groups using "diamond" or "crystal" painting, sticker painting, and other dry paint techniques. This is a Mixed ages class. Time is provided at the beginning to eat snacks mindfully (snacks are not provided).

9. 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.**
10. 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.**
11. 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 th & 6th graders (Thursday Lunch). 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.
12. 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.
13. 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.**
14. 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.
15. Travel Club – Is NOT offered through Rilke Clubs. Please contact Frau Robertson for more information.
16. 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!
22. Mindful Builders with Herr Steven Johnson: Students practice mindfulness, teamwork, and problem solving while building with materials like Lincoln logs, tinker toys, marble run, and Lego blocks! Time provided at the beginning of the club for snacks, snacks not provided.
23. Mindful Makers - Puzzles, Brain Teasers, and Logic Games - Mindfulness Club led by Frau Becky Blankenship. Club students will practice Mindfulness while working on puzzles, brain teasers, and different logic games. This is a Mixed ages class. Time is provided at the beginning to eat snacks mindfully (snacks are not provided by teacher).