

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
7:00-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
3:15-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 208, GYM	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Herr Koch (Awesome Possums – Rm 208, Frau Wallace (Prideful Panthers – Rm GYM)
	Travel Club will be held every other week in room 207 with Frau Tarrant					
	ORFF	5-6	\$150.00	130	20	Rilke Teacher Herr Downie **Must sign up for Monday and Wednesday session**
	Acting: Scenes and Monologues	3-8	\$250.00	201	16	Janet Stoneburner
	Rhythm, Movement, & Ballet	2-3	\$300.00	102	10	Beatriz Lavagnino- Ms. B
	Drawing Club	2-8	\$300.00	106	20	Renee Morhain
	Wu Tan Kung Fu	K-6	\$200.00	M.S. Commons	25	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Kidding Around Yoga	K-2	\$300.00	129A	25	Kidding Around Yoga - Frau Dietrich Johnson
	Mindful Builder's	K-8	\$300.00	132	25	Mindful Builders - Herr Steve Johnson
Puzzles, Games, & Crafts	K-8	\$300.00	217	20	Frau Becky Blankenship's Mindfulness Clubs	
4:30-5:30pm	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
7:00-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15- 8:00am	ORFF	7-8	\$150.00	130	20	Rilke Teacher Herr Downie **Must sign up for Tuesday and Thursday session**
3:15-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 208, 106	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Herr Koch (Awesome Possums – Rm 208, Frau Wallace (Prideful Panthers – Rm106)
	Rhythm, Movement, & Ballet	1-3	\$300.00	102	10	Beatriz Lavagnino- Ms. B
	Kung Fu	K-6	\$200.00	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	K-8	\$300.00	207	25	Mindful Builders - Herr Steve Johnson
	Quiet Homework Club	2-8	\$150.00	205	20	Rilke Teacher – Frau Reinhart
	Puzzles, Games, & Crafts	K-2	\$300.00	217	20	Frau Becky Blankenship's Mindfulness Clubs
	Table Tennis Club	2-8	\$175	GYM	8	Rilke Teacher - Sophia Sanders
	Mindful Maker’s Watercolor, Diamond Art & Sticker Painting	2-8	\$300.00	132	25	Mindful Makers – Frau Dietrich Johnson
	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen, TBD
4:30-5:30pm	Cub Scouts	K-1	\$65 – see description	201	25	Cub Master Martin

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Wednesday

Time	Club Name	Grades	Price	Location	Max	Run by
7:00-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15-8:00 am	ORFF	5-6	\$150.00	130	20	Rilke Teacher- Herr Downie **Must sign up for Monday and Wednesday session**
3:15-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 208, GYM	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Herr Koch (Awesome Possums – Rm 208, Frau Wallace (Prideful Panthers – Rm GYM)
	Production Workshop	2-8	\$250.00	132	20	Janet Stoneburner
	Reading Club	3-4	\$150.00	207	20	Rilke Teacher – Frau Robertson
	Drawing Club	1-3	\$300.00	106	15	Renee Morhain
	Mindful Builder’s	K-8	\$300.00	201	25	Mindful Builders - Herr Steve Johnson
	Kidding Around Yoga	K-8	\$300.00	129A	25	Kidding Around Yoga - Frau Dietrich Johnson
	Cub Scouts	4-5	\$65 - see description	201	15	Cub Master Martin
	Puzzles, Games, & Crafts	K-2	\$300.00	217	20	Frau Becky Blankenship's Mindfulness Clubs
	Kung Fu	K-6	\$200.00	M.S. Commons	25	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
4:30-5:30pm	Playground Club (Session 2)	All	\$150.00	Gym	45	Rilke Teachers- Herr Helgesen
	Cub Scouts	2-3	\$65 – see description	201	15	Cub Master Martin

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Thursday						
Time	Club Name	Grades	Price	Location	Max	Run by
7:00-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
7:15-8:00 am	ORFF	7-8	\$150.00	130	20	Rilke Teacher Herr Downie **Must sign up for Tuesday and Thursday session**
3:15-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 208, GYM	60	Rilke Teachers- Herr Helgesen (Steller Sealions - Rm 101), Herr Koch (Awesome Possums – Rm 208, Frau Wallace (Prideful Panthers – GYM)
	Production Workshop	2-8	\$250.00	106	20	Janet Stoneburner
	Rhythm, Movement, & Ballet	1-3	\$300.00	102	10	Beatriz Lavagnino- Ms. B
	Reading Club	5-6	\$150.00	201	20	Rilke Teacher – Frau Ringgenberg
	Kung Fu	K-6	\$200.00	M.S. Commons	25	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Puzzles, Games, & Crafts	K-2	\$300.00	217	20	Frau Becky Blankenship's Mindfulness Clubs
	Mindful Racer's Slot Cars	K-8	\$350.00	207	25	Mindful Racers - Herr Steve Johnson
	Performance Band	5-8	\$150.00	129A	30	Frau Hilde **For 3rd and 4th year band students**
	Mindful Maker's Mixed Media, Coloring, and Papercrafts	K-8	\$300.00	132	25	Mindful Makers – Frau Dietrich Johnson
4:30-5:30pm	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
7:00-7:45am	Smart Start	All	\$150.00	Gym	20	Rilke Teacher- Herr Helgesen
2:00-3:15pm	Fun Friday	All	\$150.00	Gym/ Outside	50	German Interns & Rilke Clubs Staff (Limited to 50 students)
	Mindful Maker's Mixed Media, Coloring, and Papercrafts	K-8	\$300.00	132	25	Mindful Makers – Frau Dietrich Johnson
	Improv!	K-8	\$250.00	106	20	Janet Stoneburner
	Rhythm, Movement, & Ballet	K	\$300.00	129A	12	Beatriz Lavagnino- Ms. B
	Kung Fu	K-6	\$200.00	M.S. Common Area	25	Wu Tan Kung Fu and Tai Chi Institute – Sifu Walle
	Jr. Native Youth Olympics	1-6	\$200.00	GYM	20	Frau Cassidy Kramer
	Mindful Builders & Board Games	3-8	\$300.00	217	25	Herr Landen Johnson and Herr Nathan Myers
	Mindful Racer's Slot Cars	K-8	\$350.00	207	25	Mindful Racers - Herr Steve Johnson
3:15-4:30pm	Social Club (Session 1)	All	\$150.00	Rms:101, 208, GYM	60	Rilke Teachers- Herr Helgesen (Stellar Sealions - Rm 101), Herr Koch (Awesome Possums – Rm 208, Frau Wallace (Prideful Panthers – Rm GYM)
	Kidding Around Yoga	K-8	\$250.00	129A	20	Kidding Around Yoga - Frau Dietrich Johnson
	Theatre Games	K-8	\$250.00	106	10	Janet Stoneburner
	Puzzles, Games, & Crafts	K-8	\$300.00	217	20	Frau Becky Blankenship's Mindfulness Clubs
	Mindful Racer's Slot Cars	K-8	\$350.00	207	25	Mindful Racers - Herr Steve Johnson
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 January 24th, 2025

1. Acting: Scenes and Monologues – Is offered by Janet Stoneburner. Delve into acting by learning and applying skills to an assortment of scenes and monologues. This class will also teach students how to prepare for auditions. A great fit for beginners and experienced actors.
2. 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 on 720-1060.
3. Band Performance – This club is for 3rd and 4th year band students or by audition for 2nd year students. Students are required to perform 2-3 concerts each semester, a small ensemble piece in the winter, and a solo in the spring.
4. Cub Scouts – Cub Scouts is a family-oriented club with weekly den meetings during club times, and a monthly pack meeting, typically the 3rd Wednesday of the month from 6-8pm. Cub Scouts is a year-long commitment. The cost for this club is \$65 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. Please check out our Introduction to Scouting page for more details:
https://www.canva.com/design/DAFHuIpJokI/F72uHd6ODodL8QqjoryiPw/view?utm_content=DAFHuIpJokI&utm_campaign=designshare&utm_medium=link&utm_source=editor
5. Drawing Club - Professional art teacher Renee Morhain, has been instructing in Anchorage for five 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!
6. Girl Scouts – Is NOT offered through Rilke Clubs. For more information contact Kristin Schubert at muchacha_bug@hotmail.com
7. Improv! – Is offered by Janet Stoneburner. Come learn the basics of comedy improvisation in the style of Who's Line is it Anyway?! Students will learn a variety of improv warmups, games and scenes. This class is great for beginners and seasoned actors alike.
8. Junior Native Youth Olympics (JNYO) – Is offered by Frau Cassidy Kramer. During the first half of the semester, students will have the opportunity to practice JNYO games and participate in the state JNYO competition together.
9. Kidding Around Yoga (KAY)- Kidding Around Yoga with Dietrich Johnson - Yoga, Meditation, and Mindfulness, includes active kids' yoga practice with meditation, games, songs, art, and other fun activities. Offered by Frau Dietrich Johnson.
10. Mindful Maker's Mixed Media, Coloring, and Papercrafts- Mindful Makers Coloring and Papercrafts with Frau Dietrich Johnson: Students practice mindfulness and social skills while coloring, crafting, and creating with markers, gel pens, glitter pens, washi tape, making origami, dioramas, cards, scrapbooking, and other mixed media art.
11. Mindful Makers – Watercolor, Diamond Art & Sticker Painting - Mindful Maker's Watercolor with Frau Dietrich Johnson: Students create watercolor art, "diamond" or "crystal" painting, sticker painting, and other dry paint techniques using mindfulness prompts, and end class with meditation while the paint dries. Price includes all project supplies. Offered by Dietrich Johnson.
12. 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!

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13. Mindful Builders & Board Games - with Herr Landen Johnson and Herr Nathan Myers: Students practice mindfulness, teamwork, and problem solving while building with materials like Lincoln logs, tinker toys, marble run, and Lego blocks! Students will also have the opportunity to play a variety of board games.
14. ORFF- Is a music program that follows the ORFF teaching method, offered through Rilke Clubs by Rilke music instructor, Herr Downie. The ORFF approach is a method of teaching children about music that engages their mind and body through a mixture of singing, dancing, acting, as well as the use of percussion instruments. **Students must sign up for both days available for their grade level. During the fall semester, ORFF will not begin until after Labor Day.**
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 others, and learn or practice seasonally appropriate outdoor games. **This is a fully integrated combined age class.**
16. Production Workshop – Is offered by Janet Stoneburner. Come be in a show! This class meets twice a week to learn acting skills and rehearse a short play with a performance for friends and families at the end.
17. Puzzles, Games, & Crafts - Mindfulness Club led by Frau Becky Blankenship. Club students will practice Mindfulness while working on puzzles, crafts, and a variety of games. This is a mixed ages class.
18. Reading Club- Is offered by Rilke Clubs through Frau Robertson for 3rd & 4th graders (Wednesday), and Frau Ringgenberg 5th & 6th graders (Thursday). 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.
19. Rhythm, Movement & Ballet - Is offered by Beatriz Lavagnino. This club is an introduction to rhythm, movement, and ballet.
20. Mindful Racer's Slot Cars- 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. The cost of \$300 includes a 1/32 Scale Slot Car and Track Building Starter Sets and any necessary safety equipment.
21. Smart Start- Is offered by Rilke Clubs through Herr Helgesen before school. 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 Clubs 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 grouped by age and grade level.
23. Table Tennis - Is offered by Rilke Clubs through Frau Sanders. Students should be between 7 and 12 years old. If the student is over 12 but has prior tennis experience, they are also welcome to join. Students are required to bring their own paddle. Students should wear sports shoes and bring their own water bottle. The course includes warm-ups, systematic balance and coordination training, and exercises to improve ball control and feel. The training emphasizes proper form and body coordination. We also focus on developing sportsmanship and respect for coaches, teammates, and opponents. To the parents—If you're considering signing up, please note that some practice time at home will be required each week. Most importantly, please respect your child's willingness to participate.
24. Theatre Games – Is offered by Janet Stoneburner. Perfect for younger actors, students will learn basic acting skills through storytelling, theatre games, puppets and improvisation.
25. Travel Club – Is NOT offered through Rilke Clubs. Please contact Frau Tarrant for more information.

26. 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.**