Rilke Clubs
Before and After School ProgramBefore and After School Program
The price is to attend that day every week for the Semester

Monday

Time	Club Name	Grades	Price	Max	Run by
7:00–7:45 AM	Smart Start	All	$150.00	20	Rilke Teacher — Herr Helgesen
	Wake Up and Stretch	2–8	$225.00	20	Anchorage Classical Ballet Academy
3:15–4:30 PM	Social Club	All	$150.00	60	Rilke Teachers — Herr Helgesen (Steller Sealions), Herr Koch (Awesome Possums), Club Staff (Prideful Panthers)
	Beginning Band - Lab	5–8	$300.00	8	Herr Paul Bingham and Frau Abigail Spear
	Drama Llamas!	3–8	$250.00	20	Frau Janet Stoneburner
	Quiet Homework Club	2–8	$150.00	20	Rilke Teacher — Herr Darrel
	Drawing Club	3–8	$325.00	28	Frau Renee Morhain
	Wu Tan Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
	Table Tennis Club	2–8	$175.00	14	Rilke Teacher — Frau Sanders
	Lego Engineering	4–8	$300.00	12	Rilke Teacher – Frau Squier
	Broadway and Jazz Dance	1–3	$300.00	15	Anchorage Classical Ballet Academy
	Legos, Puzzles, & Games	All	$300.00	25	Frau Becky Blankenship's Mindfulness Clubs
4:30–5:30 PM	Free Choice Club	All	$150.00	30	Rilke Teachers — Herr Helgesen & Frau Robertson

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**	**Max**	**Run by**
7:00–7:45 AM	Smart Start	All	$150.00	20	Rilke Teacher — Herr Helgesen
7:15–8:00 AM	ORFF	6-8	$150.00	30	Herr Downie **Must sign up for Tuesday and Thursday session**
3:15–4:30 PM	Social Club	All	$150.00	60	Rilke Teachers — Herr Helgesen (Steller Sealions), Herr Koch (Awesome Possums), Club Staff (Prideful Panthers)
	Rhythm, Movement, & Ballet	2–3	$300.00	16	Beatriz Lavagnino Ms. B.
	Wu Tan Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
	Drawing Club	All	$325.00	28	Frau Renee Morhain
	Art Studio Club	3–8	$325.00	20	Frau Renee Morhain
	Performance Band	6–8	$150.00	20	Frau Hilde
	German Learning Games	K–2	$300.00	15	SamstagsSchule — Frau Jacobs
	Legos, Puzzles, & Games	All	$300.00	25	Frau Becky Blankenship's Mindfulness Clubs
	Improv!	3–8	$250.00	20	Frau Janet Stoneburner
	Cub Scouts — Arrow of Light Den	5th	$65 — see description	15	Pack 409 Den Leaders
	Creative Puppets and Marionettes Club	3–6	$250.00	14	The Batty Puppeteers Troupe — Herr Bryan Nelson
4:30–5:30 PM	Free Choice Club	All	$150.00	30	Rilke Teachers — Herr Helgesen
	Wu Tan Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
	Cub Scouts — Lion, Tiger, Wolf, and Bear Dens	K–3	$65 — see description	25	Pack 409 Den Leaders (Lion & Tiger Den Leaders Needed!)

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Wednesday					
Time	**Club Name**	**Grades**	**Price**	**Max**	**Run by**
7:00–7:45 AM	Smart Start	All	$150.00	20	Rilke Teacher — Herr Helgesen
3:15–4:30 PM	Social Club	All	$150.00	60	Rilke Teachers — Herr Helgesen (Steller Sealions), Herr Koch (Awesome Possums), Club Staff (Prideful Panthers)
	Performance Rhythm, Movement, & Ballet	2–6	$300.00	12	Beatriz Lavagnino- Ms. B.
	Production Workshop	3–8	$250.00	20	Frau Janet Stoneburner
	Reading Club	3–4	$150.00	25	Rilke Teacher — Frau Robertson
	Art Projects Club	All	$325.00	28	Renee Morhain
	Legos, Puzzles, & Games	All	$300.00	25	Frau Becky Blankenship's Mindfulness Clubs
	D&D and Board Games Club	5–8	$300.00	18	Rilke Teacher — Herr Phillips **Club is 3:15-5:30pm**
	Discover! Natural and Social Sciences — auf Deutsch	3–6	$275.00	20	SamstagsSchule — Frau Jacobs
	Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
4:30–5:30 PM	Free Choice Club	All	$150.00	30	Rilke Teachers — Herr Helgesen & Frau Robertson
	Wu Tan Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
	Cub Scouts — Webelos Den	4th	$65 — see description	15	Pack 409 Den Leaders

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Thursday					
Time	**Club Name**	**Grades**	**Price**	**Max**	**Run by**
7:00–7:45 AM	Smart Start	All	$150.00	20	Rilke Teacher — Herr Helgesen
7:15–8:00 AM	ORFF	6-8	$150.00	30	Rilke Teacher- Herr Downie **Must sign up for Tuesday and Thursday session**
3:15–4:30 PM	Social Club	All	$150.00	60	Rilke Teachers — Herr Helgesen (Steller Sealions), Herr Koch (Awesome Possums), Club Staff (Prideful Panthers)
	Painting Club	All	$325.00	25	Frau Renee Morhain
	Rhythm, Movement, & Ballet	1st	$300.00	16	Beatriz Lavagnino — Ms. B.
	Reading Club	5–6	$150.00	25	Rilke Teacher — Frau Ringgenberg
	Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
	German Learning Games	3–6	$275.00	15	SamstagsSchule — Frau Jacobs
	Rilke LifeSavers Club	6–8	$300.00	16	Alyeska Rescue – Frau Jurasek-Bayne
	Legos, Puzzles, & Games	All	$300.00	20	Frau Becky Blankenship's Mindfulness Clubs
	Sketching Club	3–8	$175.00	20	Rilke Teacher — Frau Robertson
4:30–5:30 PM	Free Choice Club	All	$150.00	30	Rilke Teachers — Herr Helgesen
	Wu Tan Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle

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Friday					
Time	**Club Name**	**Grades**	**Price**	**Max**	**Run by**
7:00–7:45 AM	Smart Start	All	$150.00	20	Rilke Teacher — Herr Helgesen
2:00–3:15 PM	Fun Friday	All	$150.00	50	Rilke Club Staff
	Improv!	All	$250.00	20	Frau Janet Stoneburner
	Rhythm, Movement, & Ballet	K	$300.00	16	Beatriz Lavagnino — Ms. B.
	Wu Tan Kung Fu	K–6	$250.00	30	Wu Tan Kung Fu and Tai Chi Institute — Sifu Walle
	Junior Native Youth Olympics (JNYO)	K–6	$300.00	20	Frau Cassidy Kramer
	Broadway and Jazz Dance	1–3	$300.00	15	Anchorage Classical Ballet Academy
	Textile Arts Club — auf Deutsch!	3–8	$275.00	20	SamstagsSchule — Frau Jacobs
	Legos, Puzzles, & Games	All	$300.00	20	Frau Becky Blankenship's Mindfulness Clubs
	Chinese Club	1–6	$150.00	16	Rilke Staff - Frau Sanders
	Beginning Band	5–8	$225.00	28	Herr Paul Bingham and Frau Abigail Spear
	Drawing Club	All	$325.00	28	Renee Morhain
3:15–4:30 PM	Social Club	All	$150.00	60	Rilke Teachers — Herr Helgesen (Steller Sealions), Herr Koch (Awesome Possums), Club Staff (Prideful Panthers)
	Theatre Games	All	$250.00	20	Frau Janet Stoneburner
	The Game Room — Board Games, Card Games, & Puzzles	2–8	$250.00	20	SamstagsSchule — Frau Jacobs
	Legos, Puzzles, & Games	All	$300.00	20	Frau Becky Blankenship's Mindfulness Clubs
4:30–5:30 PM	Free Choice Club	All	$150.00	30	Rilke Teachers — Herr Helgesen & Frau Roberts

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After School Activities Descriptions

Clubs are non-refundable after January 21st, 2027

1. Art Project Club: Ignite Your Child's Passion for Art! Are you excited to cultivate your child's artistic abilities? Join our dynamic Art Projects Club, where young artists can dive into a diverse range of artistic activities including: beading, scratch art, collage, painting, drawing, multimedia creations, and much more! Guided by Frau Renee Morhain, a professional artist and seasoned art educator, students will engage in imaginative, age-appropriate projects that spark their creativity. They'll explore various techniques in each medium, learning how to express themselves through intricate beading, innovative collage designs, vibrant paintings, and captivating drawings. Through multimedia creations, students will discover the joy of combining different materials to bring their artistic visions to life. Encourage your child's creativity and self-expression—Enroll in our Art Projects Club today! Let their imagination soar as they create beautiful artwork and treasured crafts.Guided by Renee Morhain, a professional artist and seasoned art educator, students will engage in imaginative, age-appropriate projects that spark their creativity. They'll explore various techniques in each medium, learning how to express themselves through intricate beading, innovative collage designs, vibrant paintings, and captivating drawings. Through multimedia creations, they'll discover the joy of combining different materials to bring their artistic visions to life. Encourage your child's creativity and self-expression—enroll them in our Art Projects Club today! Let their imagination soar as they create beautiful artwork and treasured crafts.
2. Art Studio Club: Unleash your child's creative potential in Art Studio Club, a dedicated space designed for students in 4th grade and up who are ready to lead their own artistic journey. This club offers a unique environment for self-motivated artists to work independently on projects of their choosing; free from the constraints of traditional assignments. Students will have access to a wide variety of quality materials—paints, markers, pastels, and sketching tools—allowing endless experimentation with different styles and mediums. Whether your child is looking to master a specific technique or simply needing a quiet place to bring their visions to life, this Art Studio Club provides the resources and freedom to explore their craft.
3. Beginning Band: Is offered by Herr Paul Bingham and Frau Abigail Spear for 5th-8th grade students (4th grade on approval). We will offer lessons, ensemble skills, masterclass workshops, and a catalogue of historical musicians for the following instruments:Brass: trombone, trumpet, French horn, euphonium, baritone, and tuba. Woodwinds: flute, clarinet, and alto saxophone. Brief Instructor Biography: My name is Paul Bingham. I am a retired Army veteran and currently Music Education major at the University of Alaska Anchorage. I bring over ten years of experience with the White Pine County School District in Ely, Nevada, where I have supported students across elementary, middle, and high school settings. My roles there included: working as a student aid for students with disabilities, leading a "school within a school" program at the middle school level, and serving as an in-school suspension administrator at the high school. In addition to my work in education, I have coached middle and high school football and basketball, as well as three years spent as head football coach for the Nevada Division II State Championship Bobcats. I am passionate about building strong, supportive teams and look forward to bringing that same energy, structure, and enthusiasm into the Rilke band room. Frau Abigail is a music education student at the University of Alaska Anchorage and an accomplished clarinetist. She has performed in a variety of ensembles across Anchorage, including performing with the Anchorage Civic Orchestra. With over two years of experience teaching private lessons, she is a skilled communicator and dedicated mentor. Abigail is excited to continue developing her craft as she takes the next steps toward her career as a professional educator.

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4. Beginning Band - Lab: Give your beginning musician additional support through this small group instrumental instruction and individual coaching! Led by Herr Paul Bingham and Frau Paige, a fellow UAA ensemble musician with two years of experience teaching private trumpet and beginning instrument lessons.This lab focuses on tone, instrument technique, rhythm, music reading, and reading band music. Both instructors will work with students in smaller groups organized around their instruments and learning needs. This club supplements regular band participation. Students must bring their own instrument and band materials.
5. Broadway and Jazz Dance: This club is offered by Anchorage Classical Ballet Academy. Step Into the Spotlight! ACBA's Broadway & Jazz Dance Club is all about big smiles, bold moves, and show-stopping fun. Learn upbeat dances to songs from your favorite musicals, build confidence to perform, and shine like a star! Dancers will experience a jazz warm-up, work on dance routines that develop and strengthen their dance technique and enjoy learning about jazz and Broadway dance styles. Open to dancers in grades 1–3—no experience needed, just bring your energy and imagination!
6. Chinese Club: Is offered by Rilke Clubs through Frau Sanders. The course is conducted in Mandarin and follows the YCT Singapore curriculum. Frau Sanders will cover one lesson every two weeks and will incorporate Pinyin and Chinese character writing along the way. During festive seasons, Frau Sanderswill also introduce aspects of traditional Chinese culture. The instructor kindly asks parents to ensure that your child has a genuine interest in learning Chinese before enrolling into the club. If your child needs to take leave, please inform club staff at least one week in advance. Frau Sanders will provide some learning materials for home study to help students keep up with their progress.
7. Cub Scouts: Cub Scouting is a Scouting America program for children in kindergarten through fifth grade (K-5) designed to foster: character development, citizenship, personal fitness, and leadership through fun, family-centered activities. Pack 409 at Rilke offers weekly den meetings, monthly pack meetings (one Wednesday/month 6pm-7:30pm), and opportunities for overnight camping trips, hikes, swimming outings, Pinewood Derby racing, and more. Cub Scouts is a yearlong commitment. The cost for this club is $65 per semester plus an annual $170 scout fee paid directly to the Scouting of America. Club fees cover den dues, achievement belt loops and patches, activities materials, and more. New to Scouting families must fill out an application with Scouting America (https://my.scouting.org/VES/OnlineReg/1.0.0/?tu=UF-MB-610paa0409) as well as go through a How To Protect Your Children From Child Abuse pamphlet, and review a Parent Guide. Renewing families are required to re-confirm the review of the HTPYCFCA pamphlet. Parents are asked to commit to volunteering at least one den and/or pack meeting per school semester. We are still seeking den leaders to be able to offer the Lion & Tiger Den for Pack 409 for the 2026-27 school year. We supply all materials needed to lead our scoutsbut volunteers with enthusiasm are needed! No prior scouting experience is needed, but helpful!
8. Creative Puppets and Marionettes Club: This club is offered by The Batty Puppeteers Troupe. This is an introduction to the vast world of puppetry. The club explores different types of puppets, such as hand, shadow, and marionettes. Students will learn to tell stories through creation and use of puppets, culminating in their own end-of-semester performance for family and friends.
9. D&D and Board Games Club: This club is offered by Rilke Clubs and hosted by Rilke Teacher, Herr Philips. Students will either play in a D&D campaign or participate in board games. Campaigns will be grouped into 3-6 students. Each meeting will allow for two campaigns to be played. Club length is 2 hrs. to provide time for campaigns, **3:15-5:30pm****
10. Discover! Natural and Social Sciences — auf Deutsch: Is offered by SamstagsSchule and hosted by Frau Jacobs. Curious Minds, Come Explore! In this easy-going science and discovery club, students will dive into exciting topics from the world around us — all in German! We'll start with "**Tiere im Winter**" **(Animals in Winter)** through differentiated (depending on German language level) reading, discussion, and projects. As the weeks go on, students will help choose at least two more topics from a wide range of fascinating themes — such as **volcanoes, ancient Egypt, planets and stars, continents, the seasons, energy and more**. Through reading, group activities, and exploration, students will build vocabulary, practice scientific thinking, and deepen their connection to the natural world — all while learning and collaborating in German. This club is perfect for young explorers who love to ask questions, make discoveries, and learn together in a fun, language-rich environment!

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11. Drama Llamas!: Is offered by Frau Janet Stoneburner. Come explore a variety of theatre activities including acting in scenes and monologues, improvisation, creating your own skits, writing scenes, stage combat and more!
12. Drawing Club: Ignite Your Child's Passion for Drawing! Are you eager to nurture your child's artistic talents? Join our vibrant art club, where young artists will explore the fundamentals of drawing in a fun and engaging environment. Under the guidance of Frau Renee Morhain, a professional artist and experienced art teacher, students will embark on exciting, age-appropriate projects. They will learn essential techniques in form, shadow, texture, and color mixing while drawing a variety of subjects, including animals, people, and intriguing objects. Encourage your child's creativity and self-expression—Enroll them in our drawing club today!
13. Free Choice Club: Is offered by Rilke Clubs and hosted by Herr Helgesen, Herr Koch & Frau Robertson. During this time, students will have the opportunity to play freely in the gym or outside depending on weather conditions. Students in third grade and up will be allowed to play appropriate games or activities on computers and on approved school websites.
14. German Learning Games (K-2): This club is offered by SamstagsSchule and hosted by Frau Jacobs. This afterschool club offers our youngest students an engaging and playful way to strengthen their language skills. Through a variety of age-appropriate games and activities all conducted in or involving German, children will continue to build vocabulary, practice listening and speaking, and deepen their connection to the language while developing communication and collaboration skills. This club provides a supportive and enjoyable environment to use German naturally, build confidence, and have fun with peers while reinforcing what they learn in class. Activities also highlight aspects of German culture and everyday life, helping students make meaningful language connections beyond the club and the classroom.
15. German Learning Games (3-6): Is offered by SamstagsSchule and hosted by Frau Jacobs. This afterschool club offers students in grades 3–6 a chance to practice and strengthen their German through games and collaborative activities. Designed for a range of learners, the club focuses on building vocabulary, reinforcing basic grammar, and encouraging spoken language in a low-pressure setting. Of course, German culture and European geography is covered as well. Activities may include board games, memory and matching games, team challenges, and language-based puzzles—all conducted in or involving German. Students will work in small groups or pairs to complete tasks and build confidence using the language. Games may be collaborative or competitive and are designed for everyone to be involved. No matter the level of German already achieved, the club provides a supportive environment to use the language in a fun and interactive way. Play your way to better German!
16. Improv!: This club is offered by Frau Janet Stoneburner. Come learn the basics of comedy improvisation in the style of *Whose Line is it Anyway?!* Students will learn a variety of improv warm-ups, games, and scenes. This class is great for beginners and seasoned actors alike.
17. Junior Native Youth Olympics (JNYO) - Is offered by Frau Cassidy Kramer. Join the JNYO club and celebrate Alaska's culture through strength, skill, and teamwork! Learn about traditional events like the One-Foot-High Kick, Seal Hop, and Stick Pull while building confidence and friendships. Each practice is a fun way to stay active and honor Alaskan Native traditions. Best of all, you have a chance to compete with students from across Alaska in March!
18. Lego Engineering: Is offered by Rilke Teacher, Frau Squier. Join Frau Squier in creating LEGO machines and robotics. Work in teams to create machines using motors, gears, and remote controls to perform tasks, solve puzzles, and navigate obstacles.
19. Legos, Puzzles, & Games: This club is offered by Frau Becky Blankenship. Join Frau Becky as we build Legos, solve challenging puzzles, and play a variety of classic board and card games.
20. ORFF: Is a music program that follows the ORFF teaching method, offered through Rilke Clubs and hosted byRilke music instructor, Herr Downie. The ORFF approach is a method of teaching children about music that engages their minds and bodies through a mixture of singing, dancing, acting, as well as the use of percussion instruments. This club is for 6^{th}-8^{th} grade students. Must sign up for Tuesday and Thursday.
21. Painting Club: Are you eager to nurture your child's artistic talents? Join our vibrant painting club, where young artists will explore the exciting world of watercolor, acrylics, tempera paints and pastels in a fun and engaging environment. Under the guidance of Frau Renee Morhain, a

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professional artist and experienced art teacher, students will embark on thrilling, age-appropriate projects. They will learn essential painting techniques such as color mixing, layering, additives, and resistance painting, enabling them to create beautiful and expressive artwork. Encourage your child's creativity and self-expression—Enroll Your Kiddo in Our Painting Club.

22. Performance Band: Is offered by Rilke Clubs and hosted by Frau Hilde. This is for intermediate 6-8th grade band students who are already in Performance Band or who have an instructor recommendation to progress from beginner band. Band is a yearlong club. Students are required to participate in a winter and spring concert, as well as perform a spring solo. Performance Band students will have additional opportunities to perform throughout the year. Please contact Frau Hilde with any questions: 907-720-1060 or alishahilde@gmail.com.
23. Performance Rhythm, Movement & Ballet: Produced by Beatriz Lavagnino, Mrs. B. This club is by invitation only for students that are interested in practicing and performing in a dance production show. Students must be able to commit to staying for the entire club time to practice for performance.
24. Production Workshop: Is offered by Frau Janet Stoneburner. Come be in a show! This class teaches acting skills and rehearses a short play with a performance for friends and families at the conclusion of the session.
25. Quiet Homework Club: Is offered by Rilke Clubs and hosted by Herr Darrel. Students are given the opportunity to work on homework in a quiet study environment and with the option for homework help
26. Reading Club: Is offered by Rilke Clubs and hosted by 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.
27. Rilke LifeSavers Club: The Rilke LifeSavers Club offers an interactive, hands-on opportunity for 6th through 8th grade students to learn essential lifesaving skills. Led by experienced professionals from Alyeska Rescue, this afterschool program empowers middle schoolers with the confidence to act quickly in medical emergencies. Throughout the session, participants will learn the basics of wound care, burn treatment, allergic reactions, diabetic emergencies, and more. Students will also gain practical experience practicing chest compressions and choking relief using specialized training manikins. In addition to physical skills, the curriculum focuses on effective emergency communication, teaching students exactly how to call 911 and relay critical information. Students will also build their own first aid kits. Ultimately, this club transforms young students into capable, responsible bystanders who are fully prepared to save a life. There will be an additional $50 fee for students who choose to become certified with an official certification card.
28. Rhythm, Movement & Ballet: This club is hosted by Beatriz Lavagnino. This club is an introduction to rhythm, movement, and ballet.
29. Smart Start: Is hosted offered by Rilke Clubs and hosted by 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.
30. Social Club: 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 grouped by age and grade level.
31. The Game Room — Board games, Card games, &Puzzles: Is offered by SamstagsSchule and hosted by Frau Jacobs. Come on in! This is the club for students who love to play, connect, strategize, and solve puzzles. A welcoming space to enjoy a variety of games with friends and make new ones. From the classics to modern favorites- each session is packed with opportunities to learn and expand teamwork, collaboration and critical thinking skills — as well as have fun! Speaking German is encouraged and supported! What to expect: a variety and continually changing games,

friendly competition and teamwork, creative problem-solving and challenges. This is an inclusive environment for all skill levels. Let's meet in the Game Room!

32. Textile Arts Club — auf Deutsch: Is offered by SamstagsSchule and hosted by Frau Jacobs. In this creative afterschool club, students will explore the world of textile arts through hands-on projects in **crocheting, knitting, felting, and needlework**. Whether your child is a beginner or already has experience with yarn and thread, this club offers opportunities to learn new skills and grow existing ones. Students will build foundational techniques and develop their abilities as they work on individual and group projects. The club fosters creativity, patience, and fine motor skills while encouraging artistic expression through fibers and textures. **All basic materials are provided;** however, families may choose to supply their own yarn, needles, or tools if they prefer specific colors or qualities. Open to all skill levels—from curious beginners to experienced crafters—this club is perfect for students who love making things with their hands and want to expand their textile art skills in a supportive and social environment.
33. Table Tennis: Is offered by Rilke Clubs and hosted by Frau Sanders. Students should be between 7 and 12 years old. 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.
34. Theatre Games: This club is offered by Frau Janet Stoneburner. Perfect for younger actors, students will learn basic acting skills through storytelling, theatre games, puppets, and improvisation.
35. Wake Up and Stretch: Start the day off right with a gentle stretch and conditioning warm-up. This club will help students tone their bodies and prepare their minds for the day with a full body stretch class. Open to grades 2 and up, no experience is needed. Yoga mats are recommended.
36. Wu Tan Kung Fu: (K-6) Is offered by Sifu Kevin Walle and hosted by the Wu Tan Kung Fu and Tai Chi Institute. Students will be taught basic movements and exercises from various traditional Chinese Martial Arts (including Praying Mantis, Tsung I, and Tai Chi). The class is designed to be a fun introduction into the arts as well as a good way to develop body awareness and self-confidence. No special gear is needed but indoor shoes that are not restrictive of the ankles are recommended (no boots). It will be a very physically active class - please give your children extra snacks to eat the first 5 minutes of club time. Sifu Kevin has been training in Traditional Chinese Martial Arts since 1988. He also ran a kung fu school for 11 years in Darwin Australia and is currently a senior instructor at Wu Tan Kung Fu and Tai Chi Institute here in Anchorage.

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