



Intermediate Dance Class for YR 2 – YR 6

12 Week Course:

September 22nd, 29th

October 6th, 13th, 20th, 27th

November 3rd, 10th, 17th

December 1st, 8th

Class open to students in Year 1 and up (Year 2, 3, 4, 5, 6)

Thursdays from 3:45 -4:45pm

Price for 12 week course: \$230.00

Class Description: The style of dance being taught will be Contemporary Dance (which is a combination of ballet and jazz). Children may wear ballet clothes but no shoes are required. In this class students will learn:

- Tondus
- Plies
- Ronde de jamb
- Releves
- Developes
- Grande battemans
- Pirouettes
- Leaps
- Turns
- Balance
- Dance positions and terminology
- Traveling phrases across the floor
- Musicality
- Routines
- Choreography (how to make up their own dance)

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Tae Kwon Do

Martial arts training for children has shown to improve discipline, concentration, and respect. Classes consist of many coordination games, making the lessons as fun as possible, while still maintaining necessary structure and discipline throughout the class.

The five basic principles of Tae Kwon Do include: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit. For further information on the principles and a brief history of Tae Kwon Do, please follow this link to the school I'm affiliated with under Master Jennifer Branch. <http://www.austinblackbeltacademy.com/historyoftaekwondo.php>

These tenets are reinforced with instruction in basic punches, kicks, blocks, and self-defense. A typical class begins with a warm up routine of stretches, cardiovascular and strength building exercises, leading to the review and teaching of basic techniques, and usually ends with a martial arts game.

Beginning and younger student classes contain a slightly less formal atmosphere, often encouraging skill attainment through games using blocking/kicking/punching pads to develop focus.

Older children and students with some prior experience will progress faster towards more complex skills, eventually working towards learning their first kata (a prearranged set of punches, blocks, and kicks).

Starting the week of September 19th, 2011

Mondays from 3:45 to 4:45- Y2 – Y6

Wednesdays from 3:45 to 4:45- N1 – Y1

Pricing: \$230 for the Fall Semester

Uniforms including a white belt are available for \$30 and strongly encouraged.



Lupine Lane Absolutely Art Club N1 – YR 1

Children will create unique and meaningful art projects that will be showcased and celebrated. Students will also be introduced to various art principles, including the color palate, a wide array of painting techniques and working with clay. A “work shopping” portion of the class will allow children to learn the basic skills of critiquing artwork. The projects will be enhanced with music and children's literature based on a fresh, new theme each month. Dress for mess!

Paint, shape, construct and create unique projects. Wonderful supplement to school. Increases independence. Promotes self-confidence through positive feedback. Develops social skills through dynamic teacher and peer interaction. Encourages fine motor skills development and spatial reasoning. Stimulates creative thinking.

Lesson Examples:

Garden Art: Paint ceramic pots and plant and herb garden

Fabric Art: Batik a tote,

Mardi Gras Art: Pour and paint plaster masks,

Summertime Art: Tie-dye beach towels

Personal Art: Self portraits on canvas. And Much, Much More!

Thursdays at 3.45-4.45pm

Cost per semester: \$260



Lupine Lane Fine Art Club YR 2 – YR 6

This club will delve into the world of Fine Art. Children will gain a deep understanding of a wide-range of media and fine art techniques throughout the year. Students will work with pencil, charcoal, pastels, watercolor, gouache and acrylic paint and gain an understanding of color theory, composition, light and dark and texture. In addition, students will gain knowledge of art history, learning about prehistoric cave paintings, the Renaissance, Impressionism, Realism, Abstract Expressionism, Cubism, Pop Art and more; all while putting these various artistic styles into practice. Students will also have the opportunity to explore artists and masterpieces from around the world, which will provide a look at different cultures. Students will work from still life, self-portrait, landscape and other subjects to develop their own personal style. At the end of each term, the artists will showcase their work for family and friends.

Fine art instruction taught by an Austin artist.

- Develops fine art skills.
- Increases knowledge of art media.
- Art history concepts put into practice.
- Increases knowledge of artistic movements.
- Wonderful supplement to school.
- Provides a productive outlet for self-expression.
- Promotes self-confidence through positive feedback.
- Stimulates creative thinking.

Lesson Examples:

☐ Lines and shading with pencil ☐ Shading with charcoal and pastels. ☐ Color Value with watercolors ☐ Texture with gouache and acrylic ☐ Composition ☐ Cave Painting and Hieroglyphics ☐ Renaissance and Impressionist Styles ☐ Realism and Abstract Expressionism ☐ Cubism, Pop Art ☐ Contemporary Visions ☐ World Art

Tuesdays at 3.45-4.45pm

Cost per semester: \$260



Cooking Around the World Club With Lupine Lane: Kinder Cooks N1 – YR 1

Chefs will gain an understanding and appreciation of breadth and depth of food around the world through practical application. Each month, children will cook from a different country or region around the world. Children will have tactile experiences in each class as they make foods from raw ingredients. Students will have the opportunity to work with interesting kitchen utensils and master basic cooking skills. The chefs will create delicious dishes while they gain knowledge of various cultures.

- Increases understanding and appreciation of other cultures.
- Encourages children to try new foods.
- Provides a productive outlet for self-expression.
- Develops cooking skills.
- Wonderful supplement to school.
- Increases independence.
- Promotes self-confidence through positive feedback.
- Stimulates creative thinking.

Lesson Examples:

Italian Food: Pasta Making, Lasagna, Ravioli, Stromboli

French Food: Ratatouille, Chicken Cordon Bleu, Quiche

Indian Food: Dahl, Chicken Makhani, Matar Pulao, Naan Bread

South American Food: Feijoada, Empanadas, Gnocchi

Asian Food: Sushi for Kids, Moo Goo Gai Pan, Jiaozi

And Much, Much More!

Thursdays at 3.45-4.45pm

Cost per semester: \$260



Soccer Shots -- Introducing your child to the world's most popular game!

Soccer Shots is a nationally recognized enrichment program teaching children ages 3-8 the fantastic game of soccer. Our unique curriculum blends imaginative games and creative play with basic soccer fundamentals. Soccer Shots sessions are taught in local schools, parks and recreational centers. Each session is packed with 40 minutes of non-competitive, age-appropriate instruction led by our energetic coaches who make learning soccer entertaining and FUN! Character development, greater self esteem, and improved coordination are all take aways of our Soccer Shots program. **Our goal is simple: to leave a lasting, positive impact on every child we coach.**

The Soccer Shots Program:

- **Basic soccer skills**
- **Exclusive Soccer Shots games**
- **"Word of the Day"**
- **Use of imagination**
- **Fun fitness activities and exercises**
- **Coordination, balance, and agility development**
- **Character-building lessons**
- **Weekly and seasonal prizes**

The Benefits:

- **Increased soccer-specific skill sets like ball control, dribbling, passing, trapping, and scoring goals**
- **Development of active lifestyle habits**
- **Increased psychomotor development through fun fitness activities**
- **Introduction to group and team concepts**
- **Character formation by way of increased confidence and self esteem**
- **Appreciation for team concepts like cooperation, teamwork, encouragement**
- **Increased understanding of honesty and respect**

Contact Information

Heather Bruce
Assistant Director
Soccer Shots
P: [512.420.9450](tel:512.420.9450)
www.soccershots.org

Introducing your child to the world's most popular game!





FALL 2011
Abercorn

Soccer Shots is a uniquely designed program that introduces your child to soccer in a fun, safe, and controlled environment. Our 30-40 minute soccer sessions offer fundamental soccer skills, imaginative games, creative play, and lots of laughs. The program also emphasizes character-forming lessons such as fair team play, individual concentration, and cooperation. Our goal is simple: to leave a lasting, positive impact on each child we coach.

About the Director: Eddie Russ, the former Director of Athletics at St. Stephen's Episcopal School, has extensive teaching and coaching experience. With over sixteen years of coaching experience, he is a long-time member of the Positive Coaching Alliance and an active member of the National Soccer Coaches Association (NSCAA). Eddie has a B.S in Psychology, and lives in Austin with his wife and two children.

- Who:** Children ages 3-5 and grades K-5th enrolled in this school.
- Where:** At your child's school. All equipment is provided by Soccer Shots.
- When:** MONDAYS at 3:45 PM (Ages 3-5), Sept 19 - Nov 14 or
FRIDAYS at 3:45 PM (Grades Kinder-5th), Sept 23 - Nov 18
- Cost:** \$150 / 10 week season. Includes certificate and special prize.
- How:** 1. Register online at www.soccershots.org or
2. Return this Registration Form & a check payable to "Soccer Shots" to the Soccer Shots payment box in your school's main office. Write child's name in the Memo section.
Classes fill up fast! Register now!

Contact: 512.420.9450, Eddie@soccershots.org or www.soccershots.org

SOCCER SHOTS REGISTRATION FORM	
	
CHILD'S NAME: _____	AGE: _____ DATE OF BIRTH _____
CLASS/Year Group: (Ex. Reception) _____	
PARENT/GUARDIAN: _____	
MAILING ADDRESS: _____	
CITY/STATE/ZIP: _____	



Teams of Tomorrow Basketball September 2011 – May 2012



TOT...A Sport all its Own!

STEP 1: REGISTER NOW!

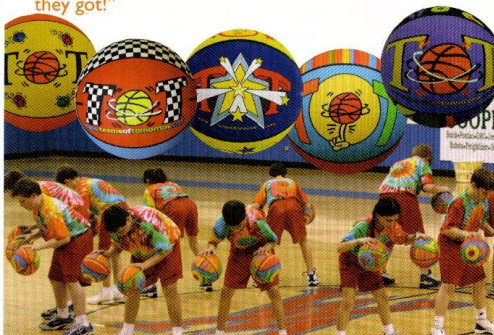
Enroll your child in the newest basketball craze...Teams of Tomorrow! Your child will learn all sorts of fancy dribbling and ball handling skills...Give them a brand new kind of basketball experience! Hurry, class size is limited!

STEP 2: ATTEND TRAINING CLASSES!

Teams of Tomorrow certified instructors will be your child's head coach. Students will work on individual basketball skills & routines...so cool to see your child move that ball around to awesome music! You are going to be amazed at what they accomplish!

STEP 3: IT'S PERFORMANCE TIME!

This is what the training is for...Performance Time! Your child's team will head to mid court and show you "what they got!"



Enroll NOW! Space is limited!

TOT student: _____

Grade: _____ Boy Girl

Parent/Guardian: _____

School: _____ Teacher: _____

T-shirt Size: 6/8 10/12 14/16 adult S adult M adult L

Home Phone: _____ Cell: _____

Address: _____ City: _____

Zip: _____ E-mail: _____

Any known allergies or health problems we should be aware of: _____

Permission to photograph your child in future use of emails & literature? Yes No

Registration fee included: Amount: \$ _____ Check #: _____

Parent signature: _____ Date: _____

Parent acknowledges the physical activities associated with TOT. Parent has considered the physical activities and is willing to allow their child to participate.

Let your child be a part of the TOT Team! To enroll for on site classes at your school, please place registration form and fee in the TOT Box or send in mail. Classes will start in September!

Registration Fee: \$30.00

Monthly Tuition: \$45.00

* Hurry, class size is limited!

TOT Director: Crystal Collins
PO Box 341287
Austin, TX. 78734
903-880-7780

crystalcollins@teamsotomorrow.com



Yoga for Children

Yoga for school aged children balances quiet and active poses with game playing, story telling, and simple breath meditations. In a child's early years, it is important to build self-esteem, self-awareness, and strengthen the mind and body. Many Yoga postures imitate animals or things found in nature, for example, the tree, cat, cobra, or lion. Students love exercising their imaginations during "journeys", where they may traverse mountains, deserts, or jungles, taking on the shapes and movements of different animals and objects encountered along the way.

Yoga teaches children about how their bodies work, so they can develop a common sense of the body as a foundation for well-being throughout their lives. As an individualistic and non-competitive exercise, Yoga, unlike some other games and sports for children, allows all students the opportunity to participate. Benefits of Yoga training include:

- Increased body awareness, strength, and flexibility
- Balance, coordination, and agility
- Imagination and creativity
- Increased focus, attention, and concentration
- Assistance with the performance of other sporting activities
- Teaching children to be gentle with themselves and others

\$230.00 for Fall Semester

For more information about children's Yoga please reference the following [Yoga Journal](#) article.

<http://www.yogajournal.com/lifestyle/210>

Contact information:

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512.964.9836

Chasekreeger@gmail.com



WOLF PACK BOYS CLUB

We can all see the competitiveness and aggression that drives the behavior of little boys, but why does one boy become a bully, where another becomes a protector? Why are there so many fathers drifting through life feeling peripheral to the lives of their children? Why do these same men have no real sense of their own masculinity, or the important role they play in their families? A boy needs not just one mentor, but an extended family of male role models. He needs to be around other boys, and find his measure within the group. He needs to know how to compete, but do so honorably, and show humility whatever the outcome. He needs to learn how to play rough without being violent, and be assertive without being belligerent. He needs to be challenged, learning to bear the sting of failure, and the satisfaction of earned reward. His self-esteem needs to be externally justified. He needs to be accepted by his peers, and his peers must learn how to welcome a new member. He must have a sense of responsibility to his community. He must learn that he is empowered to provide for and protect his group, and that that group can be as expansive as he wishes it to be. He must learn the practicalities of life, self-discipline, self-reliance, and how things work. He must learn to treat women with love and respect, and modify his behavior around them.

A significant body of evidence is emerging to confirm what many of us are instinctively aware of: the developmental needs of boys and girls are different, and modern society is steadily moving away from a structure that fosters the kind of emotional development that builds boys into happy, productive, well-balanced, and socially-adjusted men; with obvious and potentially calamitous social consequences. Most of our boys are well-served with female influence – their mother is, most commonly, the primary caregiver, and the majority of teachers are female. On a day-to-day basis, however, they have relatively little male influence, particularly in a world where Dad works long hours or travels a lot. Their social development is similarly dominated by feminine ideals of co-operation and harmony. Both of these traits are absolutely vital, but there are lessons that boys can only learn from men, and this is the primary goal of Wolf Pack.

Meeting every week, we will engage in a variety of activities, sometimes with a competitive edge. Sometimes we'll focus on teamwork, other times on individual accomplishment. All performance will be recorded, and every child will have a completely objective metric of their own ranking. Skills will be learned. Stuff will be built. Stuff will probably be destroyed as well! The longer-term goal is to identify a local charity, and use our new-found skills to materially help that organization – the details of this will be decided once we know how much boypower and budget we have. Along the way, the boys will cohere into a mutually-supporting group, and then carry that sense of brotherhood throughout their lives.

Paternal involvement is strongly encouraged. Dad is still the primary role model, so any time you can slip away early on a Friday afternoon, and get involved in the madness for an hour, that's your highest and best use in life. The more dads we have showing up, the better. No man's deathbed regret was that he didn't give enough time to the company.

Fridays 3.45-4.45pm

Costs: \$200 – the purpose of this club is not to turn a profit. All the revenues will be used to purchase supplies and organize field trips. Residual revenues at the end of the term will either be refunded pro rata, or rolled over to the following term.



ABERCORN BEAR'S

CHEERLEADING SQUAD

Our Abercorn Bear's cheerleaders will learn the basics of cheerleading including arm motions, jumps and an introduction to stunting. Many different types of cheers and dances will be learned as well as team building activities. Athletes will get to use pom poms to do mini routines in class! We will have an end of the term performance show and will possibly be participating in some community events and performances. Your child will learn the basics of team cheerleading and the focus of this class is not only basic cheerleading fundamentals, but of course, tons of fun!

12 Week Course:

September 22nd, 29th

October 6th, 13th, 20th, 27th

November 3rd, 10th, 17th

December 1st, 8th

Class open to students in Year 1 and up (Year 2, 3, 4, 5, 6)

Class Description:

- Jumps
- Cheers
- Dance Routines
- Basic Tumbling
- Basic Stunting
- Knowledge of sports teams for whom they will cheer

Wednesdays from 3:45 -4:45

Price for 12 week course: \$230.00

Contact Information: Brooke A. Brannon
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850-259-6557