

# EAGLE EXTRAS

## After-School Program

### Course Offerings

**Winter/Spring Session Dates: February 4 - May 3, 2019**

**REGISTRATION OPENS TUESDAY, JANUARY 15 at 9:30 am**  
and runs through **WEDNESDAY, JANUARY 23.**

Go to <https://irvingpto.com/eagle-extras/> for the registration link.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BOARD GAMES CLUB</b> Grades 1-5 (Multi-needs) AND Grades 2-5 (Gen Ed) Mohammad / Vella 3:10-4:10	<b>CARTOON DRAWING</b> Grades 2-5 Young Rembrandts 3:05-4:05	<b>PEACE CRAFT</b> Grades 1-5 Little Bits Workshop 2:35-3:50	<b>LET'S GET SAKTIVE</b> Grades K-2 Sakellaris/Sakellaris 3:10-4:10	<b>CHESS SCHOLARS</b> Grades K-5 Chess Scholars 3:05-4:05
<b>TAEKWONDO</b> Grades K-5 Flying V 3:05-4:05	<b>HOOP HYSTERIA</b> Grades 3-5 Sakellaris/Sakellaris 3:10-4:10	<b>KIDS COOK</b> Grades K-2 iCook 2:35-3:35	<b>CHEER CLUB</b> Grades K-2 M. Williams 3:10-4:10	<b>YOGA KIDS</b> Grades 1-5 Kim Vulinovic 3:15-4:15
<b>INTRO TO STEM (LEGO)</b> Grades K-2 Play-well TEKnologies 3:05-4:35	<b>iCREATE</b> Grades K-2 M. Williams 3:10-4:10	<b>FLOOR HOCKEY/ DODGEBALL</b> Grades 3-5 Legacy Sports 2:40-3:55	<b>CERAMICS</b> Grades 3-5 Kate Linne 3:05-4:05	

- ❖ Space is limited and classes are filled on a first come first serve basis. Please register early to reserve your child's spot in the class(es). We will do our best to accommodate all interested.
- ❖ Classes may be cancelled due to inclement weather. Please be advised that efforts will be made to make up the missed time when feasible. Refunds will not be issued.
- ❖ We are not able to accommodate changes in the schedule after the registration period is over.

**Read on below for Full Course Descriptions and Info!**

## **Full Course Descriptions and Info:**

### **INTRO TO STEM (LEGO)**

**Taught by Play-Well TEKnologies**

Play-Well TEKnologies was founded in 1997 and strives to build problem-solving skills, provide an opportunity for creative expression, foster a greater appreciation of how things work, and encourage the qualities of inquisitiveness, self reliance and self confidence in children. [www.play-well.org](http://www.play-well.org)

**Class Description:** Give your imagination a boost with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Cities, Garbage Trucks, Catamarans, and Dinosaurs. Design and build as never before, and explore your craziest ideas in a supportive environment. There are no prerequisites for this course. New and returning students are welcome!

**Mondays: Grades K-2**

**Minimum/Maximum class size: 11/16**

**Course is 11 classes**

**Cost: \$200**

**February 4 - April 29, 2019**

**(No class Feb 18 or March 25)**

**3:05-4:35pm**

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### **TAEKWONDO**

**Taught by Flying V Martial Arts**

**Class Description:** Our Taekwondo classes offers a total fitness program integrating mind, body and spirit. The program focuses on improving not only basic motor skills, but developing students' confidence, self-esteem, discipline, respect and focus. Furthermore, our program consists of a balanced cardiovascular workout, including punching, kicking, and blocking skills while using self-control and the Taekwondo tradition. Participants will improve coordination, power of concentration, balance, and both physical and mental discipline. The program will encourage students' sense of commitment and persistence in the face of challenges while helping them enter society with a more confident and enthusiastic outlook.

**Mondays: Grades K-5**

**Minimum/Maximum class size: 6/30**

**Course is 11 classes**

**Cost: \$120**

**February 4 - April 29, 2019**

**(No class Feb 18 or March 25)**

**3:05 - 4:05 pm**

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### **BOARD GAMES CLUB**

**Taught by Irving teachers Ms. Mohammad and Ms. Vella**

**Class description:** Students with all abilities are encouraged to attend. We will be playing board games, working on social skills and completing activities related to respect and inclusion.

**Mondays:**

**Grades 1-5 multi-needs and Grades 2-5 gen ed**

**Minimum/Maximum class size: 6/14**

**Course is 11 classes**

**Cost: \$115**

**February 4 - April 29, 2019**

**(No class Feb 18 or March 25)**

**3:10-4:10pm**

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## **CARTOON DRAWING**

**Taught by Young Rembrandts**

The Young Rembrandts' method focuses on teaching children to draw, using demonstration and a structured step-by-step process. Through the process of weekly instruction students are exposed to a wide variety of subject matter, artistic concepts, art history and mastery of their materials.

**Class Description:** Encourage your child's enthusiasm for art and help develop his or her drawing skills with a Young Rembrandts drawing class. Our cartoon drawing lessons will stoke your child's artistic fire. Your child will learn about exaggeration and drawing facial expressions in our lessons entitled "Cold Faces" and "Dad Expressions." Our students will learn how to create fully realized cartoon characters by personifying cuddly polar bears in our "Cold Weather Friends" lesson. Learning to tell a story through a series of drawings will be the focus in our illustrations featuring a humorous shaving sequence. Encourage your child's creativity. Enroll today!

**Tuesdays: Grades 2-5**

**Minimum/Maximum class size: 8/20**

**Course is 11 classes**

**Cost: \$140**

**February 5 - April 30, 2019**

**(No class March 26 or April 2)**

**3:05 - 4:05 pm**

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## **HOOP HYSTERIA WITH THE SAKS**

**Taught by Irving teachers Mr. Sakellaris and Mrs. Sakellaris**

**Class description:** Mr. and Mrs. Sak will be running a basketball camp for 3-5 graders where all Irving students who sign up and attend will be learning the rules of playing basketball and developing skills like shooting, passing, ball handling, and playing defense. There will also be several competitions and tournaments in the camp like Horse, 1 on 1, 2 on 2, 3 on 3, Hot Shot, and so much more!

**Tuesdays: Grades 3-5**

**Minimum/Maximum class size: 10/30**

**Course is 11 classes**

**Cost: \$115**

**February 5 - April 30, 2019**

**(No class March 26 or April 2)**

**3:10-4:10pm**

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## **iCREATE**

**Taught by Irving teacher Ms. Mohogany Williams**

**Class description:** Are you ready to make things with your own hands? In a fun, safe and relaxing learning environment, young artists can explore their endless abilities through a variety of different mediums ranging from drawing and painting classes, to mixed media and craft building. Encouraging self expression, students will be given tools to bring a little piece of themselves into their artwork. Through teacher-taught and student-led projects, our students will learn to use creative ways to fill their independent time, while building confidence as artists. Sign up today!

**Tuesdays: Grades K-2**

**Minimum/Maximum class size: 8/16**

**Course is 11 classes**

**Cost: \$115**

**February 5 - April 30, 2019**

**(No class March 26 or April 2)**

**3:10-4:10pm**

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## **LITTLE BITS WORKSHOP: PEACE CRAFT**

**Taught by Little Bits Workshop staff**

At Little Bits Workshop, our mission is not to mass produce anything, but to teach the masses to produce—discovering the thrill of creative productivity. It is our goal to empower our students by teaching them how to design and create useful items for their everyday lives. One child or adult at a time, we aspire to transform our culture into one of Makers and not merely Consumers. [thelittlebitsworkshop.com](http://thelittlebitsworkshop.com)

**Class description:** This session's craft will be more about the journey than the destination. Our goal is to give kids a calming tool while teaching them skills such as Kumihimo weaving (friendship bracelets), art journaling, zen tangle, crochet and cross stitch. Our hope is that kids will get hooked on crafts and be more likely to reach for them than an electronic device. For this reason, crafters will be encouraged to take their projects home with them each week to fill the dull moments.

Another component of this workshop will be to give. The Oak Park Conservatory has asked us to do a public art project and what better group to do it than Irving students so YOUR community can enjoy and celebrate YOUR amazing artwork!

**Wednesdays: Grades 1-5**

**Minimum/Maximum class size: 8/24**

**Course is 12 classes**

**Cost: \$215**

**February 6 - May 1, 2019**

**(No class March 27)**

**2:35- 3:50pm**

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## **KIDS COOK BY iCOOK**

**Taught by iCook After School**

iCOOK is a really fun, hands-on after-school cooking program for children. Their mission is simple: to help teach children to love everything about food – cooking, eating delicious and healthful dishes and learning about different cultures, stories behind the food. iCook’s culinary instructors have culinary backgrounds and many are also registered dietitian nutritionists (RDNs). [iCookAfterSchool.com](http://iCookAfterSchool.com)

**Class Description:** This winter, our chefs-in-training will learn how to make a variety of healthy, delicious and fun recipes including Orange Chocolate Tarts, Zucchini Flat Bread, Avocado Brownies, Asparagus Fries, Veggie Nuggets, Key Lime Pie, Strawberry Danish and more. We will travel across the globe to learn about the cuisine and culture of Mexico, Spain, and Asia. Our little chefs will build on their knowledge of cooking safety and the fundamental cooking techniques including peeling, breading, blending, melting, slicing, dicing, chopping and more.

**Wednesdays: Grades K-2**

**Minimum/Maximum class size: 7/20**

**Course is 12 classes**

**Cost: \$215**

**February 6 - May 1, 2019**

**(No class March 27)**

**2:35-3:35pm**

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## **FLOOR HOCKEY / DODGEBALL COMBO CLASS**

**Taught by Legacy Sports**

Legacy Sports Camp is an Oak Park-based youth sports company that is devoted to teaching proper skills, keeping kids active and most importantly, having fun. Legacy was founded in 2008 and has had thousands of students participate in their after-school camps, training, leagues, summer camps and birthday parties. Please visit [legacysportscamp.com](http://legacysportscamp.com) for all upcoming programs.

**Class Description:** This combo class gives students the opportunity to play Dodgeball and Floor Hockey during the course of the session. The Floor Hockey portion features high action floor hockey games every week! We randomly draw new teams daily for a 60 minute scrimmage. The Dodgeball portion features classic games of Dodgeball, as well as our very popular variations, including Bombardment, Scatterball and Battleship. Games will be played in an intramural format.

**Wednesdays: Grades 3-5**

**Minimum/Maximum class size: 10/20**

**Course is 12 classes**

**Cost: \$180**

**February 6 - May 1, 2019**

**(No class March 27)**

**2:40-3:55pm**

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## **CERAMICS**

**Taught by Kate Linne**

Kate Linne is the former owner of The Painted Plate, a paint-your-own-ceramics studio, she has been teaching hand-building clay classes for 8 years through the Park District. Besides enjoying working in clay, she also paints in watercolor, teaches children's and adult's basic beading classes at Bead in Hand, and sells her own jewelry creations through her Etsy shop, k8linne.

**Class description:** Ready to get your hands messy?! In ceramics you will discover the world of 3-D creation! Students will learn different hand building techniques for working with clay. There will be some teacher-directed lessons as well as opportunities for student-designed projects. Students will also learn about glazes and the firing process.

**Thursdays: Grades 3-5**

**Minimum/Maximum class size: 5/10**

**Course is 12 classes**

**Cost: \$145**

**February 7 - May 2, 2019**

**(No class March 28)**

**3:05 - 4:05 pm**

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## **LET'S GET SAKTIVE!**

**Taught by Irving teachers Mr. Sakellaris and Mrs. Sakellaris**

**Class description:** Want to wear your kids out while they have a blast? Students will learn a variety of team-oriented games that will increase physical fitness and cardiovascular endurance, while encouraging sportsmanship. Many of the games focus on specific sport skills such as throwing, catching, rolling, blocking and evading, but your kids won't even realize how much they're learning because of all the fun they're having!

**Thursdays: Grades K-2**

**Minimum/Maximum class size: 10/30**

**Course is 12 classes**

**Cost: \$120**

**February 7 - May 2, 2019**

**(No class March 28)**

**3:10-4:10pm**

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## **CHEER CLUB**

**Taught by Irving teacher Ms. Mohogany Williams**

**Class description:** Keep calm and show off your talent, spirit and school pride with CHEER! With the intention to increase movement memory, flexibility, self-confidence and teamwork, cheer will help build physical skills, character and friendships. Emphasizing proper safety knowledge and techniques to ensure a safe learning environment, this class will focus on the basic fundamentals of cheerleading, such as hand and arm motion technique, jumps, cheer dance, stunt technique and basic tumbling. Our students will learn new and cool moves, work together and create an additional family community. Students will learn a cheer and dance and perform it for family and friends at an informal showcase the last class at Irving. Students should bring comfortable clothing to move and groove in and gym shoes. Sign up today!

**Thursdays: Grades K-2**

**Minimum/Maximum class size: 8/16**

**Course is 12 classes**

**Cost: \$120**

**February 7 - May 2, 2019**

**(No class March 28)**

**3:10-4:10pm**

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## **CHESS SCHOLARS**

**Taught by Chess Scholars Staff**

Chess Scholars was founded in 2001 and is dedicated to providing professional chess instruction and promoting scholastic chess in Northern Illinois, Southern Wisconsin and Northwestern Indiana. Chess Scholars has been featured in the *Chicago Tribune* and the *Daily Herald*. Currently, Chess Scholars serves over 250 school and community centers.

**Class description:** No previous knowledge of chess is necessary. Each class will consist of a fun interactive teaching period and guided practice time. Both beginner and experienced participants are welcome and will get to the next level under the guidance of an experienced Chess Scholars coach. There will also be a chess competition with prizes at the end of the session! Each child will receive a participation award and a chess keychain.

**Fridays: Grades K-5**

**Minimum/Maximum class size: 6/30**

**Course is 10 classes**

**Cost: \$145**

**February 8 - May 3, 2019**

**(No class Feb 15, March 29 or April 19)**

**3:05-4:05 pm**

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## **YOGA KIDS**

**Taught by Kim Vulinovic of YogaKids of Oak Park**

YogaKids of Oak Park has been in business since 2001. Kim Vulinovic is the creator and sole proprietor. "Empowering children with strength, focus and flexibility through yoga since 2001." [yogakidsoakpark.com](http://yogakidsoakpark.com)

**Class description:** The YogaKids method uses yoga as a springboard for education. It is based on Howard Gardner's Multiple Intelligence theory and utilizes a variety of methods to engage ALL children. In each class the students will be exposed to music, active movement, stories, cooperative games and quiet time. Visual arts are also included a few times each session. Age appropriate breathing techniques calm and energize, and the poses increase strength, flexibility and body awareness. Yoga is naturally non-competitive and inclusive to all body types and physical abilities, so self-esteem is easily enhanced. Yoga is a gender neutral activity enjoyed by boys and girls alike!!!

**Fridays: Grades 1-5**

**Minimum/Maximum class size: 5/16**

**Course is 9 classes**

**Cost: \$125**

**February 8 - May 3, 2019**

**(No class Feb 15, Mar 29, Apr 5 or Apr 19)**

**3:15-4:15 pm**

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