



**BYDS Rams basketball team:** will be competing against teams from other private schools throughout the area. Our entire basketball team will attend practice together twice a week to sharpen their skills in dribbling, shooting, and passing. We will also run drills and play in-house Round Robin tournaments where all will participate.

Our BYDS team will compete in approximately 10 games throughout the season, starting on September thru January making a total of 25 practices/game day. Practices will be held on Tuesdays and Thursdays unless a game is scheduled for one of those days. If you have any questions about the format of the practices and/or season, please call Coach Weiser at 713-899-7790. We are looking forward to another GREAT season! **Available for:** 3rd - 5th grades.



**BYDS Choir** is an extra-curricular ensemble that performs throughout the school year at synagogue occasions, socials, school programs and community events. Parents have the opportunity to join the new Choir Parent Booster to assist in financial operations, planning, organization, and events.

**Available for:** 2nd - 5th grades.

Private Music Lesson also available from Pre-K - 5th grades.

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# After School Activity Guide 2019 - 2020

Registration opens  
May 19<sup>th</sup>



**“This is why you don’t leave when the bell rings”**

BYDS ASA has a wide variety of academic and special interest activities. ASAs play a vital role in physical, cognitive, social and mental development of a child. Our activities are designed to help children develop their abilities and talents through a variety of activities, as well as broaden their interests, build their self-esteem, spark their imaginations, and reinforce what they have learned in school. We offer an extensive range of age appropriate activities from which to choose. Classes are taught by **talented and experienced BYDS teachers** as well as by leading organizations in Houston, including TNBA Houston Rockets Youth Basketball, Little Sluggers, Soccer Shots, Junior Athletes, Tippie Toes, Happy Hands, Camp Einstein, and Game Think among others.

**Literacy Cuisine:** is a fun and interactive way for students to make a tangible connection between literature and food. We will explore both secular and Jewish literature as a springboard for our cooking/baking. Students will come home after each class with a tasty creation! Led by Ms. Katie Herbst. **Available in Fall & Spring:** 2's & 3's.



**LEAP:** into letters - is a literacy enrichment program built offered for children 3 years old. Lessons promote letter recognition and letter sounds, as well as phonological awareness development. Books, songs, poems, sky-writing, creative movement activities, art projects and multi-sensory materials are used to enhance each lesson. **Available in Fall & Spring:** 3's.

**Girly Crafts & More:** Let your daughters enjoy and explore their artistic skills and talents by creating their own crafts! Each student will have the opportunity to develop the following skills: Creativity, Sensory, Gross Motor and Fine Motor Manipulative. Led by Ms. Maria **Available in Fall & Spring:** 3's



**The National Basketball Academy (TNBA):** <sup>NEW!</sup> is a professional basketball training and programming organization. We run year-round basketball programs including camps, clinics, leagues, teams, tournaments, and training. Our company was established in Cleveland, Ohio in 2003. We currently represent four NBA teams in various markets spanning across the United States. We also conduct international basketball operations in Oman, Spain, France, Brazil, and Argentina.

What do we offer: We offer a one of a kind experience to the children at your school. What kids wouldn't want to be coached by the youth program of the NBA team in their city? All of our coaches have playing and coaching experience as well as passed background check, drug test, CPR certified, and a USA Gold Licensed coach! All kids will receive; Rockets basketball, water bottle, and bag.

Sample Agenda: The National Basketball Academy (TNBA) youth provider for the Houston Rockets will be running our 2019 basketball ACE program. See below for a sample of activities students will perform:

- Ball Handling-stationary, strong and weak hand, core moves, races
- Passing-chest and bounce passes, partner passing, pass and catch competition
- Shooting-Form shooting, team shooting games, hot shot
- Defense-Stance drill, closeouts, coach says drill
- Dribble Tag-Fun game that helps us dribble vs pressure
- Team Competition Stations-Varies each week but the focus here is on teamwork
- Mass Stance Drill-Clinic drill
- Commands: Stance, push slide, closeout, loose ball, box out, charge
- Game Situations: 2 on 2, 3 on 3, 5 on 5

**Available in Fall & Spring:** Pre-K & K-3rd grades.

**STEMulating Exploration:** Transform into an engineer with hands-on projects like designing rubber band race cars, roller coasters, and pulley systems. Get to know your world on an elemental level by becoming a budding scientist who explores the science behind slime, blood typing, and build rockets to launch into the sky! This class is perfect for the curious minded student who loves to build, create, and see how things work! **Available only in Spring:** Pre-K and K - 5th grades.



**Creative Motor Skills.**<sup>NEW!</sup> will help to their foundation of growth, development, and learning in a child starts with sensory and motor interaction with the world. The brain is built from the bottom up and this starts with movement and sensory exploration. These are some of the skills your child will develop in our program: Muscle tone, strength, and coordination, Rhythm and timing, Led by Ms. Maria. **Available in Fall & Spring:** 3's.



**Pop/Rock Band:** Students will get a chance to try the different instruments of a typical rock/pop band. They will learn to play, rehearse, and perform at least one song as a group by the end of the school year, and will include a multi-camera video shoot! **Available in Fall & Spring:** 3rd - 5th grades.



**Chess:** Game Think chess club is aimed at teaching new and returning chess students the skills needed to become focused, forward thinking chess players and people! Our goal is to develop genuine interest in a game of intellect that they will be able to carry throughout life and apply the many lessons it teaches. **Available in Fall & Spring:** 1st - 5th grades.

**Computer Class:** Your child's computer skills and confidence are very important! The Learning Experience will teach these skills in an Environment that is challenging, emotionally safe and fun. Through the semester children are taught: mouse skills, use of tool bars, to navigate in a program, reading readiness, math readiness, problem solving and more. All software is educational and age appropriate. **Available in Fall & Spring:** 3's & Pre-K.





**Happy Hands:** During this sensory motor class, will work on basic drawing and writing skills such as drawing a person, basic shapes and writing the letters in their name. Fun games and cool art projects will be used to make this class interesting and exciting. A brief fine motor screening will be done at the beginning of the session. The class is taught by a licensed Occupational Therapist. **Available in Fall & Spring:** 3's & Pre-K.

**Yoga:** is a fun and purposeful activity where children are able to develop flexibility, focus and coordination for a happy, healthy, and balanced life. In these classes, yoga poses are often executed through the telling of a meaningful story, and each class will focus on different concepts such as grounding, stillness, community, and strength. **Available in Fall & Spring:** 3's & Pre-K.



**Lil' Sluggers:** The primary objective is to creatively introduce your child to baseball and softball. Character development, physical development, and fun are guaranteed in this exciting program. Lil Sluggers helps your child to be better focused in the class room, so let us enrich your child for the rest of their lives!

**Available: in Fall & Spring:** 3's & Pre-K.



**Learn to Rock the Drum Set:** <sup>NEW!</sup> Students will have fun developing the coordination and understanding necessary to play basic beats and fills on the drum set. They will learn to read drum set notation and play along to pop songs. A drum set at home is not necessary but encouraged if they show significant interest. (Lots of help is available with that if interested and electric drums are quiet & awesome!) . **Available in Fall & Spring:** K - 2nd & 3rd - 5th grades.

**Chess Nuts:** is a chess-song singing, laughing, chess-tourney, dancing, chess clock-slapping, zany chess video, puppet show introduction to chess and being the smart kid in class. Puts on a high-energy chess practice in which kids play chess for Mardi Gras beads, compete weekly for one of 20 brightly-colored silicone wristbands, and look forward each week to our 22 daily activities. **Available in Fall & Spring:** K - 5th grades.



**Cooking & Baking:** <sup>NEW!</sup> Does your child love to cook? Do you have a picky eater?



This introductory level food literacy program teaches students age-appropriate cooking and baking techniques, food origins, seasonal recipes, and kitchen safety while having hands-on fun! class. Each semester brings a different set of recipes. Instructors are professionally trained classroom educators, chefs or nutritionist. Minimum of 10 students required. Classes accommodate nut allergies. **Available in Fall & Spring:** K - 5th grades.



**Junior Athletes:** Sports based lessons (Soccer, Basketball, Baseball, Football, Tennis etc.) along with fun fitness activities (Obstacle Course, Bowling, Scooter boards, Relay races, Hula Hoops, etc.) will be introduced throughout each semester. Older Students will be challenged with more advanced skills and drills. Both groups will practice cooperation, sportsmanship, and teamwork, it is important that students experience success while learning. **Available in Fall & Spring:** 3's - 3rd grades.



**Tae Kwon Do:** all classes focus on teaching students discipline and self-control. We place emphasis on teaching the skills and movements of the martial arts while striving to create fun learning environment. When children enjoy what they are learning they absorb the material faster and more efficiently. \*Price includes uniform fee, one per school year. **Available in Fall & Spring:** 3's - 5th grades.



**Science Discovery and Design:** **NEW!** this class offers a hands-on, minds-on approach to all things science! We will study animals through fossils and dissections. Explore the human body through blood, digestion, and DNA, Discover earth science with the gravity experiments and chromatography designs. This class will ignite a passion for science! **Available only in the Fall:** Pre-K and K - 5th grades.



**Ballet:** They will learn about dance in a fun and exciting environment. Music, movement, rhythm, and balance as well as basic ballet steps are introduced while also encouraging self-expression and creativity.

Dancers are free to wear anything that is most comfortable for them in dance class. \*Price includes a recital T-shirt in the Fall and Costume in the Spring. **Available in Fall & Spring:** 2's - Pre-K.

**Building Basics:** This activity teaches students basic building learning skills. Students will learn how to assemble various projects made from different plastic blocks. They will learn about gearing ratios (to make things go fast or slow), idle gears and crown gears and how each is used. To keep children's interests fresh each project is a little more complex. **Available in Fall & Spring:** Pre-K.





**Musical Masterminds:** **NEW!** Have fun learning about different styles of music, instruments, and bands. An age-appropriate level of physical coordination and rhythmic understanding will be developed. All while playing with many different musical instruments from the exotic to the plain. Puppets, bubbles, singing, and dancing will likely also occur! **Available in Fall & Spring:** Pre-K.

**Little Geniuses:** is a chess-song singing, laughing, chess-tourney, dancing, chess clock-slapping, zany chess video, puppet show introduction to chess and being the smart kid in class. Puts on a high-energy chess practice in which kids play chess for Mardi Gras beads, compete weekly for one of 20 brightly-colored silicone wristbands, and look forward each week to our 22 daily activities. **Available in Fall & Spring:** Pre-K.



**Little Veterinarian School®:** **NEW!** encourages elementary school children to role play and explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use. Each student will take home their own stuffed animal cat that they will adopt along with exam forms, handmade cat toys and so much more! **Available only in the Fall:** Pre-K and K - 3rd grades.



**Little Veterinarian School®:** **NEW!** encourages elementary school children to role play and explore the exciting world of veterinarians. Using interactive demonstrations, crafts and games, kids learn how to take care of a pet and use instruments that real veterinarians use. It brings science and the importance of health to children in an entertaining and engaging way. Classes are designed and developed by a team of board-certified and trained physicians. Each student will take home their own stuffed animal dog that they will adopt along with an exciting semester learning about being a veterinarian! **Available only in the Spring:** Pre-K and K - 3rd grades.



**Soccer Shots:** Soccer Shots is an engaging children's soccer program with a focus on character development. Our expert- approved curriculum is age- appropriate and aligns with childhood education standards.

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. session such as respect, teamwork and appreciation. **Available in Fall & Spring:** 2's - 5th grades.