

# ASpire *Plus* Enrichment

Explore. Create. Grow.

Hour long classes

Meet once per week

For K to 8th Grade

## Fall Session

- This session runs Sept. 26-Dec. 9
- No classes on school holidays
- Classes meet on the day and time specified in the description
- Fees listed below are for all weeks
- Payment can be made in full at registration or in 3 installments due on registration date, Nov. 1, and Dec. 1

**Register online at [www.afterschoolplus.com](http://www.afterschoolplus.com).**

### **Beyblades**

*Tuesday • 5:00-6:00 • K-5th • \$165 or \$55/month*

Instructor: Chuck Pettigrew, ASP Teacher

Join the fun of playing and battling with beyblades! Participants will build arenas and then battle other beyblades to reign supreme. Come create obstacle courses, silly tracks, and invent ways for your beyblades to move the fastest and stay spinning the longest. Beyblades are provided but participants may bring some of their own if they want.

### **Marble Run Fun**

*Monday • 3:30-4:30 • K-4th • \$165 or \$55/month*

Instructor: Challenge Island Teacher

This class is full of zooming marbles engineered to move fast! Come design and build marble runs, courses, and obstacles. Learn concepts in physics related to simple machines, kinetic & potential energy, and forces all while having a blast building the best marble runs. You will compete with classmates to complete challenges, explore concepts individually, and have fun!

### **Martial Arts**

*Friday • 3:30-4:30 • K-5th • \$165 or \$55/month*

Instructor: Greenville Academy of Martial Arts Sifu

Join Greenville Academy of Martial Arts in this dynamic class! Participants can join as beginners or with experience. This class teaches self-defense skills using the Jeet Kune Do methodology and combines these skills with a strong focus on character, discipline, and self-control. It's an unbeatable combination! A belt and a t-shirt are included.

**Register online today!**

[www.afterschoolplus.com](http://www.afterschoolplus.com)

## **Messy, Goopy Science**

*Monday • 5:00-6:00 • 2-6th • \$165 or \$55/month*

Instructor: Challenge Island Teacher

Don't miss this hands-on science exploration! Come make slime and ooblek, complete experiments to explore states of matter, and challenge yourself to build the biggest rainbow cloud! This class is full of STEAM learning with a messy twist!

## **Mindfulness Matters**

*Thursday • 5:00-6:00 • 2-5th • \$165 or \$55/month*

Instructor: Chuck Pettigrew, ASP Teacher

We are all faced with challenges. Knowing how to control your emotions, deal with stress, and handle conflict are essential life skills. Explore techniques to improve your ability to maintain a moment-by-moment awareness of thoughts, feelings, and surrounding environment. Become "bully-proof" by learning and practicing techniques to resolve conflict with others and channel your words and actions in a positive fashion. Through fun, interactive games and activities, students learn a variety of techniques to help manage daily stressors, be positive, and build confidence.

## **Painting**

*Wednesday • 5:00-6:00 • 2-6th • \$165 or \$55/month*

Instructor: Michael Simpson, ASP Teacher & Artist

Come learn techniques to create beautiful canvases! Participants learn about composition through layout practice and color blending by mixing all their own colors. Learn about different painting styles and techniques for application and then create painted pieces to take home and treasure.

## **Roller Skating**

*Thursday • 3:30-4:30 • K-5th • \$165 or \$55/month \**

Instructor: Roller Time Skating Academy Teacher

Join professional skater Angela Pitts in an exciting class to learn how to skate if you are a new skater, or strengthen your skills if you have experience. Participants will learn basic skating techniques such as how to stop, get up if you fall, and how to skate forward and backward. They will also learn more advanced skills, such as shoot-the-duck and how to jump as they progress. Class is powered by Roller Time Skating Academy. Skating happens on campus at ASP and skates are provided.

## **Yoga**

*Wednesday • 3:30-4:30 • K-5th • \$165 or \$55/month*

Instructor: The Haven Yoga Studio

Get your zen on in this yoga class for kids! Learn the poses and breathing techniques to get your body and mind centered. Create crafts to relax your mind and learn easy-to-use meditation techniques. All activities are designed specially for children.