**Spanish Immersion**

Dates: 8 Mondays  
September 16, 23, 30 / October 7, 14, 28 / November 4, 18  
Time: 3:15 - 4:15pm  
Lead: Ms. Maria  
Place: CH 3  
Ages: Designed for Children’s House students

Spanish is in the air at The Montessori School. The Spanish studio will give the children more Spanish exposure. The children will practice putting together the date. We will use some of the Sensorial materials to learn vocabulary (corto-short, largo-long, colors, etc.). Students will participate in conversations, sing Spanish songs and learn dance rhythms like Cumbia and Merengue. Ms. Maria will read some simple and repetitive Spanish books where they can practice their Spanish vocabulary. Last but not least, for at least two of the sessions we will prepare a popular Hispanic snack. There will be handouts available after each session.

**Soccer Shots**

Dates: 8 Tuesdays  
September 10, 17, 24 / October 1, 8, 15, 22, 29  
Time: 3:15 - 4:00pm  
Lead: Coach Justin Wadia  
Place: TMS Field  
Ages: Designed for Children’s House students

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication. Our expert-approved curriculum is age-appropriate and aligns with childhood education standards. In addition we provide an exceptional customer experience and ongoing communication with parents.

Classic (3-5 Year Olds): Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.
Sunset Studios 2019 Fall Session

Running Club

Dates: 8 Tuesdays
October 15, 22, 29 / November 5, 12, 19, 26 / December 3 Mistletoe Race December 7

Time: 3:15 – 4:30pm

Lead: Coach Tristan Fitzpatrick

Place: TMS Field, Surrounding neighborhoods, North Campus.

Ages: Designed for Elementary – Adolescent students

Tristan Fitzpatrick and his family joined our TMS community by way of Denver, Colorado. The son of a marathoner, he has been a lifelong runner. Tristan is also an avid mountaineer, hiker, and outdoorsy kind of guy. Tristan has run multiple marathons and hopes to tackle more in the coming years. Under Tristan’s guidance the Running Club has been designed to help develop coordination and athleticism in young children. No matter what sport your children are getting ready for, running can get them in great condition and help them become balanced, well-rounded athletes. This will also serve as the foundation of a potential future Adolescent Cross Country Team. We will teach the fundamentals using structured practices, form drills, running specific exercises, and running specific plyometrics. We believe in teaching children to run correctly, to be challenged aerobically each practice, and to have fun with running games designed to bring out the competitive spirit. This fun and challenging training program will prepare runners to compete in the Mistletoe 5k event on Saturday, December 7th, 2019. The Running Club will focus on goal setting and determination as we train to compete in this fun day of racing! Sign up today and get ready to enhance your child’s fitness!

Children’s Yoga with Ms. Christine

Dates: 8 Wednesdays
September 11, 18, 25 / October 2, 9, 16, 23, 30

Time: Session A: 3:15 – 3:45 Session B: 3:50 – 4:20 (Sunset students will be automatically be enrolled in Session B.)

Lead: Ms. Christine

Place: TMS Facilities

Ages: Designed for Children’s House Students

Christine has been teaching yoga to children for over 11 years. She is certified through Child Light Yoga and has learned techniques, teaching tips, and lesson planning for teaching yoga to children from ages 2 through 12.

In children's yoga class we will focus on breathing, movement, meditation, games and story-telling. We will use props such as chimes, beanie babies, magic mist, and yoga pose cards to engage the children while they learn the poses in fun and interesting ways.

Yoga for children encourages their natural abilities and interests while helping them to develop strength, flexibility and a sense of well-being. Kids use their imaginations, play, get excited and calm down during each class. Practicing yoga and relaxation can help children improve concentration, patience, focus and self-esteem.
**Back Country Club**

**Dates:**
8 Meetings & 3 day trip  
September 13 (Friday), 19, 22 (Sunday Hike) / October 3, 6 (Sunday Hike) 17, 20 (Sunday Hike) 24, Trip: October 25-27.

**Time:**
3:15 – 5:00 pm

**Lead:**
Mr. Austin Money, Ms. Abigail Lutz, Mr. Erik Anderson

**Place:**
TMS Facilities / Hanging Rock, Pilot Mt. / Trip location: Carvers Gap – Yellow Mountain Gap

**Ages:**
Designed for 4th years – Adolescent students

Do you love the fresh air, breathtaking views, the curiosity to explore the great outdoors and sleeping under the stars? If so join us for the Back Country Club! Led by Austin Money, this studio will take a look at backpacking and survival skills in an engaging, fun and safe environment. Along for the adventure is our very own Abigail Lutz and parent volunteer Erik Anderson. Ms. Abigail developed a passion for the outdoors as a child exploring the woods and backpacking with her family, and Mr. Erik comes to us with a bevy of knowledge and experience.

During this eight week studio we will explore backpacking and the survival skills to endure and thrive in nature. Some of the topics we will cover will include characteristics of the trail, managing lightweight nutrition, building shelters, basic first aid, navigation, knots and their usefulness, fire starting/maintaining, all the while practicing 'leave no trace' during our hiking and camping. To conclude the studio, we will put our outdoor knowledge to the test and embark on a two night/three day backpacking trip. As part of the learning process we will do three practice hikes to build our endurance and for “on the trail lessons” during course of the studio. This studio is sure to provide an incredible experience and a great way to connect to nature. Sign up quick, spots are limited!
**Soccer Shots**

**Dates:** 8 Fridays  
September 13, 27 / October 4, 11, 25 / November 1, 8, 15

**Time:** 3:15 - 4:00pm
**Lead:** Coach Justin Wadia
**Place:** TMS Field
**Ages:** Designed for Elementary students

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Premier (6-9 Year Olds): Soccer Shots Premier is for children who are new to soccer or who want to build upon what they have learned in the Classic program. Focusing on individual skill, fitness and sportsmanship, each session provides an opportunity for children to be challenged through fun games and team competitions. Children will also be introduced to tactical elements of the game as they prepare to play on competitive teams.
Registration Form

PLEASE WRITE CLEARLY. YOU WILL RECEIVE CONFIRMATION OF YOUR REGISTRATION BY E-MAIL.

Today’s Date: ______________ First Parent Name: __________________ Second Parent Name: ___________________

Preferred Phone Contact: (Parent Name) ______________________________ (phone #) ______________________________

Preferred Email Contact: (Parent Name) ______________________________ (Email) ______________________________

Children currently enrolled in our Sunset program will receive a 15% discount on Studio Fees. See details under Studio Fees below.

<table>
<thead>
<tr>
<th>Studio</th>
<th>Ages</th>
<th>Day/Time</th>
<th>Studio Fee</th>
<th>Name of child(ren) attending</th>
<th>Studio Fees</th>
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</thead>
<tbody>
<tr>
<td><strong>Spanish Immersion</strong></td>
<td>CH Students</td>
<td>Mondays 3:15 – 4:15</td>
<td>$150/child</td>
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<td></td>
<td>8 sessions</td>
<td>$128/Sunset child</td>
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<td><strong>Running Club</strong></td>
<td>Elementary Students</td>
<td>Tuesdays 3:15 – 4:30</td>
<td>Cost of the 5k: $33</td>
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<td><strong>Soccer Shots</strong></td>
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<td><strong>Yoga with Ms. Christine</strong></td>
<td>CH Students</td>
<td>Wednesdays A: 3:15- 3:45</td>
<td>$150/child</td>
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<td>B: 3:50- 4:20</td>
<td>$128/Sunset child</td>
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<td><strong>Back Country Club</strong></td>
<td>4th years - Alumni</td>
<td>8 meetings and a trip</td>
<td>$275/child</td>
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<td>3:15 – 5:00</td>
<td>$233/Sunset child</td>
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<td>8 sessions + Weekend Trips</td>
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<td><strong>Soccer Shots</strong></td>
<td>Elementary Students</td>
<td>Fridays 3:15-4:00</td>
<td>$150/child</td>
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Total Studio Fees Submitted
Studio lead guides will be provided with your child(ren)’s medical, emergency contact and approved pick-up list information currently on file with us. If there are any recent changes to this information or additional information that would be helpful for your Studio guides, please indicate it below.

__________________________________________________________________________________________
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**Additional Information for Parents**

**Sunset Children:**
Children currently enrolled in our Sunset program will go to their Sunset classes as usual at the end of the school day to check in and have a snack. They will then be escorted from their Sunset class to their studio class. When their studio ends, all Sunset children will be escorted back to their Sunset class. All Sunset children will be dismissed to their parents from their Sunset environments.

**Children Not Enrolled in Sunset:**
Children not currently enrolled in our Sunset program will wait with their regular class until the end of dismissal. They will then be escorted to their Studio class where they will have the opportunity to have a snack before their Studio begins. **On days when your child is participating in a Studio, please send an afternoon, nut-free snack for them.** Non-Sunset children will be dismissed directly to their parents from their Studio class when the Studio ends. Please help us by arriving on time to pick up your child as our late policies and fees apply to these programs.

**Please Note:**

The Studio cost cannot be prorated in the event of sessions missed due to illness or parent need. Make up sessions will be arranged for all sessions cancelled by TMS.

**Questions?** Call (336) 766-5550 or email Austin Money, Co-Curricular Programs Director at Austinmoney@wsmontessori.org