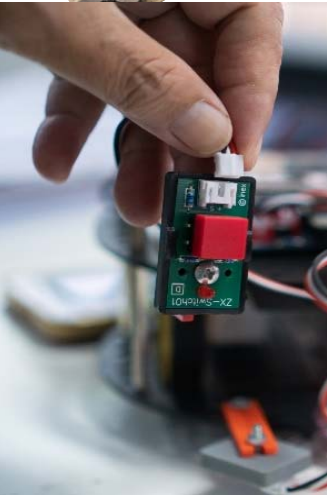


# Saturday EXPLORE & LEARN

OPENING DOORS TO A WORLD OF OPPORTUNITY





# Saturday EXPLORE & LEARN

OPENING DOORS TO A WORLD OF OPPORTUNITY



## ELEMENTARY K - 5



### **Architectural Adventures** (Grades 3-5)

Explore the world of architecture through drawing, printmaking, and painting. Students grade 3 through 5 will be introduced to the fundamentals of architecture and design. Students will learn through hands on experience with professional teachers.

**CYCLE ONE:** Oct: 5, 19, 26 & Nov: 2  
10:00 a.m. – 12:00 p.m.



### **Art as a Medium for Self Expression**

(Grades 3-5)

Young students will be given the opportunity find and explore their artistic talents. This class is led by Ossining High School students.

**CYCLE ONE:** Oct: 5, 19, 26 & Nov: 2  
10:00 a.m. – 11:00 a.m.

# Saturday

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### Chess for Beginners (Grades 3-5)

Learn the players and their moves. Develop strategies and capture your opponents King but lookout to avoid checkmate!

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**11:00 a.m. – 12:00 p.m.**



### Dance (Pre-K - 5)

Learn technique and practice different styles of dance. Beginning with a warm-up students learn combinations and creative movement to follow choreography.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 11:00 a.m.**



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## Destination Imagination STEAM

### Basics (Grades 3-8)

Students will have an opportunity to learn and apply simple engineering skills as they work in teams to complete mini challenges.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 12:00 p.m.**



## Futsal and Soccer (kindergarten – 2<sup>nd</sup> Grade)

What is Futsal? Like soccer, it's a fast paced game played with fewer players but just as much energy and excitement! Kindergarteners through second graders will learn how to play the game, and how to positively interact with peers while enhancing communication and decision making skills. Players build individual and group level skills while enjoying physical exercise.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 11:00 a.m.**

# *Saturday* **EXPLORE & LEARN**

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## **Futsal and Soccer** (Grades 3-5)

What is Futsal? Like soccer, it's a fast paced game played with fewer players but just as much energy and excitement! Students grade 3 through 5 will learn how to play the game, work as team to accomplish goals, and enjoy physical exercise.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**11:00 a.m. – 12:00 p.m.**

# Saturday EXPLORE & LEARN

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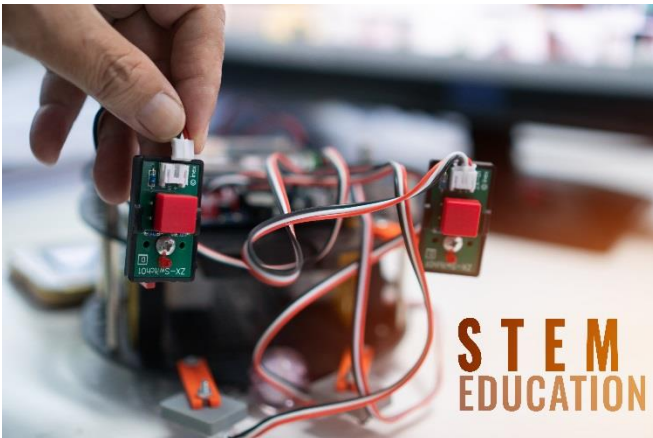
## MIDDLE & HIGH SCHOOL 6 - 12



### **Dance** (Grades 6 - 8)

Learn technique and practice different styles of dance. Beginning with a warm-up students learn combinations and creative movement to follow choreography.

**CYCLE ONE:** Oct: 5, 19, 26 & Nov: 2  
11:00 a.m. – 12:00 p.m.



### **Destination Imagination STEAM**

#### **Basics** (Grades 6-8)

Students will have an opportunity to learn and apply simple engineering skills as they work in teams to complete mini challenges.

**CYCLE ONE:** Oct: 5, 19, 26 & Nov: 2  
10:00 a.m. – 12:00 p.m.



# Saturday

## EXPLORE & LEARN

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### Educational Kickboxing (Grades 9-12)

This educational kickboxing course will expose students to codified activities in which the respect of rules is imperative. Students will release energy in a controlled setting while gaining self-confidence.

**CYCLE ONE:** Oct: 5, 19, 26 & Nov: 2  
11:00 a.m. – 12:00 p.m.



### One World Global Character Education Program (Grades 9-12)

Students are connected to a global learning community of over 8,000 peers in 10 countries. Learn about global challenges such as sustainability, and financial and technological readiness. Look at the big picture, become future ready.

**CYCLE ONE:** Oct: 5, 19, 26 & Nov: 2  
11:00 a.m. – 12:00 p.m.

# Saturday EXPLORE & LEARN

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## Yoga and Mindfulness: (Grades 6-8)

Students grades 6 through 8 will learn practices in yoga and mindfulness which include physical postures, breathing techniques and meditation or relaxing which help manage stress and wellbeing.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 11:00 p.m.**

## ADULT EDUCATION



## Educación de Padres *(Spanish Only)*

(Sólo para adultos)

Es un programa de educación para padres específicamente para padres con niños en edad escolar. Este programa se enfocará en desarrollar habilidades esenciales para la crianza de los hijos, mejorar la confianza de los padres como primer maestro de sus hijos. Ayudar a los padres a apoyar el desarrollo académico, social y emocional de sus hijos, desarrollar habilidades de liderazgo



# Saturday

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dentro de la familia y la comunidad y crear conciencia sobre los recursos de la comunidad que están disponibles para familias. Utilizaremos diferentes enfoques para lograr esos objetivos a fin de acomodar y abordar las necesidades de cada familia. Esta clase se ofrecerá en español.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 11:30 a.m.**



### Improv Theatre (Adults only)

Engage in scene work, and identify acting techniques that can be used in real life as well. Participants develop a toolbox full of techniques that can be used on and off the stage.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 11:00 a.m.**

# Saturday

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## **Social Emotional Learning** (Adults only)

In order to be there for our children and students we need to be there for ourselves. Social emotional competence is a critical part of our mental wellbeing yet it is often forgotten due to the other pressures of life. This program provides real life strategies and tools to help you navigate the complex world of social emotional learning in the age of social media and fast paced lives. These skills can be practiced and strengthened until they become a part of your life's natural fabric. By instilling these strategies in yourself you will begin to see them reflected in your children and students.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 12:00 p.m.**



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## FAMILIES



### **Raising a Reader** (Family)

Learn about rituals and habits that will help your child to become a lifelong reader. This interactive family workshop will feature books to take home after the program.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**

**10:00 a.m. – 11:00 a.m. (birth-Kindergarten)**

**11:00 a.m. – 12:00 p.m. (Grade 1-5)**



### **Technology as an Educational Tool for Early Learners & Family Members**

(Family, PreK-grade 2)

Parents and Students who attend this session will explore free apps and websites to support early learning on iPads and chromebooks.

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**

**11:00 a.m. – 12:00 p.m.**

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## **Yes, You can play Ukulele** (Family, grade 4 and up)

Come and play the ukulele with your child! This is an "hands on," musically active workshop to get you singing and playing together. Ukuleles provided, but you're welcome to bring your own!

**CYCLE ONE: Oct: 5, 19, 26 & Nov: 2**  
**10:00 a.m. – 11:00 a.m.**