**After School Activities – Fall 2019**

**Basketball**

Join Eric Johnson and Trifecta Athletics ([www.trifectaathletics.com](http://www.trifectaathletics.com)) for an after-school basketball program that will focus on the fundamentals of dribbling and shooting; passing; first-step quickness; scrimmages and defensive footwork. Basketball is open to grades 1-5 and will be held Mondays from 3:15-4:15 p.m., starting October 7th and ending November 4th. The cost is $125. Contact Eric Johnson at 704-942-8750 or [trifectaathletics@gmail.com](mailto:trifectaathletics@gmail.com) to register.

**Chess Club**

Do you love gaming - strategy - chess? If so, join Chess Master Noble every Thursday morning from 7-7:45 a.m. in the cafeteria for lessons and game play. Chess Club starts September 13th and runs through mid-April and is for players of all levels, from beginner to advanced, grades 2-5. Cost is $65 per child. Contact parent volunteer Demiana Demetry at [pooth313821@hotmail.com](mailto:pooth313821@hotmail.com) or 980-339-9144 with questions.

*Chess Club also is looking for a parent volunteer every Thursday or every other Thursday to assist Master Noble and Demiana. Thank you!*

**Coder Kids (K-2 and 3-5)**

Coding is the core building block of all digital technologies, and writing code is what creates web sites, apps, and software…not to mention video games. Students in grade K-2 can participate in Coding Foundations, a class that will introduce them to computer science concepts like sequences, conditionals, loops and functions through a series of fun and interactive exercises. Classes are held Wednesdays from 2:45-3:45 p.m., and dates are October 2, 9, 16, 23 and 30; and November 6, 13, and 20. The cost is $119 for 8 weeks. Register at [coder-kids.com/stgabriel-foundations](https://coder-kids.com/stgabriel-foundations)

Students in grade 3-5 will create their own sprites, backgrounds and power-ups from their video games, and they will learn to write code to create enemies in their games, as well as variables to keep score. They will complete the course with a final project of their own design. Classes are held Fridays from 2:45-3:45 p.m., and dates are October 4, 11, 18, 25; November 8, 15 and 22; and December 6. The cost is $119 for 8 weeks. Register at [coder-kids.com/stgabriel-vgm](https://coder-kids.com/stgabriel-vgm)

**Cooking – Flour Power Studios**

Join Flour Power Cooking Studios for a fall cooking enrichment program that is both educational and fun! This four-week enrichment program is open to all grade levels and will stir in some math, reading and kitchen science while the students create yummy recipes, like banana breakfast smoothies, lasagna roll ups, and caramel apple cider doughnuts. Classes dates for the fall session are September 9, 16, 23 and 30. Cost is $60 for the four-week session. Register at [https://www.flourpowerstudios.com/register/charlotte/stgabrielcahtolic school/all](https://www.flourpowerstudios.com/register/charlotte/stgabrielcahtolic%20school/all).

**Cub Scouts**

Ready for some outdoor fun? Camping? Meeting new friends? Exploring? Then come be part of Cub Scouts! All boys and girls in Kindergarten - 5th grade are invited to join. If you have any questions or are interested in signing up, please contact Erin Janezic at [erin.janezic@gmail.com](mailto:erin.janezic@gmail.com) or 704-564-8901. We look forward to meeting you and having you join us!

**Etiquette**

Learn etiquette skills that will last a lifetime with Ms. Donna Knorr, certified etiquette consultant with The Piedmont School of Etiquette. Ms. Knorr will teach students proper manners and protocol in order to help them become confident, responsible, and successful citizens in our society. Skills taught include proper introductions, correct handshake, appropriate conversation, good eye contact, dining skills, thank-you notes, and telephone etiquette.

Lessons are one-hour each week over a six-week period. Classes will be held on Wednesdays, starting September 4. Class dates are September 4, 11, 25 and October 9, 16 - *there is no class on October 2.* The cost is $105 per six-week session.

Please contact Ms. Knorr at [dsfoard@aol.com](mailto:dsfoard@aol.com) or 704-425-6229 with questions.

**Irish Dancing**

Irish dancing is fun to watch and even more fun to do. For beginners, all you need to know is how to count and how to smile! Aine Walsh Kelley of the Walsh Kelley School of Irish Dancing will offer six-week Irish Dance sessions. Each class is 45 minutes long – the cost is $60 per six-week session. Classes will be held Tuesday afternoons from 2:45-3:30 p.m. The first six-week session will begin on September 10 and run through October 15.

Aine Walsh Kelley is the director of The Walsh Kelley School of Irish Dancing. Originally from Cork, Ireland, Aine relocated to Charlotte in 1994 and immediately began teaching Irish dancing. Her dancers ages 4-adult perform regularly throughout Charlotte at parades, festivals, weddings and private parties. Many of her dancers also compete locally, regionally and internationally. Walsh Kelley School has locations in Charlotte, Greensboro and Wilmington, NC.

For more information on The Wash Kelley School of Irish Dancing, please visit [www.walshkelleyschool.com](http://www.walshkelleyschool.com/) or follow on facebook Walsh Kelley School of Irish Dancing. Contact Aine Walsh Kelley at [aine@walshkelleyschool.com](mailto:aine@walshkelleyschool.com) or 704-650-7892 for more information or to register.

**Karate**

The Karate Enrichment Program will be offered in fall, winter and spring sessions. The programs are run under the auspices of The Martial Arts Training Institute (MATI).

Sessions are Tuesdays after school until 3:30 pm. Each Session is eight weeks and cost is $150 per session. There will be a Belt Graduation/Test Day at end of the eight-week session (parents are invited to attend).

To register and reserve your spot, please contact Master Don Newell at 704-502-5199 or download our MOBILE APP (MATI Karate) to register today! (Studio Code 1100). *Limited Spots Available*.

**FALL SESSION DATES**

SEPT 17th, 24th, OCT 1st, 8th, 15th, 29th, NOV 5th & 12th

**WINTER SESSION DATES**

JAN 7th, 14th, 21st, 28th, FEB 4th, 11th, 18th, & 25th

**SPRING SESSION DATES**

MARCH 24th, 31st, APRIL 7th, 21st, 28th, MAY 5th, 12th, 19th

**Little Sticks Lacrosse**

Little Sticks Lacrosse provides an introduction to the sport of lacrosse, focused on teaching the right lacrosse at the right time with energetic, kid-centered play! It was founded to provide young student-athletes the opportunity to learn and love the game of lacrosse! The program is driven by experienced coaches dedicated to growing the game with an emphasis on fun, sportsmanship and fundamentals in an instructional, energetic environment.

The Little Sticks programs are co-ed and use real lacrosse sticks but soft balls so that no equipment is required. They offer stick options if needed and additionally offer scholarship opportunities.

Little Sticks lacrosse emphasizes all of the following at each of the sessions: Physical Literacy - Proper Stick Mechanics - Decision Making Skills - Teamwork - Leadership - Spatial Positioning and Awareness.

Sessions are on Wednesdays from 2:45-3:45 p.m. 2019 Fall Session dates are October 9, 16, 23, 30; November 6, 13, 20; and December 4. Visit [www.littlestickslacrosse.com](http://www.littlestickslacrosse.com) to register.

**Let Me Run**

Registration for St. Gabriel’s Let Me Run team is now open for the fall season. Let Me Run is for boys in the fourth and fifth grades. The program inspires boys through the power of running to be courageous enough to be themselves, to build healthy relationships, and to live an active lifestyle. Practices are Tuesday and Thursday afternoons from 2:45-4:00 p.m. Practices start on Tuesday, October 4 and end with a 5K run on November 23. Contact Jessica Babinksi at [Jessica.babinski@wellsfargo.com](mailto:Jessica.babinski@wellsfargo.com) or 704-408-1974 for more information. Registration is now open online.

**Dance and Move with Justine**

Dance and Move with Justine will focus on self-expression, teambuilding, and learning how your own body uniquely moves! Students will learn basic fundamentals and concepts of movement, including shapes, rhythm, speed, levels, qualities, and more. They will discover their own creative voices through movement exploration and composition in a supportive environment. By the end of the session, students will be more comfortable and in tune with their own bodies and with conveying ideas, thoughts, and emotions to others through movement.

The fall six-week session is open to students in Kindergarten through second grade. The cost is $80 per student for the six-week session. Classes are Thursday mornings from 7:00-7:45 a.m. and will be held from October 8-November 19.

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

**Tennis**

Please join coach Todd Upchurch, USPTA Master Professional & Director of Serve It UP Tennis Academy and his team for some fun tennis this fall. Tennis is open to students in grades K-5. Class is 3:00-4:00 p.m. on Thursdays. The first fall session will begin on Thursday, September 12. Classes will take place in the gymnasium - students will meet instructors immediately after school in the gym. The cost is $110 per session. Contact [todd@serveituptennisacademy.com](mailto:todd@serveituptennisacademy.com) with questions or to register.