



**Extended Studies Winter 2019**

**COURSE  
CATALOG**

---

# EXTENDED STUDIES WINTER 2019

Chances are you'll find something interesting in SFC's Extended Studies Program this year. Extended Studies courses challenge students and adults academically, spiritually, physically and creatively... so don't miss the opportunity to experience something new. Programs are held at SFC, directly after school. Students will be escorted after school dismissal to the extended studies class/clinic. [Visit this link](#) to be redirected to the registration/payment site.

## ONE DAY PER WEEK OFFERINGS

### MONDAYS

---

#### **KIDS CHESS CLUB (GRADES K-6)**

This after-school 8-week program features experienced instructors who will cultivate an appreciation for chess among children of all ages, grades K-6. In addition to having fun, children will learn and develop lifelong transferable skills such as critical thinking, self-confidence, decision making, observation skills, improved concentration, mental discipline, sportsmanship, and leadership. All ability levels welcome!

**Instructor:** Tom Callaghan

**When:** Mondays; 1/14, 1/28, 2/4, 2/11, 2/25, 3/4, 3/18, 3/25 from 2:45-3:45 PM

**Where:** SFC Main Campus, LS Art Studio, Room 515

**Cost:** \$140.00

#### **LS RISING STARS (GRADES 1-5)**

It's time for the spotlight to shine on the Lower School students of SFC! This 6-week master class will focus on helping each student to grow in their "triple threat" skills and give them the opportunity to perform individually as the rising stars that they are. Students will work on vocal and performance technique, characterization of both scenes and monologues, as well as musical theater and jazz styles of dance. They will have the opportunity to work with various teachers in these areas and perform during our final showcase, in which each student will be part of our group numbers AND showcase one of their chosen strengths. Let the rising stars show those gifts that God has given!

**Instructors:** Amy Kennard

**When:** Mondays; 3/4 through 4/8 from 3:00-5:00 PM (final performance on Monday, 4/8, 5 PM)

**Where:** SFC Main Campus, Location TBD

**Cost:** \$195.00

## TUESDAYS

---

### **MONART ART: DRAWING SAN DIEGO (GRADES K-5)**

Monart is an educational art program committed to teaching your child fundamental drawing skills through an easy step-by-step method. Monart is a visual language that helps children improve and succeed in a number of academic areas. Our guided drawing lessons provide a good balance of structure of success and freedom for individual creativity, building your child's confidence and self-esteem, in addition to their art skills.

**About "Monart Drawing: Drawing San Diego:"** In this course, students will draw San Diego as an artist. Examples of San Diego scenes include the Carlsbad Flower Fields, Sea World, the San Diego Zoo, Balboa Park, Hotel Del Coronado, Swamii's Beach, etc. Students will be encouraged to use the Monart method of drawing to express the many attractions, landscapes, seascapes and cultures found throughout San Diego County. Each week, a fact sheet will come home, accompanying a completed drawing.

**When:** Tuesdays; 1/15 through 3/26 (no class on 2/19) from 2:45-3:45 PM

**Where:** SFC Main Campus, LS Art Studio, Room 515

**Cost:** \$210.00

### **MATH CLUB (GRADES 3-4)**

Any 3rd through 4th-grade student who wants to develop their math problem-solving skills is welcome to join. Register early, space is limited to 20 students. In this course, students will learn math problem-solving techniques, participate in group problem solving and compete in math contests as a group. This is not a class for tutoring or for homework. The goal of the math club is to energize students' passion for math while training them to become better math problem solvers. The cost includes the price of the Beast Academy Math 4B textbooks as well as their fee to compete in the MOEMS national math team competition.

**Instructor:** Evan Story

**When:** Tuesdays; 11/6, 11/13, 11/27, 12/4, 12/11, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12 from 3:00-4:30 PM

**Where:** SFC Main Campus, Room 512

**Cost:** \$225.00

### **MATH CLUB (GRADES 4-5)**

Any 5th through 6th-grade student who wants to develop their math problem-solving skills is welcome to join. Register early, space is limited to 20 students. In this course, students will learn math problem-solving techniques, participate in group problem solving and compete in math contests as a group. This is not a class for tutoring or for homework. The goal of the math club is to energize students' passion for math while training them to become better math problem solvers. The cost includes the price of the Beast Academy Math 5B textbooks as well as their fee to compete in the MOEMS national math team competition.

**Instructor:** Mike Maxon

**When:** Tuesdays; 11/6, 11/13, 11/27, 12/4, 12/11, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12 from 3:00-4:30 PM

**Where:** SFC Main Campus, Room 522

**Cost:** \$225.00

## TUESDAYS (cont.)

---

### **MATH CLUB (GRADES 7-8)**

Any 7th through 8th-grade student who wants to develop their math problem-solving skills is welcome to join. Register early, space is limited to 20 students. In this course, students will learn math problem-solving techniques, participate in group problem solving and compete in math contests as a group. This is not a class for tutoring or for homework. The goal of the math club is to energize students' passion for math while training them to become better math problem solvers. The cost includes the student's fee to compete in the MOEMS national math team competition.

**Instructor:** Amanda Burgner

**When:** Tuesdays; 11/6, 11/13, 11/27, 12/4, 12/11, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/26, 3/5, 3/12 from 3:00-4:30 PM

**Where:** SFC Main Campus, Room F6

**Cost:** \$225.00

## WEDNESDAYS

---

### **JUMP STARS JUMP ROPE CLUB (GRADES K-5)**

Bring a smile and we'll teach you to jump rope – a great way to start the day on late start Wednesdays! Learn single rope, 2 person 1 rope, Chinese wheel, traveler, double dutch, and long rope skills. Remember to wear good jumping shoes! Jump ropes are provided for the class and available to purchase to take home.

**Instructor:** USA Jump Stars Instructors

**When:** Wednesdays; 1/9 through 3/20 from 7:30-8:30 AM, during late start (no class on 2/20)

**Where:** SFC Main Campus, Dome

**Cost:** \$155.00

# THURSDAYS

---

## **UKULELE CLUB (GRADES 3-5)**

Ukulele Club is a great way for 3rd, 4th, and 5th graders to take their ukulele skills to “the next level.” The Ukulele Club is for students in grades 3-5 who want to learn more chords, strums, and songs than is possible during the regular Performing Arts class. Students will be expected to have their own ukulele and tuner at home, and to practice daily. There will be student leadership opportunities and leveled groups.

**Instructor:** Jan Leroux

**When:** Thursdays; 1/10 through 4/11 (no class on 3/7) from 3:00-4:00 PM

**Where:** SFC Main Campus, PA Room L102

**Cost:** \$150.00

# FRIDAYS

---

## **EAGLES EDGE BASKETBALL CLINICS (GRADES K-4)**

Eagles Edge Basketball Clinics are offered to Lower School students in grades K-4 to help teach, reinforce, and enhance basketball skills and fundamentals. This is a great opportunity for Lower School students to receive sportsmanship mentoring from SFC varsity players and coaches. Students will learn what it means to *Be a Champion*, the SFC-way!

**Instructor:** SFC Basketball Coaches

**When:** Fridays; 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1 from 1:55-2:55 PM

**Where:** SFC Main Campus, Gym

**Cost:** \$125.00

# SATURDAYS

---

## **SNUFFY BASKETBALL LEAGUE TEAM (GRADES 1-4)**

Students in 1st-2nd & 3rd-4th grades have the option to be placed on teams and compete in the winter basketball league. Teams will be formed by December 1st and games will begin in January.

The placement date for 1st-2nd graders is Tuesday, Nov. 6th, from 3-4 PM. The placement date for 3rd-4th graders is Thursday, Nov. 8th, from 3-4 PM. This is an hour where the coaching staff will evaluate the kids so that teams can be divided as evenly as possible.

**Instructor:** SFC Parent Coach

**When:** Practice/Game Schedule TBD; Saturdays 1/5 through 2/23 (no games 2/16)

**Where:** TBD

**Cost:** \$119.00



## TWO DAYS PER WEEK OFFERINGS

### FRIDAYS & SATURDAYS

---

#### **EAGLES EDGE BASKETBALL CLINICS + SNUFFY LEAGUE TEAM (GRADES 1-4)**

*This combines the Clinic & Team option at a discounted rate.*

Eagles Edge Basketball Clinics are offered to Lower School students in grades 1st-4th to help teach, reinforce, and enhance basketball skills and fundamentals. This is a great opportunity for Lower School students to receive sportsmanship mentoring from SFC varsity players and coaches. Students will learn what it means to *Be a Champion*, the SFC-way!

Students in 1st-2nd & 3rd-4th grades have the option to be placed on teams and compete in the winter basketball league. Teams will be formed by December 1st and games will begin in January.

The placement date for 1st-2nd graders is Tuesday, Nov. 6th, from 3-4 PM. The placement date for 3rd-4th graders is Thursday, Nov. 8th, from 3-4 PM. This is an hour where the coaching staff will evaluate the kids so that teams can be divided as evenly as possible.

**Instructor:** SFC Basketball Coaches/SFC Parent Coaches

**When:**

CLINICS... Fridays; 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 3/1 from 1:55-2:55 PM

GAMES... Saturdays; 1/5 through 2/23 (no games 2/16)

**Where:** SFC Main Campus, Gym; Locations for games TBD

**Cost:** \$200.00