

# **The Windward School Manhattan Middle School After-School Virtual Sports/Club Registration**

**All programs are virtual and run once a week from 4:30-5:30, beginning the week of October 5.**

**Windward would like to receive all registration information by Wednesday, September 30. A confirmation letter which will include the supervisor's email will be sent to you by Friday, October 2.**

**Mondays – October 5, 19, 26; November 2, 9, 16, 23 at 4:30 p.m.**

## **Virtual Game Night (Grades 5 & 6)**

Welcome to game night! We will use our time together to enjoy playing some virtual games that allow students to interact with each other as well as have some fun. Games would include online Pictionary, charades, and trivia. This club will be flexible and "game nights" will become tailored to the interests of participants.

## **Soccer Clinic (Grades 5 & 6)**

Join the fun with your classmates! During this soccer clinic the coaches will demonstrate soccer skills, provide activities using a soccer ball, review field position and talk strategy. Incorporated into the hour will be short soccer clips and fun virtual soccer games.

## **Soccer Clinic (Grades 7 & 8)**

Join the fun with your classmates! During this soccer clinic the coaches will demonstrate soccer skills, provide activities using a soccer ball, review field position and talk strategy. Students will learn about professional soccer leagues around the world. Incorporated into the hour will be short soccer clips and fun virtual soccer games.

**Tuesday – October 6, 13, 20, 27; November 10, 17, 24 at 4:30 p.m.**

## **Football Fan Club (Grades 5 - 8)**

Have your child get together with classmates and discuss the past week's NFL games and the upcoming week's games. Students would view highlight reels and read fantasy football expert's opinions on the best players for the upcoming NFL week.

## **Yoga and Meditation (Grades 5 - 8)**

This Yoga Class would be a Kripalu-based class that incorporates Vinyasa flow and Yin Yoga. We will begin with foundational basics such as pranayama (breathing techniques), asanas (positions), and anatomy-based modifications. As the class progresses, we will incorporate more complex asanas and rigorous vinyasa flows.

**Sports and Games (Grade 5 Only)**

Students will learn and play a host of games and activities taught by our Physical Education Department. Each activity has been designed to encourage cooperation, sportsmanship, resilience, safety, and fair play, to ensure a fun and positive experience.

**Wednesdays – October 7, 14, 21, 28; November 4, 11, 18 at 4:30 p.m.**

**Jewelry and Beading (Grade 5 only)**

**Fee: \$225**

In this creative, hands-on class, students will create beautiful and high-quality beaded jewelry & accessories. Each week will feature two new projects including: necklaces, bracelets, bookmarks, photo holders, keychains and much more. Student will learn fun techniques and will love their finished creations. Students can expect a beautiful, high-quality selection of beads, charms, and components. All beading supplies, pliers and glue will be included in the kit.

**The Rainbow Club (Grades 7 & 8)**

This gender and sexuality alliance is a club that promotes diversity, equity, and inclusion by providing a supportive and non-judgmental space to uplift people of all genders and sexualities. All interested students are invited to participate in this community building club, regardless of identity.

**Cheerleading Clinic (Grades 5 -8)**

We've got spirit, how about you?! Windward's cheerleading coach, Ms. Lasher, will teach participants cheers, form, and routines. Boost confidence and school spirit while developing relationships across grade levels.

**Fitness Fanatics (Grades 5 & 6)**

After a long day of school, let's get our students moving! Our instructors will lead this fun fitness club by introducing our students to various workouts which will improve their overall fitness. Along with working out, the importance of stretching and nutrition will be discussed. No skill is necessary, all techniques and mechanics will be explained and modeled. Music will be incorporated into the class keeping things upbeat and fun.

**Fitness Fanatics (Grades 7 & 8)**

After a long day of school, let's get our students moving! Our instructors will lead this fun fitness club by introducing our students to various workouts which will improve their overall fitness. Along with working out, the importance of stretching and nutrition will be discussed. No skill is necessary, all techniques and mechanics will be explained and modeled. Music will be incorporated into the class keeping things upbeat and fun.

**Thursdays – October 8, 15, 22, 29; November 5, 12, 19 at 4:30 p.m.**

**Sports and Games (Grade 5 Only)**

Students will learn and play a host of games and activities taught by our Physical Education Department. Each activity has been designed to encourage cooperation, sportsmanship, resilience, safety, and fair play, to ensure a fun and positive experience.

**Arts and Crafts (Grades 5 - 8)**

Students will embark on a new artistic adventure, using different mediums to complete creative projects to bring home to display.

**Volleyball Clinic (Grades 5 - 8)**

During this volleyball clinic students will learn how to properly strike a volleyball, provided by Windward while coaches review court positions and discuss strategy. Incorporated into the hour will be short volleyball clips and fun virtual volleyball games.