



Everest Academy After School Activities

BAND

The students' intellectual pathways will be broadened through the knowledge they will acquire by learning an instrument. Students will have the opportunity to "try-out" a variety of instruments while experiencing instrument matching with skilled professionals. For the first few weeks, band members practice in a small group setting; beginner and advanced groups are formed. Several exciting Band performances will take place with other solo and group opportunities. Band will be integrated into the class day and offered for grades 4th-8th.

PIANO

Students have the opportunity for group lessons with our talented and experienced teachers from Band for Today. These half-hour lessons allow the students to work with the instructor each week as they explore the world of music in a very personal, versatile way during the school day. Grades K-3rd.

POLISH

The After School Polish Program at Everest Academy applies communicative and content language learning methods and is suitable for students Pre-K to 8th grade who are interested in learning to speak, read, write, and understand the Polish language. Lessons are designed according to language proficiency. Students participate in engaging activities and games that encourage Polish language acquisition.

Polish A

This course is designed for the youngest learners. During the course, students will build functional language skills. The course will focus on learning topics such as the Polish alphabet, numbers, shapes, colors, food, body parts, and more. Students will learn Polish songs, rhymes, and games. At the end of the school year, they will be able to better understand, speak, read, and write in Polish, as well as know more about the Polish culture, traditions, and history.

Polish B

This course addresses learners attempting to learn how to conduct basic, small-talk conversations in Polish, as well as those who plan to learn about or expand their knowledge of Poland's history and culture. Students will learn basic grammar aspects of the Polish language and gain rudimentary knowledge of Poland's everyday life, history, economy, and culture. The course presents students with chosen aspects of Polish grammar and pronunciation.

Polish C

Polish C is a continuing proficiency-based course that develops communicative abilities in speaking, listening, reading, and writing in culturally authentic contexts. The course provides many exercises for pronunciation, vocabulary, and grammar. Activities are conducted mostly in Polish, sometimes in English if needed. Learning a new (heritage) language can be a lot of fun, and students should approach the course in this spirit. The goal of the class is to work toward active language usage through systematic conversational practice, listening exercises, reading, and writing. An introduction to everyday culture and traditions of Poland is incorporated into the classroom through culture presentations, film, and music.

CHESS

The Chess Scholars program is taught by instructors who are not only very strong players but also experienced, enthusiastic, fun-loving, patient, and dedicated teachers. They strike the right balance between learning and fun, thus ensuring not only the students' chess growth but also their lifelong enjoyment of chess. Chess Scholars curriculum is based on a unique "Chess Belts®" system with a gradual step-by-step increase in the difficulty of material. The curriculum is well suited for the needs of young students. Chess Scholars enhances students' motivation, social skills, and spatial and analytical reasoning.

ENGINEERING

Let's Build It - Chain Reaction in Action! The ball rolls down the ramp, turns the switch that moves the post that activates the zip-line that knocks the ball down the ramp and into the goal! In this STEAM program, students will be building Rube Goldberg "Mouse Trap" chain-reaction machines featuring levers, pulleys, and other simple machines. Engineering and physics concepts will be introduced and reinforced through hands-on, innovative lessons and creative play time. Problem solving skills and teamwork will be put to the test as the complexity of the projects increases from week to week. On the final class, there will be a building competition - How many contraptions can you connect in chain reaction? **No previous experience is necessary**, just a desire to learn and build. Each student will receive an award on the last day of the session, and have the opportunity to earn Energy Belts to demonstrate their learned skills! Open to grades 1st - 5th.

MARTIAL ARTS

Tae Kwon Do, the Korean art of defense, builds focus, concentration, discipline and above all ...respect. Students will learn the fundamental techniques in a safe "non-contact" environment. Tae Kwon Do develops endurance, flexibility, and coordination. Returning students will continue to advance through the curriculum and new students will receive a "white belt" on the first day of class to begin earning curriculum stripes. A Belt Promotion event will be scheduled in the Spring where parents and family will be invited to view a demonstration of technique as the students are promoted to the next belt rank.

T-USA t-shirts are provided to all new registrants.

Students are asked to bring athletic pants for all classes. Classes begin promptly at 3:20; all students are required to change into training clothes quickly at the end of the school day. Parents are welcome to

view all classes and learn the benefits of the Tae Kwon Do Program. Make up for missed classes are available through the year at Palos Heights T-USA location. Schedule will be distributed.

ART

Let the brush come alive as students transfer their imagination onto paper! In doing so, students will be educated on practical art concepts and engage their creative faculties. April Wadsworth's after school classes supplement the in-school art classes and deepen students' experience with a variety of art media.

STAGE STARS

Open to grades 1-5. Your time to shine, it's acting time! In Stage Stars children will learn theater terms, play games, and act in short skits. During theater games, students will use their creativity to communicate and improvise. The carefully selected skits are based on folk tales that teach cooperation and positive moral values. Every student will have the opportunity to play at least one lead role per session. Also, Stage Stars participants can earn prizes for identifying and explaining parts of a skit and goals of the characters. Each child will receive a participation award. Parents are invited to attend the final performance on the last day of class!

SPANISH CLUB

Celebrate the Spanish Language! Have your children engage in a new or familiar culture while learning Hispanic traditions, crafts, games, songs and activities.

VIOLIN LESSONS

Students will have a personal experience with someone who enjoys choosing fitting repertoire for her students to play, including selections from Essential Elements, Suzuki Method repertoire, and more. In lessons, students will receive instruction in violin technique and gain experience with excellent repertoire. There will also be performance opportunities.

BASKETBALL TRAINING SKILLS

Each program is presented by knowledgeable, caring, and committed coaches who are passionate about helping young people achieve their goal of becoming the best basketball player they can be. Our coaches understand the process of development and the importance of focusing on the process and not simply the results. We respect the fact that the process of development requires hard work and commitment, but we also understand that it takes time. Patience is critically important, as well as, a positive and encouraging atmosphere! We teach the athlete to look within, to understand the importance of accepting personal responsibility, and to recognize that it is his goal to become a better basketball player. Offered for grades 3rd-8th.