

# FALL 2011

## Afterschool Programs

Held at Daniels Run Elementary

**3:40pm—4:30pm**

**Tuesdays (Oct 11 - Dec 6) OR**

**Thursdays (Oct 13 - Dec 8)**

*Children will be called down to the cafeteria at school dismissal. Sign out from cafeteria at 4:30pm.*

*Please provide a snack.*



## Multi Sport

Children learn the basic rules, skills and modified games involved with a particular sport – including American and European sports.

A different sport each week!! Sports include – Basketball, Flag Football, Soccer, Rounder's, Netball, Cricket, Field Hockey, Rugby Skills, Volleyball, Baseball/ Softball, Lacrosse.

**Session A - Grades K-6: Tuesdays**

**Instructor: American Soccer Academy**

**Fee: \$89**

## Soccer

Learn valuable soccer skills through age appropriate activities in a safe and fun environment. Licensed professional soccer coaches will teach children first touch, dribbling, passing, finishing and defending skills. A strong emphasis will be placed on foot skills during the program. Program will be held outdoors.

**Session A - Grades K-6: Thursdays**

**Instructor: American Soccer Academy**

**Fee: \$89**

## Yoga

Yoga made fun! To channel high energy and develop concentration, this class builds fitness, self-confidence and re-directs restless energy while allowing children to be their playful and imaginative selves. Please provide a yoga mat if possible.

**Session A - Grades 1-3: Tuesdays**

**Instructor: Eileen Kragie**

**Fee: \$50**

## Drama

Students will explore the basics of acting using theater games, individual and group activities designed to develop the actors' "tools" which include voice, movement, imagination, improvisation, story building and working with text. Actors will use all these tools as they work as an ensemble on a theater piece that will be shared at the end of the session.

**Session A - Grades K-2: Thursdays**

**Instructor: 'A Class Act' Staff**

**Fee: \$75**

## Basketball

Your child will gain:

- A fun exercise to overcome obesity issues
- Confidence
- Character building
- Sense of accomplishment

- The ability to move quicker and faster

The types of skills learned are:

- Ballhandling (dribbling, passing & receiving)
- Proper footwork for offense and defense
- Teamwork
- Agility training
- Shooting basics

**Session A - Grades 2-6: Tuesdays**

**Instructor: Keith Smith**

**Fee: \$85**

**TO REGISTER: (deadline: Fri 10/7)**  
**ONLINE: [WWW.FAIRFAXVA.GOV/PARKSREC](http://WWW.FAIRFAXVA.GOV/PARKSREC)**  
**FAX: (703) 246-6321**

**WALK IN OR BY MAIL:**

- GREEN ACRES, 4401 SIDEBURN RD.
- CITY HALL, 10455 ARMSTRONG ST.
- SHERWOOD CENTER, 3740 OLD LEE HIGHWAY

**703-385-7858**