



BULLDOG  
360

FALL 2025

# MONDAY CLASSES

## CLASSIC SOCCER SHOTS

**Teacher: Soccer Shots**

**3-5 years (Primary)**

- Mondays 3:00-3:35 (35 min) (8/25-12/1) 12 classes—no class on 9/1, 10/13, 11/24
- Mondays 3:45-4:20 (35 min) (8/25-12/1) 12 classes—no class on 9/1, 10/13, 11/24
- \$300/student
- Class Maximum: 10 students

*Using creative and imaginative games, Soccer Shots sessions focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation to help build a well-rounded athlete and child. The Soccer Shots Classic curriculum is designed to keep kids ages 3 to 5 moving, learning, and having fun.*

## LITTLE LINGUIST SPANISH

**Teacher: Language Kids World**

**Primary**

- Mondays 3:00-3:30 (8/25-12/1) 12 classes—no class on 9/1, 10/13, 11/24
- \$300/student
- Class Maximum: 13 students

*Welcome to our Spanish class for children at Language Kids World! Our program immerses children in the Spanish language through hands-on activities and a targeted play approach, focusing on conversational skills development and cultural awareness. Each semester features a unique theme, with engaging activities like interactive games, storytelling, music, and role-play. Children will learn Spanish while exploring cultural traditions, ensuring a fun and effective path to fluency as they play their way to mastering the Spanish language.*

## LITTLE GENIUSES CHESS

**Teacher: The Knight School**

**3.5-6 years**

- Mondays 2:45-3:30 (45 min) (8/25-12/1) 12 classes—no class on 9/1, 10/13, 11/24
- \$375/student
- Class Maximum: 13 students

*Little Geniuses is a chess-song singing, laughing, chess-tourney, dancing, clock-slapping, zany video, puppet show introduction to chess, and being the smart kid in the room. Kids report Little Geniuses to be the favorite part of their week because kids love our infectiously-fun thinking activities, which are developmentally targeted to be compelling,*

*exhilarating, and gratifying. Guaranteed to delight, Little Geniuses is the perfect way to instill enthusiasm for chess and help your child gain academic confidence while learning the basics of the game and having a blast. Upon enrollment, new students receive a TKS T-Shirt, chess set, chess bag, and all the colorful SillyBands they can earn! Class meets weekly at your school for 45 minutes.*

## **PUBLIC SPEAKING & DEBATE**

**Teacher: Everlove Academy**

**4th-8th grade**

Class Day/Time:

- Mondays 3:45-4:45 (1 hour) (8/25-12/1) 12 classes—no class on 9/1, 10/13, 11/24
- \$450/student
- Class Maximum: 12 students

*In our combined Public Speaking and Competitive Debate program, students build confidence, critical thinking, and communication skills through engaging, structured activities. They learn the foundations of effective speaking—including storytelling, persuasive techniques, body language, vocal expression, and audience engagement—while gradually becoming more comfortable presenting in front of peers. Through structured debate formats, students also develop skills in argumentation, respectful rebuttal, research, teamwork, and quick, agile reasoning. This supportive and dynamic class helps students become thoughtful speakers and persuasive thinkers.*

## **ELEMENTARY CHESS**

**Teacher: The Knight School**

**1st-5th grade**

- Mondays 3:45-5:00 (75 min) (8/25-12/1) 12 classes—no class on 9/1, 10/13, 11/24
- \$480/student
- Class Maximum: 13 students

*The Knight School has finally perfected the chess class and is sweeping the nation with this hilarious, kid-focused, amazingly cool approach to a big, fun, and genuinely thrilling experience. Grandpa's boring chess class has now evolved into The Knight School's chess parties! TKS is the perfect way for kids of all levels (from brand-new beginners to highly advanced players) to learn to love learning, learn that they are unspeakably smart, and learn how to absolutely demolish their parents in chess! In this kid-centered classroom environment, we teach our kids every cool trick, strategy, opening, and tactic in chessdom and our kids soon learn to love and master chess and masterfully control their classrooms, sports fields, and home lives!*

## FLAG FOOTBALL

**Teacher: ARDE**

**2nd-5th grade**

- Mondays 3:45-4:45 (60 min) (8/25-12/1) 12 classes--no class on 9/1, 10/13, 11/24
- \$450/student (plus \$50 materials fee)
- Class Maximum: 15 students

*Developed by the NFL Foundation, this program uses the National Physical Education Standards as the essential framework and guidance. Flag football is fun for kids because it's a non-contact sport that's inclusive, easy to learn, and has a fast-paced, competitive environment. Flag equips children with the skills to build and grow their confidence levels on and off the field. Instills Sportsmanship: Flag teaches your child what being a good sport and team player looks like, emphasizing what it means to win and lose gracefully.*

## TUESDAY CLASSES

### JOY OF ART

**Teacher: Ms. Erika**

**Orientation**

- Tuesdays 2:30-3:00 (30 min) (8/26-11/11) 12 classes
- Tuesdays 3:00-3:30 (30 min) (8/26-11/11) 12 classes
- The 3:30 class is intended for children enrolled in aftercare
- \$300/student (plus \$50 materials fee)
- Class Maximum: 6 students

*Joy of Art explores the art process. It is a self-directed class with little direction from the teacher. Instead, the child is free to choose what to do with the materials presented to them. It is an open-ended art experience. Engaging children in the art process encourages experimentation and imaginative thinking and motivates children to question and seek answers. Through trial and error, students learn to embrace making mistakes as part of the learning process. They gain the confidence to develop their ideas and express themselves. Children learn to think creatively and independently of others and develop critical thinking skills.*

### COOK, LEARN, GROW JR.

**Teacher: Cook, Learn, Grow**

**Primary**

- Tuesdays 2:30-3:30 (60 min) (8/26-11/11) 12 classes
- \$450/student (plus \$50 materials fee)
- Class Maximum: 12 students

*In this PreK-Kindergarten cooking class, young chefs will be introduced to the joys of working in the kitchen while learning essential safety rules and foundational kitchen skills. Through hands-on, age-appropriate activities, students will practice measuring, mixing, cutting, and using simple tools safely. All cooking will be done without the use of heat or fire, ensuring a safe and engaging experience for our youngest learners. This class is designed to build confidence, coordination, and a love for food preparation in a fun and supportive environment.*

## **NINJA PARKOUR**

**Teacher: ARDE**

**Kinder-2nd grade**

- Tuesdays 3:45-4:45 (60 min) (8/26-11/11) 12 classes
- \$450/student (plus \$50 materials fee)
- Class Maximum: 15 students

*Jump, climb, and roll in our Ninja Parkour class designed especially for students in Kindergarten through 2nd grade! This high-energy class builds coordination, balance, and confidence through age-appropriate obstacle courses, movement games, and skill-based challenges. Parkour helps participants refine natural human movements to the ninja level. Kids will use these movements to creatively navigate the space around them, giving them a sense of control over their environment. Parkour encourages three things: developing a strong body, fortifying the mind to tackle challenges, and most importantly, having fun.*

## **JOURNEY THROUGH ART**

**Teacher: Ms. Erika**

**Kinder-2nd grade**

- Tuesdays 3:45-4:45 (60 min) (8/26-11/11) 12 classes
- \$450/student (plus \$50 materials fee)
- Class Maximum: 10 students

*In this vibrant, anything-goes art class, students will mix the old with the new — blending medieval beasts and Renaissance masterpieces with wild abstract art, bold pop culture, and today's digital icons (yes, even emojis!). With every project, they'll tap into their imaginations, explore different styles, and discover how art helps us tell our stories. It's a colorful, creative journey where history meets high-energy fun — and every student becomes the artist of their own adventure!*

## **COOK, LEARN, GROW**

**Teacher: Cook, Learn, Grow**

**1st-5th grade**

- Tuesdays 3:45-4:45 (1 hour) (8/26-11/11) 12 classes
- \$450/student (plus \$50 materials fee)
- Class Maximum: 16 students

*CookLearnGrow is a dynamic, hands-on cooking and food literacy program that empowers kids to build confidence, learn essential life skills, and develop healthy habits—all while having a blast in the kitchen! Designed by educators and culinary professionals, this curriculum blends cooking with academics to create an engaging, enriching experience for students in grades 1-5. Founded by educator and culinary expert Lori Hinze, CookLearnGrow has become a trusted leader in youth culinary education, inspiring a lifelong love of cooking and healthy eating in young chefs across the US.*

## **MAKERS' STUDIO**

**Teacher: Ms. Kim**

**5th-8th grade**

- Tuesdays 3:45-4:45 (1 hour) (8/26-11/11) 12 classes
- \$450/student (\$50 materials fee)
- Class Maximum: 10 students

*Ready to take your creativity to the next level? In this hands-on Makerspace experience, you will craft detailed miniature worlds, create unique resin pieces, use the Cricut machine to design vinyl stickers for cups, block print your own t-shirts and bags, and more! Explore the world of design and creation while building your skills in crafting, engineering, and innovation. Walk away with cool projects you made yourself—and tons of inspiration for your next big idea!*

## **WEDNESDAY CLASSES**

### **TIPPI TOES DANCE**

**Teacher: Tippi Toes**

**Orientation**

- Wednesdays 2:30-3:00 (30 min) (8/27-11/12) 12 classes
- \$300/student
- Class Maximum: 8 students

*In this fun and engaging class led by Tippi Toes® Dance, young dancers will explore music, movement, balance, and basic dance steps in a positive and friendly environment. Designed for children who are ready to participate independently, this class encourages confidence as they learn the fundamentals of dance without a parent by their side. Our experienced instructors keep the class moving with age-appropriate activities, ensuring*

*each child has a blast while developing coordination, rhythm, and a love for movement!*

## **TIPPI TOES DANCE**

**Teacher: Tippi Toes**

**Primary**

- Wednesdays 3:00-3:45 (45 min) (8/27-11/12) 12 classes
- \$375/student
- Class Maximum: 12 students

*Get ready to dance, groove, and have a blast in our high-energy Tippi Toes® Dance classes! We mix three different styles of dance, paired with original, upbeat music that sets us apart from the rest. Throughout the semester, students will learn choreography to multiple dances and have the chance to show off their moves at the recital! With a focus on fun, creativity, and big smiles, every class is an opportunity for kids to build confidence, make memories, and, of course, dance their hearts out!*

## **UKULELE**

**Teacher: Ms. Tessa**

**Primary**

- Wednesdays 3:00-3:30 (30 min) (1/22-4/16) (8/27-11/12) 12 classes
- \$300/student
- Class Maximum: 8 students

*Join our small group ukulele class designed just for children ages 3-6! In this playful and engaging setting, young musicians will explore the basics of rhythm, strumming, and simple chords through fun songs and hands-on activities. With a focus on creativity, coordination, and musical expression, this class helps build a strong foundation for a lifelong love of music. Ukuleles are provided—just bring your curiosity and enthusiasm!*

## **CHEERLEADING**

**Teacher: TGA**

**1st-4th grade**

- Wednesday 3:45-4:45 (60 min) (8/27-11/12) 12 classes—no class on 10/8
- \$450/student
- Class Maximum: 12 students

*Show your spirit in our co-ed cheer program, where students build athleticism and confidence through instruction, drills, and games focused on tumbling, stunting, choreography, motions, jumps, and performance. With a maximum 12:1 student-to-coach ratio, trained coaches ensure proper stunt progression and spotting techniques. All equipment is provided, and station-based activities support skill development while incorporating academic concepts. Each session introduces new choreography, culminating in a final performance for coaches and parents.*

## MAKERSPACE

Teacher: Ms. Kim

1st-3rd grade

- Wednesdays 3:45-4:45 (60 min) (8/27-11/12) 12 classes
- \$450/student (\$50 materials fee)
- Class Maximum: 10 students

*Unlock the next level of creativity in our Makerspace class! Building on the foundation laid in the da Vinci Lab, this class introduces exciting new skills. Whether you're interested in woodworking, coding, robotics, or upcycling, you'll have the time, tools, and expert support to bring your unique ideas to life. Ready to take your maker skills to new heights? This is your creative playground.*

## GUITAR

Teacher: Ms. Tessa

3rd-8th grade

- Wednesdays 3:45-4:45 (60 min) (8/27-11/12) 12 classes
- \$450/student
- Class Maximum: 8 students

*Join our small group guitar class and discover the joy of making music in a supportive, collaborative setting. Designed for beginners and emerging players, this class introduces students to fundamental skills such as chords, strumming, rhythm, and simple songs. With personalized attention in a small group format, students build confidence, develop musical techniques, and enjoy creative expression through weekly practice and play. **Students must bring their own guitars.***

## ADVANCED MUSICAL THEATRE WORKSHOP

Teacher: Ms. Liz

4th-8th grade

- Wednesdays 3:45-5:00 (75 min) Year-long
- \$960/year (can be split up into two payments--just ask!)
- Class Maximum: 20 students

*This fast-paced, high-energy workshop is designed for 4th-8th grade students with prior experience or a strong interest in musical theatre who are ready to take their performance skills to the next level. Through a combination of vocal training, choreography, scene work, and character development, students will dive deep into the craft of musical theatre while rehearsing selections from both classic and contemporary shows. Emphasis will be placed on ensemble storytelling, confident stage presence, and expressive performance. The workshop will culminate in a polished showcase for family and friends. **This class is a year commitment.***

# THURSDAY CLASSES

## PRIMARY KARATE KIDS

Teacher: Sensei Anthony

Primary

- Thursdays 3:00-3:30 (30 min) (8/28-11/13) 12 classes
- \$300/student
- Class Maximum: 16 students

*Our martial arts program is designed to instill confidence and a growth mindset that focuses on improving your mind, body, and spirit. Classes begin with an age-appropriate class discussion (called a “Mat Chat”) about various topics such as respect, courtesy, discipline, courage, integrity, responsibility, and kindness. Then, we focus on building flexibility, strength, and endurance as we teach and cover a mix of striking, kicking, Kata, self-defense scenario training, and sparring application. Students will earn belts in class and can progress to Black Belt and beyond with us.*

## MUSICAL THEATRE WORKSHOP

Teacher: Ms. Liz

Kindergarten-3rd grade

- Thursdays 3:45-4:45 (60 min) Year-long
- \$900/year (can be split up into two payments--just ask!)
- Class Maximum: 20 students

*This foundational workshop is perfect for young performers ready to begin their musical theatre journey in a fun, focused environment. Students will learn theatre vocabulary, explore musical theatre history, and build skills in singing, dancing, and acting through rehearsing age-appropriate songs and choreography. Emphasis will be placed on teamwork, stage presence, and growing confidence as performers. This year will culminate in a staged musical theatre performance that showcases everything they’ve learned. **This class is a year commitment.***

## ART LAB

Teacher: Ms. Erika

3rd-5th grade

- Thursdays 2:45-3:45 (60 min) (8/28-11/13) 12 classes
- \$450/student (\$50 materials fee)
- Class Maximum: 10 students

*Get ready to paint, sketch, and create your way through time! In this hands-on art class, students will dive into exciting projects inspired by everything from Renaissance legends and comic book heroes to surreal dreamscapes and bold street art. We’ll explore how art tells stories, sparks big ideas, and helps us make sense of the world around us. With splashes of modern style and pops of digital flair, students will blend classic techniques with contemporary cool – and most importantly, have fun expressing themselves!*

## ELEMENTARY KARATE KIDS

**Teacher: Sensei Anthony**

**1st-6th grade**

- Thursdays 3:45-4:30 (45 min) (8/28-11/13) 12 classes
- \$375/student
- Class Maximum: 16 students

*Our martial arts program is designed to instill confidence and a growth mindset that focuses on improving your mind, body, and spirit. Classes begin with an age-appropriate class discussion (called a "Mat Chat") about various topics such as respect, courtesy, discipline, courage, integrity, responsibility, and kindness. Then, we focus on building flexibility, strength, and endurance as we teach and cover a mix of striking, kicking, Kata, self-defense scenario training, and sparring application. Students will earn belts in class and can progress to Black Belt and beyond with us.*

## SSESH YEARBOOK

**Teacher: Ms. Meredith**

**4th-8th grade**

- Thursdays 3:45-4:45 (60 min) (8/28-11/13) 12 classes
- Class Maximum: 15 students

*Calling all aspiring photographers, designers, and school spirit enthusiasts! In this dynamic course, you'll have the unique opportunity to create the SSESH 2025-26 yearbook. This is your chance to capture the moments that make our school year unforgettable! Combining skills in photography, software, composition, design, and procurement, you'll work together to produce a yearbook that celebrates our students' learning, service, and growth. From snapping candid shots to designing beautiful layouts, you'll be at the heart of preserving our school's cherished memories. And the best part? Every student enrolled in this course will receive a free Yearbook, a keepsake to treasure forever. Join us and be a part of creating something truly special for our SSESH community!*

## FRIDAY CLASSES

### MINDFUL MOVES & MUSIC

**Teacher: Ms. Kayla**

**Primary**

- Friday 3:00-3:45 (45 min) (8/29-12/5) 12 classes--no class on 10/8, 11/21, 11/28
- \$375/student
- Class Maximum: 10 students

*Join Ms. Kayla for a joyful and calming afterschool experience that blends mindfulness, movement, and music! In this class, children will learn stress-relief and emotional regulation techniques through gentle yoga, breathing exercises, and mindfulness games*

that help slow down busy thoughts. We'll also explore the magic of music—discovering rhythm, singing, and playing together through fun, interactive activities that build musical understanding and creative expression. This class is designed to support emotional well-being, build confidence, and bring a little more peace and joy into each child's day.

## **GOLF ACADEMY**

**Teacher: TGA**

**1st-5th grade**

- Friday 3:45-4:45 (60 min) (8/29-12/5) 12 classes—no class on 10/8, 11/21, 11/28
- \$450/student
- Class Maximum: 12 students

*Swing into fun with our golf enrichment class, perfect for beginners and young players looking to develop their skills. In a supportive, small-group setting, students will learn the fundamentals of golf, including grip, stance, swing technique, putting, and basic rules of the game. Through drills, games, and practice, children build coordination, focus, and confidence. All equipment is provided—just wear comfortable clothes and get ready to tee off!*

## **DUNGEONS & DRAGONS**

**Teacher: Mr. Devin & Ms. Cecelia**

**4th-8th grade**

- Friday 3:45-4:45 (60 min) (8/29-12/5) 12 classes—no class on 10/8, 11/21, 11/28
- \$450/student
- Class Maximum: 10 students

*Embark on an epic journey of imagination and teamwork! In this tabletop roleplaying class, students learn the rules of classic Dungeons & Dragons while honing quick math and problem-solving skills. Through collaborative storytelling, they'll conquer tyrants, solve ancient puzzles, and design their own adventurers—complete with unique backstories and abilities. Participants even get the chance to lead their own mini-campaign, bringing their creativity, bravery, and humor to every quest. All source books and resources are provided—just arrive ready to roll the dice!*

**REGISTRATION BEGINS**  
**WEDNESDAY, 8/13 AT NOON**

**Questions? [chughes@ssesh.org](mailto:chughes@ssesh.org)**