



GALS Fall 2018 After School Enrichment Application

Please be sure to read the entire form as it contains important information regarding this semester

- After school enrichment classes will begin **Monday, August 20, 2018** and end **Friday, December 14, 2018**.
- All applications are due by **September 7, 2018**.
- Classes are offered on a first come, first served basis and enrollment is not guaranteed. Depending on the class, there is a maximum limit of 12 students.
- Select the classes you would like to sign up for by marking X in the "X Here to Enroll" column, and complete the Student/Parent Agreement attached.
- BOYS offers partial scholarships and payment arrangements to families who demonstrate need. Please contact Jackie Rios (jacqueline.rios@galsdenver.org) for details.

Student Name: _____ Grade: _____

Parent/Guardian: _____ Phone#: _____ Email: _____

Q1 Cost 8/20- 10/12	Q1 "X" Here to Enroll	Q2 Cost 10/15- 12/14	Q2 "X" Here to Enroll	TOTAL Q1 & Q2 8/20-12/14	TOTAL "X" Here to Enroll	Class Name	Days Offered
\$188		\$177		\$365		Crossfit	Monday/Thursday
\$155		\$140		\$295		Hip Hop Dance	Monday/Wednesday
\$116		\$79		\$195		Kick Boxing	Monday
\$150		\$130		\$280		Science-Girls Can Build!	Tuesday
\$150		\$135		\$285		Yoga	Tuesday
\$165		\$140		\$305		French	Wednesday
\$116		\$79		\$195		Media Art Journal Club	Thursday
\$156		\$129		\$285		Tai Chi	Thursday
\$100		\$90		\$190		Visual Arts	Friday
\$95		\$90		\$185		Sticky Fingers Cooking	Friday

Total: \$ _____

Method of Payment:

Cash
 Check (payable to GALS) #: _____
 Credit Card

Date of Payment: _____



GALS Fall 2018 Student/Parent Agreement

I, _____ (student name), hereby agree to the following rules for participating in an after school activity and fully understand that by not adhering to these rules, I will not be allowed to participate in after school programming for the fall 2018 semester.

Students please initial and sign below

- _____ I will arrive to the designated classroom promptly at **3:55pm**, sign into the attendance log, and remain in the classroom until the instructor dismisses at **5pm**. Any students wandering the building will be asked to call home.
- _____ I acknowledge that after school classes are an extension of the school day, and will abide by the rules set by the instructor (i.e. be in dress code and food policy).
- _____ I acknowledge that any disrupting of the class may result in my being asked to call a parent/guardian to pick me up early.
- _____ I acknowledge that the third time I am asked to leave an after school class will result in ineligibility for participating in after school classes for the remainder of the semester.
- _____ Once class dismisses at 5pm, I will walk to the **Galapago Street side** and wait inside for my parent/guardian to pick me up.

Student Signature: _____ Date: _____

Parent/Guardian please initial and sign below

- _____ I will pick my student up on the **Galapago Street side at 5:00pm**.
- _____ I acknowledge that if my student is disrupting class, they may be asked to call home to be picked up early.
- _____ I acknowledge that the third time I am asked to leave an after school class will result in ineligibility for participating in after school classes for the remainder of the semester.
- _____ I acknowledge that not picking my student up by **5:15pm** will result in them being asked to walk to the Byers Branch Library (675 Santa Fe Dr.) or the Boys and Girls Club (800 Inca St.).

Parent/Guardian Name: _____

Parent Signature/Guardian: _____ Date: _____

By signing and returning this form, you hereby acknowledge the expectations and agreement set in place in order for your student to participate in after school activities. If you have any questions or concerns, please email Jackie Rios at jacqueline.rios@galsdenver.org with the subject line "After School Enrichment".

GALS Fall 2018 After School Enrichment Descriptions

Crossfit Fitness (Monday & Thursday): Ms. Emily is excited to offer an after-school fitness class here at GALS. Over the course of the semester, students will be exposed to a wide variety of functional movements with a focus on teamwork, intensity, body awareness and friendly competition. Each day will include a thorough warm up, a strength and skill portion, a workout and a cool down. Workouts will vary each day, and students will end the semester feeling confident and strong both physically and mentally.

Hip Hop Dance (Monday & Wednesday): This semester Hip Hop will meet twice a week! We will be covering basic pop fundamentals, differences between smooth and sharp qualities, floor work (including break dancing basics), and bringing some fun character, performance, and attitude into our dancing. We will be working with high energy combos that will be challenging, fun, and will help the students learn how to perform and be confident in dance as well as any presentational activity. We will be working as a team to create a dance routine to perform at the end of the semester that will transform everyone into a hip hop star!!!

Kick Boxing (Monday): This class is a fun cardio workout incorporating moves from martial arts, boxing, small weights, while also doing fast paced cardio to music. Build stamina, improve coordination, flexibility, and burn calories as you build lean muscle with this fun and challenging workout. DON'T FORGET YOUR WATER BOTTLE!!!

Girls Can Build-Explore Physics (Tuesday): Join our GALS wind turbine design teams, which will compete in an annual state competition for aspiring engineers grades 6th through 12th. For the first semester, students will learn applied physics by building a basic wind turbine and electric generator. Students who successfully complete the first semester will have an opportunity to learn robotics, programming, 3D printing and design. The competition takes place in the spring.

Yoga (Tuesday): In the founding text of the practice of yoga, the Yoga Sutras, only 3 of the 185 aphorisms that define the practice mention yoga asana, or the poses we typically associate with a yoga class at a studio. With this program, we will look more deeply into what exactly Yoga is and practice a variety of different forms of Yoga. We will also analyze prominent Yoga philosophy, discuss how to apply the practice to our lives off of the yoga mat, and meet with Yoga teachers from around Denver to hear their stories. Be ready to move your body and use your mind!

French (Wednesday): Welcome and congratulations on your choice of French as a foreign language! This class will help build strong vocabulary bases and simple grammar structures. Throughout the semester and in each class, we will be learning French through reading, writing, listening, but we won't forget to do some fun activities, yet educational.

Mixed Media Art Journal Club (Thursday): This club is an exploration of various artistic mediums including, but not limited to, water color, acrylic, gesso, and pastels. Join us as we create a combination of written representation of our thoughts and ideas with visual creativity. Students will create, work on and maintain their own art journal they will work on each session.

Tai Chi (Thursday): Tai Chi is an ancient Chinese art of moderate aerobic exercise that benefits both your body and mind. The overall concept of Tai Chi is to allow your body to Flow like a river, while keeping your posture and grounding very Still like a mountain. We will work together to provide every student with the practical values to help them express their highest and true nature.

Visual Arts (Friday): We will explore color, texture and culture through painting, collage and learn about Chicano and Latino Arts. With influences of Frida Kahlo and Diego Rivera we will work together on a replica mural inspired by their works and combine their styles with other influential Chicano artists to compile a finished piece.

Sticky Fingers Cooking (Friday): Your young chef can have a blast every week discovering how easy and fun it is to cook (and gobble-up!) tasty, healthy, American classic and globally-inspired Sticky Fingers Cooking recipes! Every child—even the pickiest eaters—learn how to prepare and enjoy healthy, fresh food with this after school class.

IMPORTANT DATES *Please look over and mark your calendars*:

- ✚ August 20, 2018: **First day of spring enrichment** (similar to previous semesters, the first week will serve as a "trial week" for your student to drop into one class per day to decide if they'd like to commit for the full semester. *It is important to note that classes may fill up during the trial week, and enrollment is not guaranteed. If your student is interested in a class, it is best to officially sign them up and then drop if necessary after the trial week.*)
- ✚ August 31, 2018: No after school classes due to professional development
- ✚ September 3, 2018: No school (Labor Day)
- ✚ September 7, 2018: **Student/Parent Agreement and final payment due**
- ✚ September 21, 2018: **Last day to drop a class and receive a full refund**
- ✚ September 28, 2018: No after school classes due to professional development
- ✚ October 17-23, 2018: No after school classes due to conferences
- ✚ November 2, 2018: No after school classes due to professional development
- ✚ November 19-23, 2018: No school (Thanksgiving)
- ✚ December 19, 2018: **Last day of after school classes**