

Enrichment

FIRST SESSION – FALL 2018

September 10th to November 8th

Please register by **September 4th**. After **September 4th** you will be charged a \$10.00 late registration fee.

Registration will not be complete without payment of the classes and the \$6.00 Bromwell Enrichment fee/ per child.

Please register through Bromwell using this link from Cheddar Up.

All Classes are 3:15 to 4:15 unless otherwise noted.

All Classes are subject to minimum and maximum. If a class does not meet the minimum and is cancelled I will contact you.

Please be aware of the grade restrictions. It is listed in the class description and Cheddar Up.

If we do not have school then we do NOT have enrichment class.

At this time we do not have enrichment for ECE. We want to give them time to adjust to their long day. They will have a class available to them next session.

Any questions — please contact Ashley Walker at bromwellenrichment@gmail.com

TO VIEW and REGISTER CLASSES:

<https://bromwell-after-school-enrichment-copy.cheddarup.com>

Enrichment class descriptions

Monday

THYME to TURNIP the BEET on what KIDS EAT! Sticky Fingers Cooking at Bromwell

K-5th

\$148

Let your child release their inner chef! Students will prepare and eat healthy, international inspired recipes all while learning to cook in a fun, engaging, hands-on and real-world way! Our dedicated and talented professional chef instructors will reinforce kitchen skills associated with our weekly recipes and emphasize each area of cooking: From discovering new cooking techniques, using the freshest ingredients, learning fun nutrition facts (*even a few crazy food jokes!*) as we practice proper measurements, while using a wide array of cooking utensils all while preparing incredible culinary creations together.

Your kids will have a blast each and every week as they discover how easy and fun it is to cook our tasty, healthy, American classics and globally-inspired recipes! Sticky Fingers Cooking offers young chefs the chance to explore the fascinating geography of regional foods, their culture and history as they learn to love exciting new tastes, master culinary skills (*that they can put to use in family kitchens!*), while nourishing their bodies and minds. We provide all of the tools, ingredients and instruction needed to cook up a fun, delicious and healthy after-school hardy snack each week. Our unique, super kid friendly, easy to follow on-line recipes are included; for loads of future family cooking fun together at home!

Recipes for 2018 Fall Semester Class Sessions

Please note that recipes are subject to change - Based on our creative whim!

Sticky Fingers Cooking is 100% nut free. We CAN and WILL accommodate ANY and ALL food allergies

www.stickyfingerscooking.com/recipes

Back to School Salted Chamomile Honey Doughnut Holes + Raspberry Ripple Drizzle + Raspberry Chamomile Fizz

Very Vietnamese Spring Roll Bowls + “Nuoc Cham” Salty-Sweet Vinaigrette + “Trà Đào” Peach Iced Tea

September Swedish Sticky Chocolate “Kladdkak” Cake + Sweet Shaken Cream + Smashed Berry Sauce

Korean “Japchae” Stir-Fried Noodles + Sweet Soy Splash + Frosty “Banana Milk” Smoothies

Perfect Pizza Bomb Bites + Sticky Fingers “Caprese” Salad on a Stick + Kid-made Italian Creme Sodas

Great Greek Spinach “Spanakopita” Cups + Chopped Feta Tomato Relish + Greek Yogurt Honey Shakes

French Autumn Apple Turnovers “Chausson au Pommes” + Blender “Crème Glacée” + Spicy Apple Cider Smoothies

Generous German Fall Potato Salad + Soy Sausage Bites + Sparkling Fruit “Schorle” Sparklers

Argentinian “Chimichurri” Pull Apart Monkey Bread + Kid-made Herbed Butter + Amazing Fruit “Agua Frescas”

Bodacious “Bueno” Breakfast Quesadillas + Zesty Blender Salsa + Lovey Latin Crushed Limeade

Halloween Pumpkin Ghoulish “Goulash” + Boo Buttered Noodles + Frankenstein’s Party Punch

Fall Cranberry Italian Polenta “Torta” Cake + Orange Yogurt Glaze + Cranberry Cinnamon Italian Coolers

Perfectly Persian Yam Stew + “Tadiq” Crispy Rice Cakes + Marvelous Minty “Sherbet”

Thanksgiving Crispy Cauliflower Appetizer + Cool Ranch Dip + Creamy & Drinkable Orange “Creamsicles”

Incredible Israeli “Levivot” Sweet Potato Pancakes + Creamy Lemony Dipping Sauce + Sweet Lemon Yogurt Drink

Basketball for 2nd and 3rd grade girls
2nd and 3rd grade girls ONLY
\$130

Students will learn basic basketball skills such as ball handling, rules, etc. Please have appropriate gym shoes, water bottle, and basketball if you'd like!

Sports and Fitness
K-2nd
\$130

Get ready to have some fun. Come join Mr. Edwards for Sports and Fitness we will get our bodies moving. This class is designed to have students learn and practice sports/games, hang out with friends, and burn some energy. We will play a wide variety of games from soccer, football, basketball, tag, capture the flag, and more. Our big emphasis during each of these activities is sportsmanship and fun. (It will be similar to the class previously offered by Coach Charlie.)

Sports and Fitness
3rd- 5th
\$130

Get ready to have some fun. Come join Mr. Zack for Sports and Fitness we will get our bodies moving. This class is designed to have students learn and practice sports/games, hang out with friends, and burn some energy. We will play a wide variety of games from soccer, football, basketball, tag, capture the flag,

and more. Our big emphasis during each of these activities is sportsmanship and fun. (It will be similar to the class previously offered by Coach Charlie.)

Sound Formation Rhythm and Drums

K-5th

\$120

Elite music training for your child. Experience the unique method pioneered by music education visionary, Curtis Madigan. Hand-percussion is the perfect foundation and starting place for learning music. Fusing rhythm with mathematics, music is clarified and simplified. Mr. Madigan's curriculum develops the whole child, emphasizing character values and strengthening learning capacity with strategic and fun games. Unleash your creativity for all subjects. There will be a performance the final day. Our teachers have degrees, Masters degrees, and even Ph.Ds in music. For more information visit: <http://soundformationmusic.com/after-school-class/>

Cartooning and Drawing

K-5th

\$138

Pencils, paper, pastels, and color pencils are included.

This is a fun and creative class for all those who love to draw and color. Class will focus on

methods for creating different characters, expressions, movement, themes, landscapes and use of color. Children will enjoy learning effective techniques for creating their own pictures and / or telling stories through images. Students will also choose one or two of their favorite drawings that they have done during the session to have reproduced as postcards. All ages may come as long as they are interested in drawing and using their imagination !

Lisa Haughom has been a professional greeting card artist and children's book illustrator for the past 20 years. She has illustrated for companies such as Barnes and Noble and Wikki Stix. She also creates and illustrates her own books for language acquisition. To review samples of her work you may visit her website at : www.langbks.com

If you have any questions, needs or food restrictions for your children please don't hesitate to contact me at: langbks@earthlink.net or 303 668 0436

INTRO to STEM with LEGO

K-3rd

\$144

Tap into your imagination with tens of thousands of LEGO® parts! Build engineer-designed projects such as: Motorcycles, Castles, Airplanes, and Monorails. Design and build as never before, and explore your craziest ideas in a supportive

environment. There are no prerequisites for this course. All new projects so join us again!

Tuesday

Fun and Easy to Learn Spanish

K-5th

\$138

Book, materials & snacks included

¡Hola! This Spanish class will focus on themes such as: ordering in a restaurant, conversation skills for meeting and greeting people, asking a question, and basic vocabulary including clothing, body parts, numbers, weather, and foods. We will do some role playing, skits, and fun interactive activities along with songs and games. Children learning at an early age will find it much easier to pick up again later in secondary schools. Snacks will also be provided and incorporated into the lessons. Continuing students from last year will have new topics to work on in addition to reviewing past subjects. Children will have fun while learning basic conversational skills in a relaxed environment. Students K - 5th grade are welcome.

Lisa Haughom is a native French speaker but also minored in Spanish and has taught French and Spanish to children and

adults for 20 years. She also writes and illustrates foreign language books for language acquisition.

www.langbks.com

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¡Gracias!

Rainbow Loom Club

1st-5th

\$165

Join Mrs. Stevenson and Ms. Beski for a club all about rainbow looming! Each week we will learn a new design and new techniques to create some awesome creations. Each child will be provided with a loom, a variety of rubber band colors, and fun accessories such as keychain hooks. Every week your child will bring home a new creation they have made. Materials and snacks provided.

Basketball with Mr. Zack

3rd-5th

\$130

Students will learn the fundamentals of basketball including: Exercising, Drills, and Competing in games. The kids will be put onto teams, which they will stay on, to play on during the "season" (Each 9 week session). The kids will need to bring shorts, t-shirt, shoes, and any other basketball gear they want/need to wear.

*There will be a snack & drink provided.

Golf Squad at Bromwell

K-5th

\$175

A Golf Squad provides social and character building skills, as well as the more technical aspects of golf in a professional, fun, safe, and convenient after school environment. Due to the non-competitive nature of these programs, classes have been phenomenal for girls and boys.

- **Golf Squad was founded by a family and is proud to be a family run business**
- **All classes instructed by golf industry PGA Professionals/Apprentices only**
- **Everything essential to participate and enjoy classes is provided (handbooks, visors, water bottles, ALL golf training equipment)**
- **Parents enjoy weekly class emails (overview of last weeks class as well as what's happening in upcoming class, photos, any pertinent information, etc.)**
- **Curriculum reinforces math, science, history, and group reading skills**

**Girls on the Run – This class runs Tuesday and Wednesday
3rd-5th**

\$250 total – 2 registrations

\$80 to Cheddar Up (Bromwell website)

\$170 register through GOTR website

Throughout the season, the girls make new friends, build their confidence and celebrate all that makes them unique. The Girls on the Run lessons encourage positive emotional, social, mental and physical development. At the end of the season, the girls participate in a 5K run! Completing the 5K gives the girls a tangible understanding of the confidence that comes through accomplishment, as well as a framework for setting and achieving life goals. Crossing the finish line is a defining moment when the girls realize that even the seemingly impossible IS possible! Coached by Ms. Halt, Ms. Schultz, Mrs. Ray, and Nurse Brooke.

Little Fencers

1st-3rd

\$160

Denver Fencing Center is excited to offer our Little Fencers class to the students of Bromwell. Participants will have the opportunity to learn what it takes to become a Jedi, a pirate, or a musketeer through an introduction to the modern sport of fencing. Students will learn the fundamentals of fencing in a safe and fun environment. The instructor will provide lightweight practice equipment, which is specially made for young children first learning the sport. Come join us for this exciting form of physical and mental exercise!

Wednesday

French Frenzy

K-5th

\$148

Book, materials & snacks included

Bonjour ! This French class will focus on themes such as table etiquette, ordering in a restaurant, conversation skills for meeting and greeting people and/or asking a question. We will also cover basic vocabulary including clothing, body parts, numbers, weather, and foods. We will do some role playing, skits, and fun interactive activities along with songs and games. Children learning at an early age will find it much easier to pick up again later in secondary schools and will retain a better accent. Snacks will be provided and incorporated into the lessons. Continuing students from last year will have new topics to work on in addition to reviewing past subjects. Children will have fun while learning basic conversational skills and practices when in France and other French speaking countries. Students K - 5th grade are welcome.

Lisa Haughom is a native French speaker and has taught French to children and adults for 20 years. She also writes and illustrates foreign language books for language acquisition. www.langbks.com

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Merci !

Taekwondo

K-5th

\$160

Taekwondo martial arts will allow students to become more Focused, Stronger, better coordinated, and grow in Confidence and Self discipline. Taekwondo is an Official Olympic Sport over 75 million people practice taekwondo in more than 200 countries. Master Tiger Kim is a 7th Dan Black belt certified by the Kukkiwon and World Taekwondo Federation and is also the CO AAU Tkd President and State Tkd Vice President. For any questions, please contact Master Tiger Kim@720-515-kick.

Additional information All enrichment students will need an official TKA uniform and patches cost is \$50, Also, during enrichment session students may take a free bonus class at Tiger Kim's Academy at 5pm on Fridays or 11am on Saturday during enrichment cycle. Uniforms must be purchased at Tka 1480 Steele St. Denver, CO 80206.

Bromwell Ninja Warrior

2nd -5th

\$140

Students will learn skills used to navigate over, under and around obstacles in a fun safe and healthy way.

Book Club

1st-5th

\$140

This session is brought to you by Mrs. Stevenson and Ms. Beski! In this Book Club, we will be reading books in our levels, discussing comprehension strategies, stamina, and reading strategies. This is great for kids who are beginning readers all the way through advanced levels. We will be taking 2-3 field trips to the library to talk about where and how to find books in their level. We will conclude the Book Club with a celebration of our reading accomplishments!

Slime Extravaganza with Ms. Slocum

K- 5th

\$165

Come explore Slime making with Miss Slocum! We will be making a new kind of slime each week... Rainbow Slime, unicorn slime, sparkle slime, shaving cream slime, you name it! Students will get their own materials to measure, mix and create slime. It's fun and messy and the kids will love some "de-stress" & "let loose" time as the new school year starts. All supplies and snack provided.

Chess Wizards

K-5th

\$135

Chess Wizards is one of the nation's premier chess education companies. Our interactive, discovery-based curriculum

inspires students to think ahead, visualize their goals, treat others with respect and to learn from mistakes. Our classes are geared to suit children of all skill levels; from chessing to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more! More than just a game of winning and losing, we make learning chess fun!

YOUth TUBEr by Talk to the Camera

K-5th

\$170

Does your kid love You Tube videos, or love to create their own videos in hopes of being the next YOU-TH TUBEr? In this class each student creates their own personalized videos and/or group videos to become the next big YOUth TUBEr!

Arts and Minds: Movement and Creative Arts

K-5th

\$180

Each class your kids will do Movement (Dance, Fitness, Yoga) and Creative Arts (drama, art, creative writing, etc). Arts & Minds explores Movement and Creative Arts through relevant and appropriate social themes. Each session, we create a group project to “Give Back” to our Community. The children will guide this process and decide to whom we “Give Back.” We will present our project at the end of each session. Families must complete a [waiver](#) to attend, if you are new to Arts & Minds Programs. For more info on Arts & Minds, please visit www.artsandmindskids.com Stay connected to Arts &

Minds through [Facebook](#) and [Instagram](#) to view snaps of your kids as they create with our incredible Teachers.

Thursday

Radiant Beginnings Yoga

K-5th

\$148

Our program is structured to develop a youth's awareness of breath, body, and mind through yoga and mindfulness. Our unique approach is fun, educational and accessible to all personalities and learning styles. All classes are interactive and bring community, mindful movement, brain games, and breath together to give youth tools for stress management in class and beyond. Our data driven curriculum emphasizes social-emotional learning, leadership, choice, reflection and self-regulation skills. Every class strikes a balance between group activities and individual exploration.

Science Matters - Zany Zoology and Extreme Electricity

K-5th

\$170



Zany Zoology - If your interests are on the WILD side, then this is the club for you! Explore the world of animals, from A to Z. Examine an owl pellet, get up close and personal

with insects, make art from a fish, build a bird feeder, and much more. Classify creatures that slither, swim, crawl, and fly. Unleash your curiosity as we journey through the animal kingdom!



Extreme Electricity - Zap! Electrify your interest as we build a working telegraph, experiment with conductors and insulators, build an electromagnet, and much more. This club takes electricity to the extreme! We'll charge up those electrons and send them spinning around the room. It's zapping science that will give your brain a charge!

Mollie's Multi-media art

K-5th

\$132

This class will give your child the confidence to create all kinds of wonderful projects. Every project will use different media. We'll work with water colors, chalk pastels, oil pastels, colored pencils, markers, sequins and glitter. We'll make lots of three-dimensional art working with different kinds of paper, silk, felt material and tissue paper. The atmosphere is comfortable and non-competitive so children can experience the joy of their unique artistic expression.

Floor Hockey with Coach Luke

2nd-5th

\$150

Come learn to play floor hockey led by the former Colorado State Men's Ice hockey captain Luke Fiegl! This will be a fun and exhilarating class. We will learn the basic fundamentals of hockey such as rules, positioning, passing, shooting, stickhandling, and more. We will go over values of good sportsmanship, teamwork, and skill development in a fun, esteem-promoting atmosphere!

Flag Football with Mr. Zack

3rd-5th grade

\$145

Hut, Hut, HIKE! It's time for football! Students will learn football skills through drills and games. We will be OUTSIDE on the field. Students will have to dress for the weather. If too cold or there is a lot of snow on the ground, we will be inside doing football activities (paper football, working on plays, etc.) Join today!!