

Dear Parents,

Below you'll find quite a list of after-school activities that will be held in the upcoming weeks. Some are new classes, while some are another session of classes that have taken place already this year. All classes are open to new students, whether or not a child has participated before. Classes need a minimum number of students in order to take place—thank you for registering as early as you can! Registration forms are attached, and are also found on the Friday File of the school website. Read on for information on Soccer, Track and Field, Chinese Brush Painting, and Spanish. Also, new sessions are starting for Taekwondo, Yoga, and Chess, and those details are below.

Sincerely,

Shelley Petzold
Coordinator of Extracurriculars

Soccer

If your child played on an MCDS soccer team in the fall, they are automatically signed up for the spring season (fall and spring are two halves of the same season). If your child did not play in the fall but wishes to, or if your child played and does not wish to continue, please contact Lisa Newell (lnewell@madisoncountryday.org), our new coordinator for soccer. She can help you with any details.

Taekwondo

Taekwondo is an exciting and powerful martial art known for its dynamic kicking and hand techniques. Classes are not just about teaching self-defense but focus on the complete personal development of each student. Individual attention is a feature of each and every class, allowing students to progress quickly and confidently toward their personal goals. Classes will be led by Michael Plessel, 5th Degree Black Belt and nationally certified instructor with the American Taekwondo Association (ATA). Mr. Plessel has been teaching Taekwondo since 1992 and is the owner and chief instructor of the Waunakee Black Belt Academy. Registration forms are attached to this letter and on the Friday File. Checks can be made out to WBBA or Waunakee Black Belt Academy. You do not need to have taken the first session to sign up for this one.

For 1st through 12th graders

Minimum students: 5 Maximum: 15

Fee: \$135, includes uniform and rank testing fee

Tuesday 3:45-4:30

March 9, 16, 23, April 6, 13, 20, 27, May 4

Track and Field Team

The MCDS Track and Field team is comprised of students in grades 4 through 8. Students practice Mondays through Thursdays after school from 3:30-4:45 p.m., beginning with a parent and student meeting on March 15th. Track meets are generally held after school, either at MCDS or another school. Contact Coach Cindy Wotruba to register (cwotruba@madisoncountryday.org).

For grades 4th -8th graders

Fee: \$50

Mondays through Thursdays, 3:30-4:45 p.m.

March 15th through May 26th

Chinese Brush Painting

In this class we'll learn how to use Chinese brushes and watercolor on rice paper while painting landscapes, animals, flowers, insects and birds. There will be some teacher demonstration and an introduction of Chinese painting. Fundamental art techniques such as color mixing and composition skills will be taught as students explore how to paint in this ancient style.

For grades 3 & 4

Minimum students: 7 Maximum students: 10

Fee: \$85

Mondays 3:30-4:45 p.m.

April 12, 19, 26, May 10, 17, 24, June 7

Spanish

Does your child love Spanish and want more instruction? Is your child having a difficult time in Spanish and needs more instruction? An experienced tutor and native Spanish speaker, Profesora Ivonne Ramirez, will be offering tutoring sessions that focus on extra exposure to the vocabulary and units learned in the Spanish classes. The session will offer extended time in speaking, listening, writing, and reading in the Spanish language. To register, return the registration form to LS front desk with the fee.

For grades 1, 2, and 3

Minimum students: 4 Maximum: 10

Fee: \$80

Wednesdays, 3:30-4:30 p.m.

March 3, 10, 17, 24, April 7, 14, 21, 28

Yoga

YogaKids, the premier yoga program for kids, recreates traditional yoga techniques in fun and educational ways while maintaining the benefits yoga has to offer. Each class incorporates YogaKids' unique 14 Elements to reach a variety of learning styles. Reading, storytelling, music, creative arts, science, and earthcare blend seamlessly with yoga poses to educate the whole child. If this sounds like a good fit for your child, join certified YogaKids instructor Lisa Hoeme at MCDS. Expect your child to leave energized and feeling great! Students may take this class if they participated in the first one, or they may take it for the first time.

For grades K-3

Wednesdays, 3:30-4:30 p.m.

February 24, March 3, 10, 17, 24

Cost: \$70.00 for five weeks

Chess

The MCDS Chess Club continues for students in grades 1-12! This class is open to beginners and to those with experience who wish to improve. The Wisconsin Chess Academy, led by Alex Betaneli, will be doing the instruction. Mr. Betaneli is a National Master of chess and has been coaching at West High School since 1994. Fees include cost of materials. To register, fill out the attached registration form, and turn it in with the fee to the LS front desk.

For 1st through 12th graders

Minimum students: 10. Maximum: 30.

Fee: \$120

Wednesdays, 3:30-4:30 p.m.

April 7, 14, 21, 28, May 5, 12, 19, 26, June 2