

St. Martin's-in-the-Field Episcopal School

Fall 2020 After-School Programs

September 28 - November 6 (Rain dates November 9-20)

3:45 - 4:45 pm

Grades	Day/s	Title	Cost	Instructor	Location	Description	Equipment
K-2	Tues	Girls Lacrosse Clinic	\$75	Taylor Morris	Field	Lacrosse skills, instruction and games	Lacrosse stick (Fiddlesticks can be borrowed from school.), goggles, mouth guard
K-4	Mon	Nature Explorers	\$75 + \$20 supply fee	Melissa Barrett	Meet at Picnic Tables	We will study the grounds of St.Martin's to discover different animal habitats and learn each animals' superpowers of survival in a schoolyard. Activities will include observations, artwork, creative writing, and learning about various animal life cycles.	Binoculars (provided)
K-4	Tues	Soccer Clinic	\$75	Kira Dickson	Field	Soccer skills, instruction and games	Shinguards & cleats
K-4	Fri	Boys Lacrosse Clinic	\$75	Ben & Milford Marchant	Field	Lacrosse skills, instruction and games	Lacrosse stick (Fiddlesticks can be borrowed from school.), helmet, gloves
1-4	Thu	Gaga Ball	\$75	Terry Hickey	Gaga Pit	Gaga ball instruction and games	
2-4	Mon	Tiny Theater-in-the-Field	\$75	Tracy Alexander	Meet at Round Tables	Students will be invited to choose scenes to learn and interpret with one or two other students in the group. We will learn technique together and share throughout the learning process.	
2-4	Weds	Basketball Skills Clinic	\$75	Dan Hill	Blacktop	Basketball skills clinic with conditioning; no scrimmages	Sneakers
3-4	M & Th	Girls Lacrosse Clinic	\$140	Taylor Morris	Field	Lacrosse skills, instruction and games	Lacrosse stick (Fiddlesticks can be borrowed from school.), goggles, mouth guard
5-6	M & Th	Intramural Soccer	\$75 (In-season)	Kira Dickson	Field	Soccer skills and instruction followed by small-sided games.	Shinguards & cleats
5-8	Tues	Tiny Theater-in-the-Field	\$75	Tracy Alexander	Meet at Round Tables	Students will be invited to choose scenes to learn and interpret with one or two other students in the group. We will learn technique together and share throughout the learning process.	
5-8	Tues	Basketball Skills Clinic	\$75	Janet Mosher	Blacktop	Basketball skills clinic with conditioning; no scrimmages	Sneakers
6-8	Mon	Girls Mindfulness Workshop	\$75 + \$35 supply fee	Carleen Birnes	Meet on Blacktop	Every week, we focus on a new mindfulness, stress relieving practice to give the girls coping techniques to shift from anxiety to calm; Weekly topics: breathing, meditation techniques, zentangle, beading, yoga nidra, vision board	
6-8	Thu	Strength Training	\$75	Carleen Birnes	Blacktop	Every week, develop mobility & functional strength: squat, hinge, push, pull, rotation; Teens receive workout plan with progressive strength exercises to perform at home	8-12 lb. dumbbells
7-8	M & Th	Intramural Soccer	\$75 (In-season)	Kira Dickson	Field	Soccer skills and instruction followed by small-sided games.	Shinguards & cleats

All activities have a minimum of 5 students and a maximum of 14 students.

Students will be dismissed to after-school activities following afternoon dismissal.

Students who are enrolled in after-school Mustang Club will be dismissed to Mustang Club at 4:45. No partial payments.

10% sibling and multi-club discount will be applied at checkout.

Registration is due by Thursday, September 24, 2020.

Anne Arundel County Youth Sports Guidelines: <https://aahealth.org/sports-and-risk-categories/>

For more information, contact:

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