

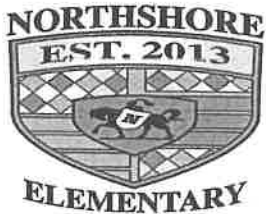
Dear NES families,

Today your child received a F.A.S.T. class enrichment packet and registration form. We are excited to offer some Fun After School Time for your children!

Please read the program guidelines and class descriptions carefully. There are several exciting after school classes taught by our own Northshore teachers! There are classes for students with all different interests! After reading the various class descriptions with your child, please fill out the registration form and the policy/liability sheet. Return both signed with payment in an envelope to your child's homeroom teacher. Please make checks out to Northshore PTA. Your child's teacher will make sure your form is turned into the office.

Registration ends on Wednesday, January 30th so please register early as some classes will fill up quickly! There are NO late registrations. CLASSES BEGIN MONDAY, February 4th. The session lasts 6 weeks and the last week will be the week of March 11th. If school is closed due to weather, make up classes will be the week after spring break, March 25th. Students will be dismissed to the red hallway by the cafeteria at dismissal to meet their instructor on the day of their class. They will have 15 minutes to eat a snack they bring from home. Please pick up your child in the car rider line **AT 4:00 sharp**. If you have any questions please email fast@nothshorepta.org

We hope you and your children enjoy this FAST program!



FAST

FUN AFTER SCHOOL TIME

Classes begin the week of February 4th
Last week of classes March 11th
Make up classes the week of March 25th if needed

Monday Classes

Cross Country Conditioning

Instructors: Alyssa Hill and Jami Welden Grades: 2 - 5 Price: \$60.00

Do you enjoy running? Thinking about running Cross Country next year? If you are in second grade this is a great way to test to see if you would enjoy Cross Country. Third through fifth grade this is your opportunity to condition for next year. This is a great way to condition and prepare. We will be doing a combination of body weight strength training and running. Bring a water bottle and a change of appropriate running clothes. You do not have to run Cross Country to take this class. This will be a fun team building running group! Bring a smile and a good attitude.

Contact: alyssa.hill@knoxschools.org

Bath Bomb Bash

Instructor: Summer Kinser Grades 2-5 Price \$75

Do you love bath bombs? If so, this class is for you! We will be making and creating a new bath bomb each week. Come take this wonderfully fragrant class to learn the step by step process of making the perfect bath bomb. This fast class will give you tips on how to make quality products while also giving you the recipe to make the same bath bombs for future baths or gifts. You can choose from a variety of on hand fragrance oils and inclusions to make your bath bombs unique. Each student goes home each week with 3-5 bath bombs of different fragrance and color combinations that are handmade! Cost includes all ingredients, molds and packaging for the class.

Note: My class is a 5-week class due to the holiday on February 18th.

Contact: summer.kinser@knoxschools.org

Soccer Mini-Camp

Instructor: Carol Giles Grade: 1-3 Price:\$50.00

Are you ready to brush up on your soccer skills before the season starts? Join me for dribbling drills, passing drills, defensive stances, and some short sided play. Please bring your cleats and indoor shoes, shin guards, your soccer ball, and a water bottle. We will have class outside depending on the weather or in the gym, so come prepared.

Contact: carol.giles@knoxschools.org

"Painting with Feezell"

Instructor: Dreama Feezell Grades 1-3 Price:\$65

Do you love to paint? If so, this class is for you! Kids love being creative while allowing their creative juices to flow. Painting with Feezell will be hands-on projects. Northshore Elementary teacher Dreama Feezell will be leading a "hands on" painting class in which students will be able to let their creativity take over! Each class students will be provided with materials that will allow them to complete a piece of art. Join now and be creative! *Note: My class is a 5-week class due to the holiday on February 18th.*

Contact: dreama.feezell@knoxschools.org

Kids Can Cook

Instructor :Lois Sparks Grades 2 - 5 Price \$70

Do you like to make and eat yummy snacks? Of course you do! In this class we will learn how to prepare delicious snacks such as ice cream in a bag, fruit sushi rolls, no bake cookie balls, banana pudding in a cup, and no bake apple pie. Once they are made, we will get to the best part, eating them! Each week we will make and eat 1 or 2 new treats and we will create recipes, which we will put in a Kids Can Cook recipe book to take home after the last class so you can make them again and again at home for yourself and your family. Contact: lois.sparks@knoxschools.org

Tuesday Classes

Bricks 4 Kidz @ Lego Creator Club

Instructor: Chris Howard

Grades K-3rd

Price: \$72

Calling all boys and girls that love to create and learn with LEGO -- come join us as we build and create jaw-dropping, head-spinning LEGO contraptions. In our Creators Club, we will work with our brand-new 2019 Creators Club Project Kit that features lots of special LEGO parts (like LEGO motors and gears) to make some super-amazing machines while we learn about Science, Technology, Engineering, Art, and Math in a fun and engaging way! Each week is a whole new adventure as kids learn important S.T.E.A.M. concepts and gain critical creative, cognitive, social, and emotional learning skills through the power of LEGO Building and hands-on problem solving. Creators Club is a great way for kids to grow in confidence, curiosity and understanding. Bricks 4 Kidz Knoxville is helping moms and dads grow the next generation of skyscraper architects, rocket scientists, and robotics engineers -- the fun way ... with LEGO Bricks! Each week's model has instructions for beginners as well as for advanced builders. Take-homes include a LEGO mini-figure and an assortment of special LEGO pieces and accessories. Contact: chris@knoxbrix.com

Wednesday Classes

Creative Hip Hop

Instructor: Lisa Tarantino

Grades K-3

Price: \$60

Hip hop is an energetic, fun dance style that combines memory, coordination, and rhythm. By combining fast paced rhythms and movement, students will get an awesome workout! We will choreograph several age appropriate routines and learn the fundamentals of this funky dance style while having a lot of fun. Students will be learning cool moves while hitting the beats to all their favorite songs from Disney, their favorite movies, and the radiol You do not have to be a super dancer to enjoy this class. We will perform for families on the last class to show off our fabulous moves!

Contact: lisa.tarantino@knoxschools.org

Beginning Animation With Crayola Live

Instructor: Molly Smelser

Grades 3-5

Price: \$60

Does your student love art and technology? Then this is the class for you! Your child will explore animation with the Crayola Alive Animation Studio. Once the class is complete, they can continue the fun at home! Students will be using basic figures (robots, bears, pirates, fairies, etc...) to animate with a background. They will also be able to animate mystical creatures like dragons and fairies!

Contact: molly.smelser@knoxschools.org

Treats in Spanish

Instructor Name: Michelle Terry

Grades: K-5

Price: \$70 - includes materials

Learning Spanish can be fun! Learn Spanish, and Hispanic cultures while having a treat or making a craft from different Hispanic countries. There will be no homework, or tests in this class. I am a native Spanish speaker, and in this class, we will be focusing on Spanish vocabulary, phrases, songs, and conversations, while enjoying some Hispanic treats. All materials needed will be provided. Thank you for letting me plant the seed of this beautiful language in your child!

Contact: michelle.moses@knoxschools.org

*****Friday Classes*****

Crafty Cakes and Cookie

Instructors: Alyssa Hill and Jami Welden Grades: K - 5 Price: \$65.00

Do you enjoy baking? Do you like to be creative? This is the class for you! We are here to teach you how to decorate your favorite cakes, cookies, and brownies. We will use different icing methods to create a one of a kind delicious treat.

Contact: alyssa.hill@knoxschools.org

Competitive Kickball

Instructor: Carol Giles Grades: 4-5 Price: \$50

Join me in some kickball fun. We will review the kickball rules. We will play fast kickball, crazy kickball, and regular kickball. Wear your tennis shoes for outdoor or indoor play and bring a water bottle. Hope you will join us!!

Contact: carol.giles@knoxschools.org

Hand Lettering for Kids

Instructor: Kathy Young Grades 3-5 Price \$65

Hand lettering is very popular today. We will start out with crayons, markers, and colored pencils to work on bubble and block letters using different styles, and work our way up to faux calligraphy using brush pens. Each child will receive a sketch book to practice and a beginning lettering kit (brush pen included). We will have at least two finished projects to show off our new hand lettering talent!

Contact: kathy.young@knoxschools.org

Please select a class or classes and fill out the registration form front and back. Return the form and a check to your child's homeroom teacher. Classes will begin the week of February 4th. Please remind your child on the day they are staying after school. Pack a simple snack for your child to eat before the FAST class starts. If you have any questions about the class please email fast@northshorepta.org or the instructor of the class and not the school office.

Policy / Liability Sheet

Injury I understand that participants in the F.A.S.T. Northshore Knights Enrichment Program do so at their own risk and that the instructor does not provide accident insurance.

Refunds There are no refunds for missed classes unless a medical emergency occurs (doctor's note needed).

Returned Checks A \$25 fee will be charged for returned checks.

Photos I also understand that Northshore Elementary staff and the Yearbook staff will occasionally take pictures of the enrichment classes and that the photos may include me or my child. I hereby authorize use of these photos for promotional or marketing purposes at the discretion of Northshore Elementary.

I give permission for my child, _____ to participate in the Northshore Elementary After School Enrichment Program. In doing so, I hereby absolve the Northshore staff and instructors from all liability that may arise as the result from above named child's participation in this program. I recognize and acknowledge that there are certain risks inherent in my child's participation in said program and I agree to assume the risk of accident or injury sustained in connection with the program. I further release Northshore Elementary School, its officers, employees, agents, and volunteers from all liability that may arise as the result from above named child's participation in the listed activities. I realize that the Northshore Elementary is not responsible for lost or stolen articles. I have read and fully understand the terms of this waiver, release, and indemnity.

Parent/Guardian Name (please print)

Date

Parent/Guardian Signature

Permission to Stay After School

(Please Print)

Child Name: _____ **Grade:** _____ **Homeroom Teacher:** _____

I give my child permission to stay for the Northshore After School Enrichment class(es) on the day(s) listed below.

Class(es) & Days _____

*Will your child be a **car rider** or go to the **YMCA After School Care**? Circle one please.*

I authorize the following adults to pick up my child: _____

I have read and understand all the guidelines for the FAST Enrichment Program. I agree that an authorized adult listed above will arrive no later than 4:00pm to pick up my child.

Parent/Guardian Signature

Date

Registration Form
(please print)

Student Name: _____

Grade _____ Homeroom Teacher _____

Parent/Guardian Names: _____

Home Phone: _____ Work Phone _____

Cell Phone: _____ Cell Phone: _____

Email: _____ (please print)

Emergency Contact _____ Relationship _____ Phone _____

If a medical emergency occurs, 911 will be called. Please list any medical information, allergies, or special accommodations your child might need below:

Please write a check made payable to the Northshore PTA. The instructor will contact you if your child does NOT get into a class due to under or over enrollment and a full refund will be given. **NO LATE REGISTRATIONS WILL BE ACCEPTED!** If you have questions please email the instructor OR fast@northshorepta.org If you ask the NES office a question regarding FAST classes they will refer you to the FAST email. Thank you for your interest in our FAST classes.

Please fill in your child's requested class(es):

<i>Class Title</i>	<i>Instructor</i>	<i>Day of Class</i>	<i>Class Fee</i>
		Total fees	\$

All registration forms must be turned in by Wednesday, January 30th and classes begin Monday, February 4th.
Students will meet in the red hallway after school where they can have a snack. Pick up will be in the car line. Please have your car tag hanging in the window. If you have questions please email fast@northshorepta.org or the instructor of the class.