

# WINTER ENRICHMENT 2017

**Sports & Fitness  
Creative Arts  
Theater, Music, & Dance**



**BAY FARM**  
Montessori Academy

# Winter Enrichment Classes 2017

## Sports & Fitness

Big MAC Basketball  
Winter Games for Active Kids  
Fitness & Wellness  
Yoga  
Floor Hockey  
Karate

## Creative Arts

Cooking  
LEGO® Robotics

## Theater, Music, & Dance

Ballet  
Drama Club  
Spring Play: *The AristoCats KIDS*  
Thimble Theater  
Violin

Bay Farm's Enrichment Program gives children the opportunity to participate in educational and recreational activities beyond their regular classroom. A list of winter 2017 classes follows inside. If you would like to enroll your child/ren, please complete and return the application form to the office no later than Friday, **January 6, 2017**.

All classes are contingent upon adequate enrollment. Please note that all classes are filled on a first-come, first-served basis and may fill up before the deadline. If we have a snow day and school is canceled on the day of an enrichment class, the class will likely not be made up nor refunded.

Bay Farm Montessori Academy  
145 Loring Street  
Duxbury, MA 02332  
781.934.7101  
[www.bfarm.org](http://www.bfarm.org)

# Sports & Fitness

## BIG MAC BASKETBALL

**Grades 5-8**

**\$160**

Instructor: Thomas Mbungu

Kingston Sports Center

Join Bay Farm's Big MAC\* Basketball team. Open to Elementary II and Middle School students, Bay Farm's team will practice weekly and participate in basketball games with area Montessori schools. On Mondays, the team will practice at Kingston Sports Center, and on Thursdays, they will practice at Bay Farm.

**Mondays/Thursdays, 3:15-4:30**

*Dates may change due to game schedules.*

Jan. 9, 12, 19, 23, 26, 30, Feb. 2, 6, 9, 13, 16, 27, Mar. 2, 6, 9

*Parents will be notified when games are scheduled.*

*\*The Montessori Athletic Conference (MAC) was created by Boston-area Montessori schools in a collaborative effort to join students and faculty together. The mission of the MAC is to provide students with healthy, enjoyable competition that promotes physical and social growth while teaching grace, courtesy, and good sportsmanship.*

## WINTER GAMES FOR ACTIVE KIDS

**Grades 1-8**

**\$85**

Instructor: Thomas Mbungu

P.E. Room

Winter is here. Come join a fun class that combines indoor fitness and exercise with game playing. Using a variety of indoor sports equipment, kids will have fun playing creative games that will keep them strong and active. Through team sports and fun group challenges, children will enjoy remaining active despite the weather outside. Games like indoor soccer, bowling, and obstacle courses will help children maintain their active lifestyle while being indoors. They will also have the opportunity to learn in an exciting and cooperative setting.

**Mondays, 12:30-1:00**

Jan. 9, 23, 30, Feb. 6, 13, 27, Mar. 6

## FITNESS & WELLNESS

**Grades Pre-K-6**

**\$85**

Instructor: Thomas Mbungu

Locations below

Children will be introduced to various fitness techniques from yoga, kick-boxing, running, and calisthenics. In addition, students will learn how activity affects their heart rate and the importance of good nutrition.

**Children's House/Kindergarten**

**Music Room**

**Thursdays, 11:30-12:00**

Jan. 19, 26, Feb. 2, 9, 16, Mar. 2, 9

**Elementary Students (Grades 1-6)**

**P.E. Room**

**Tuesdays, 12:30-1:00**

Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 7

## KIDS YOGA

### Grades 1-8

See prices below.

Instructor: Melissa McKim and Sara Milner

Great Room

Yoga encourages children to explore and discover the mind and body in a fun-filled way. It promotes inner-strength, confidence, and self-esteem; a feeling of well-being and respect for others; and love for one's self. In this class, kids will improve concentration and focus, stimulate their imagination, and help to release energy in a fun, safe environment. Using interactive games and animated postures, they will learn about animals, nature, and basic anatomy through "playing yoga". Breathing and visualization techniques will teach kids how to focus, relax, and develop self-control. Most of all, it will be fun!

If your child has his/her own mat, please send it to school. If you do not have a mat, one can be provided. Children will be taught that the yoga mat is a 'sacred space'. We don't walk on other people's mats during class. You may find that your child may benefit from having his/her own 'sacred space' to go to at home to practice yoga or simply to rest and come to a place of stillness.

### Pre-K-Kindergarten

\$95

Instructor: Sara Milner

Great Room

**Tuesdays, 11:30-12:00**

Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 7, 14

### Grades 1-3

\$110

Instructor: Melissa McKim

Great Room

**Tuesdays, 3:15-4:00**

Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 7, 14

### Grades 4-8

\$110

Instructor: Melissa McKim

P.E. Room

**Thursdays, 3:15-4:00**

Jan. 19, 26, Feb. 2, 9, 16, Mar. 2, 9, 16

## FLOOR HOCKEY

### Grades 1-8

\$95

Instructor: Thomas Mbungo

P.E. Room

Get into the spirit of winter by playing the winter classic sport itself. Through drills that include dribbling, passing, and shooting, students will learn the basic fundamentals of floor hockey. With the use of safety-approved, junior-sized sticks, students will also take part in small scrimmages that are fast paced and new to most students. As New Englanders, let's enjoy more hockey at Bay Farm!

**Wednesdays, 12:30-1:00**

Jan. 11, 18, 25, Feb. 1, 8, 15, Mar. 1, 8

## KARATE FOR KIDS

### Grades Pre-K–6

**\$150**

Instructors are from Budokan Martial Arts Club

Great Room

Budokan Martial Arts Club will teach karate to kids. Students will enjoy enhancing their motor skills, strength, speed, balance, agility, timing, and endurance. They will also gain the important life values of respect, discipline, concentration, focus, awareness, and confidence. The class will be taught by qualified instructors certified by the IUKF (International Uechi-Ryu Karate Federation). Students should bring a water bottle, and they need to wear proper uniforms. If your child does not have a uniform, one can be purchased for \$25 from the class instructor.

### Pre-K–Kindergarten Great Room

**Thursdays, 11:30-12:00**

Jan. 12, 19, 26, Feb. 2, 9, 16, Mar. 2, 9

## Cooking / LEGO® Clubs

### FIRST® LEGO® LEAGUE

#### Grades 1-8

Instructors: Jennifer Rice and Glowyn Waterhouse

Walden Room

#### Grades 1-3 (Max: 6 students)

**\$120**

**Tuesdays, 3:15-4:15**

Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 7, 14

Join Bay Farm's LEGO® Jr. Robotics Club. The official competition is over, but the fun will continue. In this session, children will team up to solve engineering problems by building and programming robotic models using LEGO's WeDo 2.0 kit. Each week, the teams will be challenged to create a new robotic model (helicopters with moving rotors, animals that walk, and cars that drive through a maze). New team members are welcome!

#### Grades 4-8 (Max: 10 students)

**\$130**

**Tuesdays, 3:15-4:15**

Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 7, 14

Join Bay Farm's LEGO® Robotics Club! In this session, kids will team up to design, build, and program the LEGO MINDSTORMS® robots. Each team of 3-4 kids will have their own robot kits. The teams will use their robots to complete "missions" on a table-top playing field. We will also challenge the teams to use each of the robot's sensors (touch, color, infrared) to complete missions designed by the group. New team members are welcome!

## COOKING

### Grades 1-8

**\$40 per class**

Instructor: Karen Howland

Osprey Room

The children will learn to prepare a special treat during each class. They will also learn about nutrition, safety, and healthy food preparation requirements, while having fun cooking with friends.

### Confections for Valentine's Day

Friday, 3:15-5:45

February 3

### Baking Bread

Friday, 3:15-5:45

February 17

### Everyday Cooking

Friday, 3:15-5:45

March 3

### Fudge and other delights

Friday, 3:15-5:45

March 31

### Cakes and Cupcakes

Friday, 3:15-5:45

April 28

### Cookies and Pies, Oh My!

Friday, 3:15-5:45

May 19

### Summer Salads

Friday, 3:15-5:45

June 2

*\* Please pick up in the Osprey Room.*

## COOKING FOR A CAUSE

### Grades 6-8

**Free**

Instructor: Heather Barry and Sandy Kozlowsky

Osprey Room

Have fun cooking while preparing a meal for someone else to enjoy. The children will cook a meal of meatballs, pasta, bread, salad, and dessert to then be donated to The Plymouth Task Force to End Homelessness. This hospitality program provides overnight accommodations and feeds up to 20 men per night, seven days per week during the winter months November-April. This enrichment activity is free, but students will be assigned a food item to bring to be used in preparation of the meal.

**Thursday, 3:15-5:15**

Jan. 12

# Theater & Dance

## VIOLIN

### Grades 1-8

Prices below

Instructor: Katy Boc

Music Room

Learn how to play the violin with music educator and Bay Farm parent, Katy Boc. Incorporating elements of both the Suzuki and O'Connor methods of string playing, students will be introduced to fundamental violin playing skills in a fun and engaging environment. Katy will help children discover their own musical passion, while teaching technique and musical skills. With more than 20 years of teaching and performing experience, Katy has taught and performed as a fiddler and violinist throughout the country. She sings and plays the fiddle, viola, mandolin, tenor guitar, and ukulele. Students will need to rent their own violin. This can be done through Goulet & Company in Pembroke--(781) 829-2282.

### Children's House\*

\$160

Tuesdays, 11:30-12:00

Jan. 17, 24, 31, Feb. 7, 14, 28, Mar. 7, 14

*\*Parent or caregiver must attend class with child.*

### Kindergarten / Elementary I Students (Grades K-3)

\$175

Thursdays, 3:15-4:00

Jan. 19, 26, Feb. 2, 9, 16, Mar. 2, 9, 16

### Elementary II Students / Middle School (Grades 4-8)

\$175

Mondays, 3:15-4:00

Jan. 23, 30, Feb. 6, 13, 27, Mar. 6, 13, 20

## THIMBLE THEATER

### Ages 3-5 (Not for Kindergarteners)

\$65 per session

*4 weeks per session*

Instructor: Karen Howland

Great Room

The focus of this class will be on having fun, acting, movement, and singing together as a group. This acting class is for children who would like to practice being on the stage.

### Session 3: *The Three Billy Goats Gruff*

Performance: Feb. 13<sup>th</sup> @ 11:30<sup>am</sup>

Mondays, 11:30-11:50

Jan. 23, 30, Feb. 6, 13

### Session 4: *Stone Soup*

Performance: March 20<sup>st</sup> @ 11:30<sup>am</sup>

Mondays, 11:30-11:50

Feb. 27, Mar. 6, 13, 20

### Session 5: *Goldie and the Bears*

Performance: April 24<sup>th</sup> @ 11:30<sup>am</sup>

Mondays, 11:30-12:00

Mar. 27, April 3, 10, 24

### Session 6: *Lemonade*

Performance: May 22<sup>nd</sup> @ 11:30<sup>pm</sup>

Mondays, 11:30-12:00

May 1, 8, 15, 22

## DRAMA CLUB

**Grades 6-8**

**\$160**

Instructor: Karen Howland

Great Room

The drama club will meet once a month in the Great Room. The group will discuss a variety of subjects concerning the performing arts and will also attend live theatrical performances in the greater Boston area. Students will be financially responsible for the purchase of tickets for the live performances they attend.

**Mondays, 3:15-4:15**

Jan. 30, Feb. 13, 27, Mar. 13, 27,  
April 10, 24, May 8, 22, June 5

## BALLET

**Grades Pre-K-8**

**See prices below**

Instructor: Karen Howland

Great Room

Ballet is the art of dance that requires strength, resilience, elegance, and grace. It helps to improve posture, coordination, and grace. This class teaches the beginnings of first and second position, stretching the foot, and moving with the music. No tiaras, tutus, or jewelry, please.

**Kindergarten and Children's House Ballet (Ages 3-5)**

**\$250 (Jan-May)**

Children's House students attending class during the school day should wear their dance attire to school. Students should come to class dressed in either pink or black leggings, a dance t-shirt, white nylon ankle socks, and carry their regulation ballet slippers. (No leotard or tights, please.)

**Wednesdays, 11:30 – 12:00**

Jan. 25, Feb. 1, 8, 15, Mar. 1, 8, 15, 22, 29,  
April 5, 12, 26, May 3, 10, 17, 24, 31

**Elementary and Middle School (Grades 1-8)**

**\$320 (Jan-May)**

Elementary and middle school students should bring their ballet attire to school, which includes a leotard, tights, and regulation ballet slippers. The students should also bring a healthy snack and drink that is labeled as a ballet snack. *(Students in this class can attend Aftercare free of charge on the days they have ballet class.)*

**Mondays, 4:30 – 5:30**

Jan 23, 30, Feb. 6, 13, 27, March 6, 13, 20, 27,  
April 3, 10, 24, May 1, 8, 15, 22, and  
Tuesday, May 30 (rehearsal is from 3:15-4:30)

**BALLET RECITAL FOR ALL LEVELS IS SATURDAY, JUNE 3, 2017 AT 11:00 AM**



## SPRING PLAY: *THE ARISTOCATS KIDS*

**Grades K-8**

**See below for prices**

Instructors: Karen Howland & Michelle Booth

Great Room

Disney's The AristoCats Kids is a fun, feet-tapping show that is sure to bring smiles to cast members and audiences alike. The Alley Cats introduce Berlioz, Marie, Toulouse, and their mother, Duchess – the richest cats in all of Paris. When Duchess and her AristoKittens are abandoned in the Parisian countryside, Thomas O'Malley and his rag-tag bunch of Alley Cats come to their rescue. This feline adventure features lively music with a jazzy beat, including the Disney favorites, "The AristoCats," "Scales and Arpeggios," and "Ev'rybody Wants to Be a Cat".



Participation in Bay Farm's musicals gives children the opportunity to learn dance and musical numbers, memorize lines, create costumes, learn about set design and lighting, and have a tremendous amount of fun while building self-confidence with stage presence.

Please check the dates for all rehearsals and performances. Please pack a snack for days when rehearsals are right after school. **Students are expected to attend all rehearsals and performances, except in the case of illness. Students may only have three excused absences. Mandatory rehearsals mean that everyone must be there for the full rehearsal time. Children who do not make all rehearsals may have their part reduced.** All of our productions are based on the premise of teamwork. Younger children will act in group scenes during the play. Tuition includes classes, DVD, cast party, t-shirt, and two tickets for each performance that your child performs.

*Note: We will be auditioning the children for parts in early January. Casting will be selective, and some children may not get a speaking part.*

### **Play Practice for Grades 3-8:**

**\$395**

<b>Wednesdays</b>	Jan. 18, 25, Feb. 1, 8, 15, Mar. 1, 8, 15, 22, 29 Apr. 5, 12, 26, May 3, 10	3:00-5:30
<b>Saturdays</b>	Jan. 28, Feb. 11, Mar. 4, 18, April 1, 8, 29, May 6	3:00-5:00
<b>Saturday</b>	May 6 – Dress Rehearsal	2:00-5:00
<b>Wednesday</b>	May 10 – Dress Rehearsal	3:00-5:30

### **Play Practice for Grades K-2:**

**\$295**

<b>Mondays</b>	Feb. 6, Mar. 6, 20, April 3	3:00-4:30
<b>Wednesdays</b>	Mar. 22, 29, Apr. 5, 12, 26, May 3, 10	3:00-5:30
<b>Saturdays</b>	Mar. 18, April 1, 8, 29, May 6	3:00-5:00
<b>Saturday</b>	May 6 – Dress Rehearsal	2:00-5:00
<b>Wednesday</b>	May 10 – Dress Rehearsal	3:00-5:30

### **Performances:**

**Thursday, May 11 at 5:00<sup>pm</sup>**

**Friday, May 12 at 7:00<sup>pm</sup>**

**Saturday, May 13 at 7:00<sup>pm</sup>**

# Enrichment Registration Form

Complete and return this form with payment in full to:  
Bay Farm Montessori Academy, 145 Loring St, Duxbury, MA 02332.  
Tel: 781.934.7101 Email: [enrichment@bfarm.org](mailto:enrichment@bfarm.org).

Name of Child: \_\_\_\_\_ Age \_\_\_\_\_

Parent(s)'s Names: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

## Please choose your classes:

### Sports & Fitness

<input type="checkbox"/> Big MAC Basketball—Gr. 5-8 (\$160)	<input type="checkbox"/> Winter Games for Active Kids (\$85)
<input type="checkbox"/> Fitness & Wellness—CH/K (\$85)	<input type="checkbox"/> Fitness & Wellness—Gr. 1-6 (\$85)
<input type="checkbox"/> Kids Yoga—Pre-K / K (\$95)	<input type="checkbox"/> Kids Yoga—Gr. 1-3 (\$110)
<input type="checkbox"/> Kids Yoga—Gr. 4-8 (\$110)	<input type="checkbox"/> Floor Hockey—Gr. 1-8 (\$95)
<input type="checkbox"/> Karate:	<input type="checkbox"/> Karate—Pre-K / K (\$150)

### Creative Arts

<input type="checkbox"/> LEGO® Robotics—Gr. 1-3 (\$120)	<input type="checkbox"/> LEGO® Robotics—Gr. 4-8 (\$130)
<input type="checkbox"/> Cooking for a Cause (\$0)	
<input type="checkbox"/> Cooking:	<input type="checkbox"/> Baking Bread (\$40)
<input type="checkbox"/> Confections for Valentine's Day (\$40)	<input type="checkbox"/> Everyday Cooking (\$40)
<input type="checkbox"/> Fudge and Other Delights (\$40)	<input type="checkbox"/> Cakes and Cupcakes (\$40)
<input type="checkbox"/> Cookies and Pies, Oh My (\$40)	<input type="checkbox"/> Summer Salads (\$40)

### Theater, Music, & Dance

<input type="checkbox"/> Violin—Pre-K (\$160)	<input type="checkbox"/> Violin—K / 1-3 (\$175)
<input type="checkbox"/> Violin—Gr. 4-8 (\$175)	<input type="checkbox"/> Drama Club (\$160)
<input type="checkbox"/> Thimble Th.: Three Billy Goats Gruff (\$65)	<input type="checkbox"/> Thimble Th.: Stone Soup (\$65)
<input type="checkbox"/> Thimble Th.: Goldie and the Bears (\$65)	<input type="checkbox"/> Thimble Th.: Lemonade (\$65)
<input type="checkbox"/> Ballet:	
<input type="checkbox"/> CH Ballet on Wednesdays (\$250)	<input type="checkbox"/> EL/MS Ballet on Mondays (\$320)
<input type="checkbox"/> Spring Play: <i>The AristoCats KIDS</i>	
<input type="checkbox"/> <i>The AristoCats</i> —Gr. K-2 (\$295)	<input type="checkbox"/> <i>The AristoCats</i> —Gr. 3-8 (\$395)

Total Fee for all Classes: \$ \_\_\_\_\_

### Please choose payment option:

- Check enclosed (made payable to BFMA).  
 Please bill me (for Bay Farm students only).  
 Please charge my credit card on file.

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Name of Child: \_\_\_\_\_ Age \_\_\_\_\_

Parent(s)'s Names: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

## Please choose your classes:

### Sports & Fitness

<input type="checkbox"/> Big MAC Basketball—Gr. 5-8 (\$160)	<input type="checkbox"/> Winter Games for Active Kids (\$85)
<input type="checkbox"/> Fitness & Wellness—CH/K (\$85)	<input type="checkbox"/> Fitness & Wellness—Gr. 1-6 (\$85)
<input type="checkbox"/> Kids Yoga—Pre-K / K (\$95)	<input type="checkbox"/> Kids Yoga—Gr. 1-3 (\$110)
<input type="checkbox"/> Kids Yoga—Gr. 4-8 (\$110)	<input type="checkbox"/> Floor Hockey—Gr. 1-8 (\$95)
<input type="checkbox"/> Karate:	<input type="checkbox"/> Karate—Pre-K / K (\$150)

### Creative Arts

<input type="checkbox"/> LEGO® Robotics—Gr. 1-3 (\$120)	<input type="checkbox"/> LEGO® Robotics—Gr. 4-8 (\$130)
<input type="checkbox"/> Cooking for a Cause (\$0)	
<input type="checkbox"/> Cooking:	<input type="checkbox"/> Baking Bread (\$40)
<input type="checkbox"/> Confections for Valentine's Day (\$40)	<input type="checkbox"/> Everyday Cooking (\$40)
<input type="checkbox"/> Fudge and Other Delights (\$40)	<input type="checkbox"/> Cakes and Cupcakes (\$40)
<input type="checkbox"/> Cookies and Pies, Oh My (\$40)	<input type="checkbox"/> Summer Salads (\$40)

### Theater, Music, & Dance

<input type="checkbox"/> Violin—Pre-K (\$160)	<input type="checkbox"/> Violin—K / 1-3 (\$175)
<input type="checkbox"/> Violin—Gr. 4-8 (\$175)	<input type="checkbox"/> Drama Club (\$160)
<input type="checkbox"/> Thimble Th.: Three Billy Goats Gruff (\$65)	<input type="checkbox"/> Thimble Th.: Stone Soup (\$65)
<input type="checkbox"/> Thimble Th.: Goldie and the Bears (\$65)	<input type="checkbox"/> Thimble Th.: Lemonade (\$65)
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<input type="checkbox"/> CH Ballet on Wednesdays (\$250)	<input type="checkbox"/> EL/MS Ballet on Mondays (\$320)
<input type="checkbox"/> Spring Play: <i>The AristoCats KIDS</i>	
<input type="checkbox"/> <i>The AristoCats</i> —Gr. K-2 (\$295)	<input type="checkbox"/> <i>The AristoCats</i> —Gr. 3-8 (\$395)

Total Fee for all Classes: \$ \_\_\_\_\_

### Please choose payment option:

- Check enclosed (made payable to BFMA).  
 Please bill me (for Bay Farm students only).  
 Please charge my credit card on file.

## **Mission Statement**

We work together to cultivate a vibrant Montessori learning community where children are inspired to grow with joy, purpose, and compassion.

Through the wonder of direct exploration, the satisfaction of engaged learning, and the integration of visual and performing arts, Bay Farm Montessori Academy students develop the skills and sense of responsibility to be confident learners, eager to understand themselves and their world.



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