

# **North Bethesda Middle School**

# **After School Activities**

## **2009-2010**

**Sponsored by  
NBMS PTSA**

**Registration is required!**  
**First-come, first-served!**  
**Wednesday, September 9<sup>th</sup> from 7pm to 8pm**  
**NBMS Gymnasium**

**Session 1: September 29 - November 19 (7 weeks)**

**Session 2: January 12 – February 18 (6 weeks)**

**Session 3: March 16 – May 11 (7 weeks)**

PTSA activities are NOT held on half-days, days with weather closings,  
or days when school is not in session.

The best way to be informed about PTSA after school activities is to join the PTSA listserv. To receive notices about activities, send an email to [Linda20814@yahoo.com](mailto:Linda20814@yahoo.com)

*Questions? Please contact:*  
**NBMS PTSA After School Activities Committee at  
[nbmsactivities@gmail.com](mailto:nbmsactivities@gmail.com)**

**or**

**NBMS Activities Coordinator Katie Phillips at 301-571-3883 or  
[sarakate\\_phillips@mcpsmd.org](mailto:sarakate_phillips@mcpsmd.org)**

To find out about NB sponsored sports and activities,  
visit NBMS website - **Activities/Sports page**  
<http://www.montgomeryschoolsmd.org/schools/northbethesdam/clubs/sports.shtml>

## Registration for PTSA After School Activities

The BEST way to register is to come to ASA Registration night on **Wednesday, September 9<sup>th</sup> from 7:00pm to 8:00pm** in the Gym. Please note that registration forms will NOT be accepted prior to that time. Activities MAY fill up quickly. Remember, registration is first-come, first-served.

1. You may register your child plus one friend for any class (space permitting). You MUST have a completed and signed registration form for each student, as well as payment for all registered activities. You will complete one registration form per student, which will list all activities registered for, and make one payment per student at the end of registration. If you are registering a child other than your own, make sure the child's form is signed by his/her parent and accompanied by a blank check from his/her parent.
2. Payment: We ONLY accept cash or checks payable to "NBMS PTSA." We will have a central cashier table where you can make a single payment for all activities at once. PLEASE INCLUDE THE STUDENT'S FIRST AND LAST NAME ON YOUR CHECK. Do not fill-in your check until you meet with a cashier.
3. The doors will open to the gym at 7:00. When you come in to the gym, you will see tables set up around the room with posters indicating which activity you can sign up for at that table. Figure out which activity is your first choice and go directly to that table and get in line. Some activities have a maximum enrollment and will fill up quickly, so a good strategy is to get in line for those first. There will be registration forms and course catalogs and volunteers at each desk.
4. If you register at registration night, you will have confirmation at the time of registration. If the session you wish to sign up for is full, you have the option of signing up for another session (if available) or being put on the waitlist. *We recommend getting on the waitlist for filled activities. Often registered students change their minds or have conflicts and space opens up in an activity.*
5. If you do not attend ASA Registration Night, you can register beginning September 10 using registration forms that will be available in the main office of the school. In this case, you must include a separate check for each activity with your registration form. If the activity you wish to participate in is not full, you will be notified and your child will be enrolled. If the activity is full, your check for that particular activity will be returned.
6. If you need financial assistance for an activity, please speak to Mrs. Drucker in the Counseling office prior to registration night. She will let you know how to proceed.
7. There will be volunteers available during ASA Registration Night to answer questions and give directions. Look for people in red shirts and hats!

### **Don't forget to bring on Sept. 9:**

- completed registration form with waiver portion signed
- one check payable to "NBMS PTSA" with dollar amount blank.
- course catalog
- patience!

## ACTIVITY BUS DROP-OFF POINTS

(departs NBMS @ 4:10 pm)

Activity buses run every Tuesday, Wednesday, and Thursday of the school year except on holidays and early dismissal days. The activity bus routes are somewhat different than regular bus routes; students might be dropped off at a point further from their homes.

All school bus rules apply to activity buses. Here are the bus drop-off points:

### BUS #1

1. Grosvenor Elementary School (5701 Grosvenor Lane)
2. Grosvenor Lane and Grosvenor Place
3. Sugarbush Lane and Tuckerman Lane
4. Cedarwood Drive and Tuckerman Lane
5. Rockledge Drive and Rock Forest Drive (at the circle)
6. Ashburton Elementary School (6314 Lone Oak Drive)
7. Greyswood Road and Brixton Lane
8. Magruder's Discovery Parking Lot (10508 Westlake Drive)

### BUS #2

1. Old Georgetown Road and Cedar Lane
2. YMCA – Beech Avenue and Forest Road
3. Alta Vista Road and Linden Avenue
4. Linden Avenue and Pooks Hill Road
5. Locus Hill Road and Elmhirst Lane
6. Kensington Parkwood Elementary School (4710 Saul Road)

### BUS #3

1. Strathmore Avenue and Flanders Avenue
2. Kensington Park Library (4201 Knowles Avenue)
3. Ken Gar Park (Shaftsbury and Hampden Streets)
4. Plyers Mill Road and Lexington Court
5. Kensington Parkway and Kent Street

## ASA Policies & Procedures

**Registration:** Students may register for after school activities at After School Activities Registration Night, but not prior to that time. Students may register for a class that is already in session (on a space-available basis), but fees will not be prorated. Instructor approval may be required if student enters class mid-session.

**Cancellation:** in order to obtain a refund, students may cancel by email sent to [nbmsactivities@gmail.com](mailto:nbmsactivities@gmail.com) no later than the following cutoff dates (these are prior to the beginning of each session):

Session 1: must cancel by 9/22/09; Session 2: must cancel by 1/5/10; Session 3: must cancel by 3/9/10.

**NOTE:** A \$10 cancellation fee will be charged.

**Class Minimum/Maximum:** if the minimum registration is not reached, class may be cancelled at the instructor's discretion. If the maximum is reached, students may be placed in next available session (if offered).

## ASA Contacts

If you have a question about after school activities, please contact one of the following:  
NBMS ASA Coordinator Kate Phillips at (301)571-3883 or email [nbmsactivities@gmail.com](mailto:nbmsactivities@gmail.com)

## Activities Program 2009-2010

### Session 1: September 29-November 19

Tuesdays: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10

Wednesdays: 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18

Thursdays: 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/19

### Session 2: January 12- February 18

Tuesdays: 1/12, 1/19, 1/26, 2/2, 2/9, 2/16

Wednesdays: 1/13, 1/20, 1/27, 2/3, 2/10, 2/17

Thursdays: 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

### Session 3: March 16-May 11

Tuesdays: 3/16, 3/23, 4/13, 4/20, 4/27, 5/4, 5/11

Wednesdays: 3/17, 3/24, 4/7, 4/14, 4/21, 4/28, 5/5

Thursdays: 3/18, 3/25, 4/8, 4/15, 4/22, 4/29, 5/6

Activities are NOT held on half-days, days with weather closings,  
or days when school is not in session.

Activity	Description	Day	Session	Fee	Min/Max
<b>Anime and Manga</b>	Students learn about Anime and Manga (Japanese animation and Comic Books). This art form combines vivid expression and meticulous design with extraordinary storylines. Students will learn about the use of themes, imagery, genre, and the history of Anime and Manga, from the beginnings of the anime wave to current popular series shown in Japan. <b>Instructor: The Enrichment Centers</b>	Thurs	3	\$134	Min 8 No Max
<b>Art: Draw, Color, Paint &amp; Collage</b>	Using pencil, charcoal, pastels, paints and papers, we'll create all sorts of artwork. Learn principles of drawing with line, and shading; explore how color can be used both true to life and fancifully using still-life set-ups, landscapes, stamping, collages, portraits, fantasy settings, animal creatures and masks. Doodle with line, smudge with pastels, learn to "charge" colors using watercolors, build sculptures with paper and cardboard and more. All materials provided. <b>Instructor: Sara Sennett</b>	Tues	1	\$132	Min 6 Max 12
			2	\$117	
			3	\$132	
<b>Babysitting Certification</b>	Suburban Hospital's Community Outreach Department will teach its Safe Sitter Course, a comprehensive training class, covering the essentials of competent babysitting, including child-care skills, handling emergencies and behavior-management strategies. (If you have long hair, please bring a tieback for the rescue skills practice.) <b>Instructor: Suburban Hospital</b> <b>Attendance at all six classes is mandatory for certification.</b>	Wed or Thurs (choose one)	1 (6 classes)	\$105	Min 12 Max 16
			2 (6 classes)	\$105	
			3 (6 classes)	\$105	
<b>Calligraphy</b>	Calligraphy can transform the simplest of texts into works of art. This handwriting technique imbues greeting cards, transcribed poems, and all manners of correspondence with grace and delicate beauty. Our calligraphy program will bring all of your projects to life! <b>Instructor: The Enrichment Centers</b>	Tues	3	\$165	Min 8 No Max

Activity	Description	Day	Session	Fee	Min/Max
<b>Cartooning</b>	Learn techniques on how to draw cartoon people, animals, situations and scenarios using easy-to-learn effective drawing methods and tricks. Anyone can learn how to draw cartoons with appropriately placed shapes and lines in this fun and interactive class. <b>Instructor: The Enrichment Centers</b>	Thurs	1	\$134	Min 8 No Max
<b>Ceramics</b>	Learn the basics of hand-building construction, including slab, pinch and coil. Explore a variety of ceramic and glaze techniques. All work will be bisqued and glaze-fired using safe, low-fire glazes. <b>Instructor: Nailah Isoke, NBMS Art Teacher</b>	Tues	1	\$53	Min 7 Max 25
		Wed	2	\$53	
		Wed	3	\$53	
<b>Chess</b>	This course will introduce students to the love of the game, and the ins and outs of classic chess strategies. This class is suitable for both beginners and those improving their skill. Class to be taught by noted chess master Mary Fair. <b>Instructor: The Enrichment Centers</b>	Wed	1	\$134	Min 8 No Max
			2	\$118	
<b>Cooking</b>	Have you ever eaten an incredible dish at a restaurant and wish you could make it at home yourself? Well, come cook with Chef Darren (formerly of Young Chefs Academy) and you'll learn how to make extraordinary foods that both taste delicious and teach the basics of cooking. <b>Instructor: Chef Darren Lawrence</b> <b>Session 1: Cooking Around the World</b> <b>Session 2: Celebrity Chefs</b> <b>Session 3: Create your Own Masterpiece</b>	Wed	1	\$190	Min 10 Max 20
		Thurs	2	\$170	
		Wed	3	\$190	
<b>Creating Comic Books</b>	Learn about popular comic-book titles, current trends in comic and graphic novels for children and teens and how comics are published. The class members create their very own comic book by applying all the creative and production aspects, from the story, to the art, the colors, and the lettering. <b>Instructor: The Enrichment Centers</b>	Wed	2	\$126	Min 8 No Max
<b>Creative Writing</b>	Students work with a published author to create their own fictional stories. Fun writing exercises and an in-depth look at exactly what goes into a piece of fiction add up to a fabulous finished piece by the end of the session. <b>Instructor: Merry Banerji aka Meredith Bond</b>	Tues	1	\$50	Min 7 Max 15
			2	\$45	
<b>Fashion Design</b>	If fashion is your passion, then Fashion Design is the one for you! This class will focus on the principles of design and color and applying them to their very own styles. Students will design print, render technical sketches and create their own clothing. Fashion design is a fun and creative way to merge imagination and artistic vision! <b>Instructor: The Enrichment Centers</b>	Tues	2	\$124	Min 8 No Max
<b>Folger Festival Shakespeare Troupe</b>	Rehearse and perform a Shakespeare selection for the Folger Festival for Secondary Schools in March 2010 tournament (if accepted!*). Compete for recognition in a D.C. metropolitan-area event celebrating Shakespeare's plays. Fun and outrageously challenging! <i>*the Folger Festival is a limited acceptance event. In the event of non-acceptance, performance of material is subject to alternative bookings. Two or three parent volunteers needed for all day performance event in March.</i> <b>Instructor: Amanda Westly - ACTS/Academy for Classical Theatre Studies</b>	Wed & Thurs	2	\$167	Min 10 Max 20
	<i>*Class is Both days</i>				
<b>FUNdamentals of Acting</b>	This fun skill-based class is designed to introduce actors to a technique for creating sustainable and believable characters for the stage. The class focuses on building	Tues	3	\$157	Min 10 Max 20

Activity	Description	Day	Session	Fee	Min/Max
	ensemble, listening skills, and creativity using basic text work. <b>Instructor: Imagination Stage</b>				
<b>Guitar</b>	Former Electric Light Orchestra guitarist teaches kids how to play rock guitar. Familiar songs are taught so kids can learn to play like the original artist, all while learning technique – proper finger placement, correct strumming and picking styles. The instructor’s credits include four Top 20 hits, numerous Album of the Year awards and hundreds of songs placed in film and TV. Students need to bring a guitar, picks, and a tuner. <b>Instructor: Parthenon Huxley</b>	Thurs	1	\$110	Min 5 Max 12
			2	\$100	
			3	\$110	
<b>Hip-Hop</b>	This class offers students the chance to explore their rhythmic and expressive sides! Enjoy new and classic dance moves with new and classic Hip-Hop and Pop music. <b>Instructor: Joe Trahan</b>	Thurs	3	\$55	Min 6 Max 15
<b>Improvisation</b>	This class takes students on an exploration of quick character creation, storytelling, and the nature of ensemble work through the use of improvisation exercises and scene-building games. Students work on developing listening skills, spontaneity, risk-taking, and creativity while honing lightning-quick responses and rapier-like wit! <b>Instructor: Imagination Stage</b>	Tues	1	\$157	Min 10 Max 15
<b>Photoshop CS4</b>	Want to learn how to develop creative, as well as, technical skills in digital imaging and manipulation? Join us and learn the basics of the new Adobe Photoshop CS4 software. We will also explore the various new features such as 3D imagery. No camera needed, just bring your digital images on a flash drive and get swept away in all that the new Photoshop has to offer. Please make sure your flash drive is at least 2GB. <b>Instructor: Nailah Isoke, NBMS Art Teacher</b>	Thurs	1	\$45	Min 7 Max 25
			2	\$45	
			3	\$45	
<b>Robotics A</b>	Do you like creating your own inventions and seeing how they work? The mission of the Robotics Club is to familiarize middle school students with the world of robotics and engineering. We teach students the basic programming and building skills necessary to understand robotics and compete in local, regional, and national competitions. Skills include team building, brainstorming, engineering, and programming. <b><i>*You may sign up for <u>one</u> session of either Robotics A or Robotics B only!</i></b> <b>Instructor: John Stansbury</b> <b>Fee waived if a parent helps with every class</b>	Wed	1	\$60	Min 7 Max 20
<b>Robotics B</b>	Robots are complex machines that make work easier through the use of levers, gears, axles and wheels. Understanding what robots are, is best done by examining these components and how they interact. Students will have fun working together to build robots with a heavy duty lifting arm, or that can travel over rough terrain and finally with an end effector used to manipulate	Tues	2	\$55	Min 16 Max 20

Activity	Description	Day	Session	Fee	Min/Max
	<p>various materials. You will design and construct these complex motorized projects from our ROBOTIX modular collection. Finally, have fun building and creating a robot using your imagination and enter it our Robot Dragster Time Trials.</p> <p><b>*You may sign up for <u>one</u> session of either Robotics A or Robotics B only!</b></p> <p><b>Instructor Sessions 2 &amp; 3: Explore-It-All Science Center</b></p>	Thurs	3	\$60	
<b>Scrapbooking</b>	<p>Learn techniques using stamps, inks, paper, and other tools to create a keepsake journal. Journals are provided at the first class of each session.</p> <p><b>Instructors: Joyce Khouri (session 1)</b> <b>Josephina Galiano (sessions 2 &amp; 3)</b></p>	Tues	1	\$60	Min 7 Max 20
			2	\$60	
			3	\$60	
<b>Self Defense for Girls</b>	<p>Learn awareness and prevention, verbal skills for stopping an attack, and effective physical techniques. Interactive and empowering classes taught by Defend Yourself, which has taught personal safety skills to thousands of teens, children, women, and men in the Washington area.</p> <p><b>Instructor: Lauren Taylor, Defend Yourself</b></p>	Tues	1	\$173	Min 8 Max 12
<b>Tennis</b>	<p>Learn the basic skills and techniques of tennis. Students will have on-court instruction in proper stroke technique, coordination, balance, fitness and scoring, and will be able to play a game by the end of the session. Beginning and early intermediate players welcome. Students must bring a tennis racquet. 6 classes per session.</p> <p><b>Instructor: BCC-YMCA Tennis Program</b></p>	Wed	1 (6 classes)	\$118	Max 20
			3 (6 classes)	\$118	
<b>Ultimate Frisbee</b>	<p>All skill levels are welcome in this fast-paced, non-contact team sport. It mixes the best features of sports such as soccer, basketball, football and netball into an elegantly simple yet fast-paced and demanding game.</p> <p><b>Instructor: Christopher Lun</b></p>	Tues	1	\$32	Min 7 Max 30
			3	\$32	
<b>Youth Yoga</b>	<p>Students will learn the fundamentals of yoga postures and the importance of breath for fitness and calm. In a non-competitive and fun environment, kids will gain greater body awareness and confidence. Yoga games and sequences are geared to any level of experience and fitness!</p> <p><b>Instructor: Thrive Yoga</b></p>	Tues	1	\$120	Min 10 Max 20

## ACTIVITIES SUMMARY

<b><u>Activity</u></b>	<b><u>Session</u></b>	<b><u>Day</u></b>	<b><u>Fee</u></b>
Anime/Manga	3	Thurs	\$134
Art	1	Tues	\$132
Art	2	Tues	\$117
Art	3	Tues	\$132
Babysitting Certification	1	Wed or Thurs	\$105
Babysitting Certification	2	Wed or Thurs	\$105
Babysitting Certification	3	Wed or Thurs	\$105
Calligraphy	3	Tues	\$165
Cartooning	1	Thurs	\$134
Ceramics	1	Tues	\$53
Ceramics	2, 3	Wed	\$53
Chess	1	Wed	\$134
Chess	2	Wed	\$118
Cooking	1	Wed	\$190
Cooking	2	Thurs	\$170
Cooking	3	Wed	\$190
Creating Comic Books	2	Wed	\$126
Creative Writing	1	Tues	\$50
Creative Writing	2	Tues	\$45
Fashion Design	2	Tues	\$124
Folger Festival Shakespeare Troupe	2	Wed & Thurs	\$167
FUNDamentals of Acting	3	Tues	\$157
Guitar	1	Thurs	\$110
Guitar	2	Thurs	\$100
Guitar	3	Thurs	\$110
Hip Hop	3	Thurs	\$55
Improvisation	1	Tues	\$157
Photoshop CS4	1, 2, 3	Thurs	\$45
Robotics A	1	Wed	\$60
Robotics B	2	Tues	\$55
Robotics B	3	Thurs	\$60
Scrapbooking	1, 2, 3	Tues	\$60
Self Defense for Girls	1	Tues	\$173
Tennis	1, 3	Wed	\$118
Ultimate Frisbee	1, 3	Tues	\$32
Youth Yoga	1	Tues	\$120