

Friends Academy After-School Program Enrichment

Friends Academy After-School Program Enrichment Offerings

Please be aware that space is limited in all programs. Sign up early so you don't miss out!

Please bring or mail this form along with payment to Friends Academy 1088 Tucker Rd.
Dartmouth, MA 02747

Please check the box next to classes that you wish to sign your child up for.

- Yoga For Adults Cost: \$90.00
Mondays - September 16, 23, October 7, 21, 28, November 4, 18, 25 - 3:30-4:30
- Knitting with Ms. Bingham - Grades 5-8 Cost: \$85.00
Tuesdays - September 24, October 1, 8, 22, 29, November 5, 12 - 3:30-4:30
- Yoga for Students - Grades K-4 Cost: \$90.00
Wednesdays - September 18, 25, October 2, 16, 30, November 6, 20, December 4 -
2:30-3:30
- Bowling - Grades 6-8 Cost: \$120.00
Wednesdays - September 18, 25, October 2, 16, 30, November 6 - 2:30-5:00
- Math Olympiads - Grades 4-6 Cost: \$180.00
Thursdays - November 7, 14, 21, December 5, 12, 19, January 9, 16, 23, 30, February 6,
20, 27, March 5, 12 - 3:30-4:30
- Mad Science - NASA- Academy of Future Space Explorers - Grades 1-5 Cost: \$120.00
Fridays - September 20, 27, Oct. 4, 11, 18, 25, Nov. 8, 15 - 3:15-4:15

Student Name: _____ Grade: _____

Student Name: _____ Grade: _____

Student Name: _____ Grade: _____

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Yoga for adults - Back by popular demand! Please join us for an adult yoga practice here at FA. The benefits of yoga are not just physical but also mental, spiritual, and an increased sense of well-being. A yoga practice will help you feel centered and increase your self-awareness. All levels welcome.
Eight-week session. Mondays, 3:30-4:30, **Adults only**

Knitting - Ever feel pointless? Come knit a pointed hat and learn about all the other good points you have, too! Enjoy some great conversation as Ms. Bingham teaches you all you need to know to knit a hat, skills you can then use to create other great knitted items.
Seven-week session. Tuesdays, 3:30-4:30, Grades 5-8

Yoga for Students - Not only does yoga increase balance, coordination, and help to develop a strong and flexible body, but it also increases concentration, focus, and attention span. It builds confidence, develops discipline and self control, and inspires respect for yourself and others. And you know what? It's fun too. Come join your friends and Suzanne Lanagan, a Registered Yoga Teacher, for this wonderful class.
Eight-week session. Wednesdays, 2:30-3:30, Grades K-4

Bowling! - Join Ms. Bingham at Wonder Bowl, 66 Hathaway Road, New Bedford, for some good times and a few games of bowling. We'll have the lanes for two hours on Wednesdays (shoes included) so you should have enough time for some fun, and to improve your bowling skills. We will need help with car pooling to Wonder Bowl, so please keep that in mind when registering.
Six-week session. Wednesdays, 2:30-5:00, Grades 6-8

Math Olympiads - Math Olympiads for Elementary Students is a national program for students in grades 4 through 6 that seeks to engage students in creative problem solving and develop their ability to reason, be logical, and apply what they have learned in school to nontraditional problems. Designed for students with a strong interest and aptitude in math, students will practice for and take part in five contests that consist of five challenging and complicated problems.
Fifteen-week session. Thursdays, November 7-March 12, 3:30-4:30, Grades 4-6

Mad Science - Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers after-school program. The Academy of Future Space Explorers takes children on a voyage of discovery. With hands-on activities, amazing demonstrations and fun educational take-homes, this is an experience that is truly out of this world. Classes include planets and moons, suns and stars, rocket science, space travel, space technology, living in space, atmosphere and beyond, and space phenomena.
Eight-week session. Fridays, 3:30-4:30, Grades 1-5