

# Enrichment Programs

Questions: [theyl@friendsacademy1810.org](mailto:theyl@friendsacademy1810.org)

## Theatre



(Grades 2-5) In this immersive workshop, we will build a show from scratch! Together, the group will create characters and a theme in preparation for a 'SHOW!' at the end of the workshop. Students will play theatre games, make props, perform skits, tell stories, sing, dance and more!

\$145 for 5 Mondays of Fall Session (Oct. 17, 24, 31, Nov. 7, & 14)

## Yoga

(Grades 2-4 & 5-6) The yoga classes teach youth age-appropriate yoga positions, games, stories, breathing, and relaxation techniques. Sherri, the instructor, has been teaching yoga since 2017 with techniques she learned in the Andes Mountains.



\$87 for 3 Thursdays of Fall Intersession (Dec. 1, 8, & 15)

\$261 for 9 Thursdays of Winter Session (Jan 5, 12, 19, 26, Feb. 2, 16, 23, March 2, & 9)

## Dance



(E.C. - Grade 1 & Grades 2-4) This high-energy class is a fitness, tumbling and sports readiness program with elements of both dance and play. Dancers engage in creative movement and learn confidence, teamwork, and dance fundamentals.

\$87 for 3 Tuesdays of Fall Intersession (Nov. 29, Dec. 6, & 13)

\$261 for 9 Tuesdays of Winter Session (Jan 3, 10, 17, 24, 31, Feb. 7, 14, 28, & March 7)