



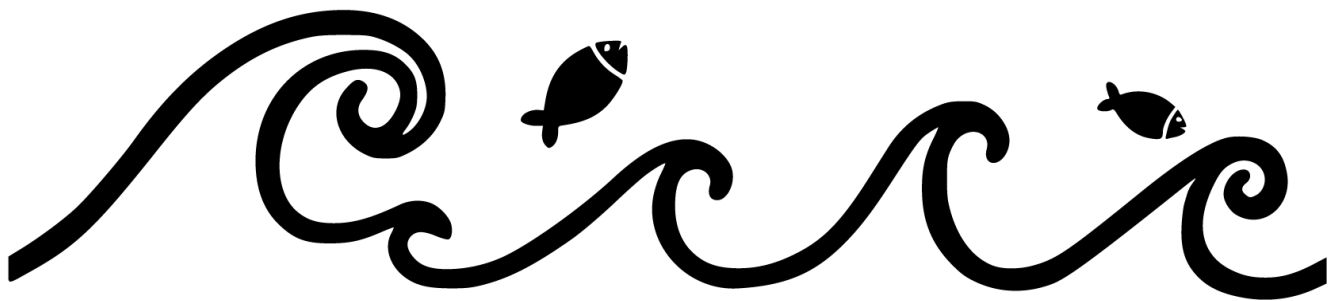
# NISKAYUNA CENTRAL SCHOOL DISTRICT



## 2021 SUMMER ENRICHMENT PROGRAM

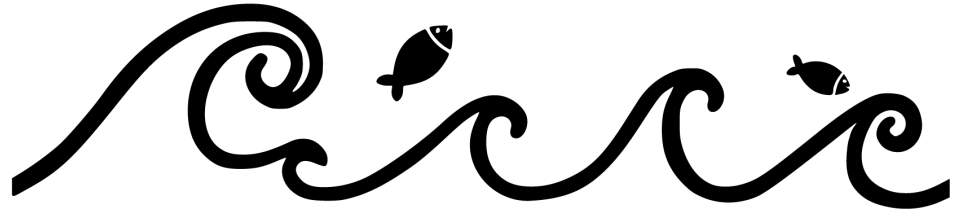
Niskayuna Central School District is pleased to offer summer enrichment classes to Niskayuna students. Classes blend academic subjects with hands-on exploration and are taught by NCSD faculty.

July 12 – August 6, 2021



REGISTRATION IS OPEN NOW UNTIL JUNE 4, 2021

# SUMMER ENRICHMENT PROGRAM



Dear Niskayuna Families:

I am very excited to be able to share with you this course catalog for the **Niskayuna Central School District's 2021 Summer Enrichment Program**. I believe we have put together an exciting group of sessions that provide something for every grade level. There are sessions in the visual arts and language arts, in math and science and technology, and some sessions to get our students on the move.

Summer Enrichment is a fun way to give students time with their peers, and to support their social and academic development. The Program will be offered in person with 6-foot social distancing and masks, and will follow all New York State and Department of Health guidelines.

Because of the construction work that is being carried out at many of our buildings this summer, all of the sessions will be held either at **Craig Elementary School or at Niskayuna High School**. Once the Registration process is complete we will be able to confirm each student's enrollment and give an exact location within the building. As always **Registration is on a first-come first-served basis. Minimum enrollment for each session is 5, and any session that does not reach the minimum will not run.** Each class also has a maximum enrollment, and depending on the response to the program, it is possible that another session may be offered if there is enough interest. **STUDENTS MAY ENROLL FOR ONE CLASS PER SESSION – either morning or afternoon.**

I have saved the very best news until last. I am delighted to be able to tell you that for THIS YEAR ONLY we are able to **offer our Summer Enrichment Program at NO COST to families**, thanks to the federal funds of the American Rescue Plan.

Registration information can be found at the end of this document.

Here's to a fun-filled Summer of 2021!

*Marie*

Marie Digirolamo  
Assistant Superintendent for Instruction

## SUMMER ENRICHMENT PROGRAM

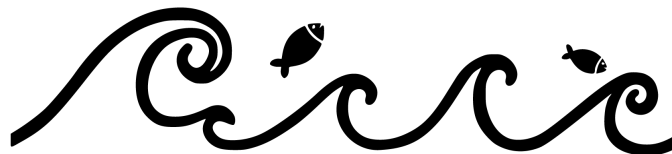
Class	Location	Instructor	Grades
<b>Week 1: July 12 - 16</b>			
<b>MORNING SESSION</b>	<b>8:00-11:00 am</b>		
Tennis Instruction and Fitness	HS Tennis Courts	Cindy Castren	1-6
Art & Literacy Fun	CR Art Room	Sarah Headwell	2-4
STEAM Week - Exploring Energy	CR Classroom	Emily Dirolf	3-5
German for Fun	HS Art Room (1)	Tracy Prebish	3-5
Amphibian Frenzy: REAL Frog Dissection!	HS Science Lab	Christine Anani	7-8
Digital Arts Teen Camp	HS Art Room (2)	Katie Chwazik	7-9
Math Literacy for the SAT and ACT	HS Classroom	Shana DeRocco	9-12
<b>AFTERNOON SESSION</b>	<b>12:00 – 3:00 pm</b>		
Computer Coding	CR Classroom	Cindy Castren	1-6
Powerful Poetry	CR Classroom	Sarah Headwell	3-5
Amphibian Frenzy: REAL Frog Dissection!	HS Science Lab	Christine Anani	7-8
Digital Arts Teen Camp	HS Art Room (2)	Katie Chwazik	7-9
<b>Week 2: July 19-23</b>			
<b>MORNING SESSION</b>	<b>8:00-11:00 am</b>		
Tennis Instruction and Fitness	HS Tennis Courts	Cindy Castren	1-6
Yoga and Mindfulness	CR Classroom	Jenna Marcal	3-6
Trash to Treasure: Up-Cycled Art	CR Art Room	Jane McCambley	3-5
Amphibian Frenzy: REAL Frog Dissection!	HS Science Lab	Lindsey Redman	7-8
College Essay Workshop	HS Classroom	Kristin Richard	11
<b>AFTERNOON SESSION</b>	<b>12:00 – 3:00 pm</b>		
Computer Coding	HS Classroom	Cindy Castren	1-6
Creative Writing and Drawing	CR Classroom	Jenna Marcal	3-6
Amphibian Frenzy: REAL Frog Dissection!	HS Science Lab	Lindsey Redman	7-8
Eco-friendly Crafts	CR Art Room	Stephanie Palazeke	6-12
Math Literacy for the SAT and ACT	HS Classroom	Shana DeRocco	9-12

# SUMMER ENRICHMENT PROGRAM

Class	Location	Instructor	Grades
<b>Week 3: July 26-30</b>			
<b>MORNING SESSION</b>	<b>8:00-11:00 am</b>		
German for Fun	CR Classroom	Tracy Prebish	K-2
The Great Egg Drop	HS Art Room (2)	Sarah Headwell	3-5
Stop-Motion Animation	CR Art Room	Chloe Dudla	4-6
Create Your Own Fairy Garden!	CR Classroom	Kristin Richard	4-7
Graphing Calculator Boot Camp!	HS Classroom	Jason DeRocco	8
<b>AFTERNOON SESSION</b>	<b>12:00 – 3:00 pm</b>		
Photography Exploration	CR Art Room	Chloe Dudla	4-6
Math Games, Problems, Puzzles, and More!	CR Classroom	Brian Rogers	4-6
Dungeons & Dragons	CR Classroom	Madelyn Pollack	5-8
<b>Week 4: August 2-6</b>			
<b>MORNING SESSION</b>	<b>8:00-11:00 am</b>		
Sensory Yoga	CR Classroom	Jennifer Greene-Gillooley	1-5
Create Your Own Fairy Garden!	CR Classroom	Kristin Richard	4-7
Track & Field 101 - Tokyo Here We Come!	HS Track/Field	Jason DeRocco	5-9
<b>Weeks 1 -4: July 12 – 16; July 19-23; July 26-30; August 2-6</b>			
<b>MORNING SESSION</b>	<b>8:00-9:00 am</b>		
Let's Get Moving	ONLINE	Casey Horner & Therese Brigham	6-12

# SUMMER ENRICHMENT PROGRAM

Week 1: July 12-16



## MORNING SESSION

### TENNIS INSTRUCTION AND FITNESS

**Instructor Name:** *Cindy Castren*

**Session:** *AM – 8:00-11:00am*

**Location:** *Niskayuna HS Tennis Courts*

Course Description: Tennis is a great game and here's your chance to learn all about it! Tennis instruction includes basic techniques for groundstrokes; forehand and backhand, volleys, overheads, and serving. Participants will also learn about proper tennis equipment, the court, rules, and scoring.

Warm-up, low stress exercises before instruction include leg and arm stretches, side-to-side, backward and forward movements, skipping, balancing, and hand-eye coordination activities using a tennis racket and ball. Other cardio exercises include relays using a tennis racket and ball to enhance play.

Special note: Participants need to bring their own tennis racket, snack, and water. Tennis balls will be provided.

Suitable for Grade Levels: 1-6

Maximum Enrollment: 16

### ART & LITERACY FUN

**Instructor Name:** *Sarah LeBarron-Headwell*

**Session:** *AM – 8:00-11:00am*

**Location:** *Craig Elementary School*

Course Description: Do you enjoy listening to a read aloud? Do you love creating an artistic representation of what you've read? In this class we will read and then create! Each day will surround a different picture book and a fun activity to go along with it. Students will explore a wide array of diverse picture books about a variety of themes to inspire their creations!

Suitable for Grade Levels: 2-4

Maximum Enrollment: 5

### STEAM WEEK - EXPLORING ENERGY

**Instructor Name:** *Emily Dirolf*

**Session:** *AM – 8:00-11:00am*

**Location:** *Craig Elementary School*

Course Description: Catapults, coasters, and carts! Looking for a fun, creative, and scientific way to spend the summer? In this weeklong STEAM course, students will use engineering, design, and problem-solving skills to explore potential and kinetic energy. Students will engage in a variety of hands-on STEAM challenges while reviewing math and science skills.

Suitable for Grade Levels: 3-5

Maximum Enrollment: 20

# SUMMER ENRICHMENT PROGRAM

## GERMAN FOR FUN

**Instructor Name:** Tracy Prebish

**Session:** AM – 8:00-11:00am

**Location:** Niskayuna High School

Course Description: Learn beginning German language and culture through games, songs, projects and nature walks.

Suitable for Grade Levels: 3-5

Maximum Enrollment: 10

## AMPHIBIAN FRENZY: REAL FROG DISSECTION!

**Instructor Name:** Christine Anani

**Session:** AM – 8:00-11:00am

**Location:** High School

Course Description: Frogs provide a great comparison to the human body. Each day we will explore a new frog system along with their structures and functions, all while learning proper dissection technique. At the end of our week, we will pay respect to our frogs using an ancient Japanese art form called "Gyotaku" so that you can remember this cool experience!

Suitable for Grade Levels: 7 and 8

Maximum Enrollment: 8

## DIGITAL ARTS TEEN CAMP

**Instructor Name:** Katie Chwazik

**Session:** AM – 8:00-11:00am

**Location:** Craig Elementary School

Course Description: Ipads, art, technology, oh my! Experiment with a variety of digital and physical techniques in a series of hands-on projects, including stop motion animation, digital photography, collages, and more. Campers will use art iPads provided, but should bring their school Chromebook to save files.

Suitable for Grade Levels: 7-9

Maximum Enrollment: 15

## MATH LITERACY FOR THE SAT AND ACT

**Instructor Name:** Shana DeRocco

**Session:** AM – 8:00-11:00am

**Location:** Niskayuna High School

Course Description: Do you have trouble understanding what the math questions are asking on the SAT or the ACT? Are you running out of time when trying to complete the math sections on the SAT or the ACT? If you answered yes to either of these questions, this session is for you. During this week-long session, we will investigate strategies to help improve your ability to understand what the questions are asking. Not only will this help you improve the speed at which you are completing questions, but we will also explore how the TI Graphing Calculator can help improve this as well. By the end of the week, you will have materials that you can bring home and study with.

No textbooks necessary; please bring your School Issued Chromebook and TI Graphing Calculator (TI-83 Plus, TI-84 Plus, TI-NSpire with 84 Plus Keypad) to class. The Chromebook Graphing Calculator application will also work for this class.

Suitable for Grade Levels: 9-12

Maximum Enrollment: 10

# SUMMER ENRICHMENT PROGRAM

Week 1: July 12-16



## AFTERNOON SESSION

### COMPUTER CODING

**Instructor Name:** *Cindy Castren*

**Session:** *PM – 12:00-3:00pm*

**Location:** *Craig Elementary School*

Course Description: Do you like playing computer games? Would you like to learn how to design and code your own computer game? Computer coding is a “BIG” deal right now! In this course, you will learn basic coding concepts to start building your own computer game. Using hands-on learning, this course will explore several different coding languages such as Scratch, Block, Python, and JavaScript, while using some of the best computer coding websites. You will have the opportunity to design and create your own unique, playable, sharable, and fun computer game in Scratch using the coding skills that you have acquired.

**Special note:** Participants need to come to the first class with an email address, either theirs or a parent. The email address will be used to create a login for Scratch.mit.edu. If you already have a Scratch account, please come with your username and password.

Suitable for Grade Levels: 1-6

Maximum Enrollment: 20

### POWERFUL POETRY

**Instructor Name:** *Sarah LeBarron-Headwell*

**Session:** *PM – 12:00-3:00pm*

**Location:** *Craig Elementary School*

Course Description: Looking for a creative outlet to express your own thoughts and feelings? Poetry might just be your powerful tool. Poems come in all shapes and sizes; they can be small, they can be long, they can rhyme they can have a beat. In this class writers have the chance to learn all about different types of poetry, write their own and even perform their poems! Each writer will draft and publish their own anthology of poems to take home by the end of the week.

Suitable for Grade Levels: 3-5

Maximum Enrollment: 5

### AMPHIBIAN FRENZY: REAL FROG DISSECTION!

**Instructor Name:** *Christine Anani*

**Session:** *PM – 12:00-3:00pm*

**Location:** *High School*

Course Description: Frogs provide a great comparison to the human body. Each day we will explore a new frog system along with their structures and functions, all while learning proper dissection technique. At the end of our week, we will pay respect to our frogs using an ancient Japanese art form called "Gyotaku" so that you can remember this cool experience!

Suitable for Grade Levels: 7 and 8

Maximum Enrollment: 8

# SUMMER ENRICHMENT PROGRAM

## **DIGITAL ARTS TEEN CAMP**

*Instructor Name: Katie Chwazik*

*Session: PM – 12:00-3:00pm*

*Location: Craig Elementary School*

Course Description: Ipads, art, technology, oh my! Experiment with a variety of digital and physical techniques in a series of hands-on projects, including stop motion animation, digital photography, collages, and more. Campers will use art iPads provided, but should bring their school Chromebook to save files.

Suitable for Grade Levels: 7-9

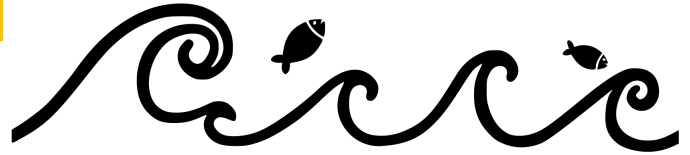
Maximum Enrollment: 15

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# SUMMER ENRICHMENT PROGRAM

Week 2: July 19-23



## MORNING SESSION

### TENNIS INSTRUCTION AND FITNESS

*Instructor Name: Cindy Castren*

*Session: AM – 8:00-11:00am*

*Location: Niskayuna HS Tennis Courts*

Course Description: Tennis is a great game and here's your chance to learn all about it! Tennis instruction includes basic techniques for groundstrokes; forehand and backhand, volleys, overheads, and serving. Participants will also learn about proper tennis equipment, the court, rules, and scoring.

Warm-up, low stress exercises before instruction include leg and arm stretches, side-to-side, backward and forward movements, skipping, balancing, and hand-eye coordination activities using a tennis racket and ball. Other cardio exercises include relays using a tennis racket and ball to enhance play.

Special note: Participants need to bring their own tennis racket, snack, and water. Tennis balls will be provided.

Suitable for Grade Levels: 1-6

Maximum Enrollment: 16

### YOGA AND MINDFULNESS

*Instructor Name: Jenna Marcal*

*Session: AM – 8:00-11:00am*

*Location: Craig Elementary School*

Course Description: Namaste! Have you ever wanted to become an expert yogi? In this course, you will learn how to create a mental place where you can relax and enjoy mindful activities. Kids will have the opportunity to enjoy daily yoga practices and dive into mindfulness activities, such as puzzles and brain games. Participants will also spend time journaling and learning about the art of meditation. You will leave this course as a mindful expert! Kids can bring yoga mats if they'd like, but it is not required. A towel will work the same!

Suitable for Grade Levels: 3-6

Maximum Enrollment: 15

### TRASH TO TREASURE: UP-CYCLED ART

*Instructor Name: Jane McCambley*

*Session: AM – 8:00-11:00am*

*Location: Craig Elementary School*

Course Description: Calling all environmentalists! Create beautiful art in an eco-friendly way in this hands on class! Students will learn to make works of art using recycled materials in both 2D and 3D projects. From newspaper paper mache, to styrofoam printmaking, to tie dye, the possibilities are endless. Come turn your "trash" into treasures in this art-filled camp!

Suitable for Grade Levels: 3-5

Maximum Enrollment: 10

# SUMMER ENRICHMENT PROGRAM

## **AMPHIBIAN FRENZY: REAL FROG DISSECTION!**

***Instructor Name: Christine Anani***

***Session: AM – 8:00-11:00am***

***Location: High School***

Course Description: Frogs provide a great comparison to the human body. Each day we will explore a new frog system along with their structures and functions, all while learning proper dissection technique. At the end of our week, we will pay respect to our frogs using an ancient Japanese art form called "Gyotaku" so that you can remember this cool experience!

Suitable for Grade Levels: 7 and 8

Maximum Enrollment: 8

## **COLLEGE ESSAY WORKSHOP**

***Instructor Name: Kristin Richard***

***Session: AM – 8:00-11:00am***

***Location: Niskayuna High School***

Course Description: Getting anxious about the college application process? You are not alone. Join us as we work toward completion of the Common Application essay and supplemental writings. Get a head start—college application deadlines begin in October! Students will need to bring their chrome books and their Naviance username and password to the first class.

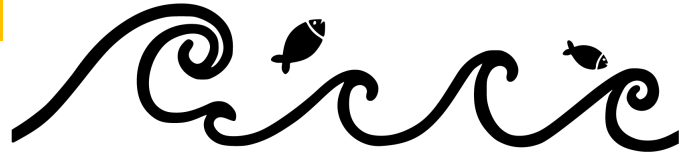
Suitable for Grade Levels: 11 (2021-2022 Seniors)

Maximum Enrollment: 10

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# SUMMER ENRICHMENT PROGRAM

Week 2: July 19-23



## AFTERNOON SESSION

### COMPUTER CODING

**Instructor Name:** *Cindy Castren*

**Session:** *PM – 12:00-3:00pm*

**Location:** *Niskayuna High School*

Course Description: Do you like playing computer games? Would you like to learn how to design and code your own computer game? Computer coding is a “BIG” deal right now! In this course, you will learn basic coding concepts to start building your own computer game. Using hands-on learning, this course will explore several different coding languages such as Scratch, Block, Python, and JavaScript, while using some of the best computer coding websites. You will have the opportunity to design and create your own unique, playable, sharable, and fun computer game in Scratch using the coding skills that you have acquired.

**Special note:** Participants need to come to the first class with an email address, either theirs or a parent. The email address will be used to create a login for Scratch.mit.edu. If you already have a Scratch account, please come with your username and password.

Suitable for Grade Levels: 1-6

Maximum Enrollment: 20

### CREATIVE WRITING AND DRAWING

**Instructor Name:** *Jenna Marcal*

**Session:** *PM – 12:00-3:00pm*

**Location:** *Craig Elementary School*

Course Description: Authors and illustrators needed! As new junior authors, kids will learn how to plan out a story or informational piece, add details, and use illustrations to spice up their writing. Kids will have the opportunity to explore genres like comics/graphic novels, fairy tales, informational texts, and more! Participants will create their own written and illustrated masterpieces to share with family and friends.

Suitable for Grade Levels: 3-6

Maximum Enrollment: 10

### AMPHIBIAN FRENZY: REAL FROG DISSECTION!

**Instructor Name:** *Lindsey Redman*

**Session:** *PM – 12:00-3:00pm*

**Location:** *Niskayuna High School*

Course Description: Frogs provide a great comparison to the human body. Each day we will explore a new frog system along with their structures and functions, all while learning proper dissection technique. At the end of our week, we will pay respect to our frogs using an ancient Japanese art form called "Gyotaku" so that you can remember this cool experience!

Suitable for Grade Levels: 7-8

Maximum Enrollment: 8

# SUMMER ENRICHMENT PROGRAM

## ECO-FRIENDLY CRAFTS

**Instructor Name:** *Stephanie Palazeke*

**Session:** *PM – 12:00-3:00pm*

**Location:** *CR Art Room*

Course Description: Looking for a way to help our planet while making art or useful items? Let's turn trash into treasure as we learn about climate change, plastic pollution, and ways we can change little habits to improve our planet. Raid your recycling bin, find old clothes with holes in them, save your unwanted trinkets and let's make something out of it! Depending on your materials, projects could include: weaving plastic bags, sewing plushies, steampunk sculpture, wearable art, product design, and whatever else your imagination shows you! Feel free to bring your ideas. [Please bring your own reusable/recyclable materials and we can work together to think of something to make with it. Some materials will be available for those without any.]

Suitable for Grade Levels: Grades 6-12

Maximum Enrollment: 20

## MATH LITERACY FOR THE SAT AND ACT

**Instructor Name:** *Shana DeRocco*

**Session:** *PM – 12:00-3:00pm*

**Location:** *Niskayuna High School*

Course Description: Do you have trouble understanding what the math questions are asking on the SAT or the ACT? Are you running out of time when trying to complete the math sections on the SAT or the ACT? If you answered yes to either of these questions, this session is for you. During this week-long session, we will investigate strategies to help improve your ability to understand what the questions are asking. Not only will this help you improve the speed at which you are completing questions, but we will also explore how the TI Graphing Calculator can help improve this as well. By the end of the week, you will have materials that you can bring home and study with.

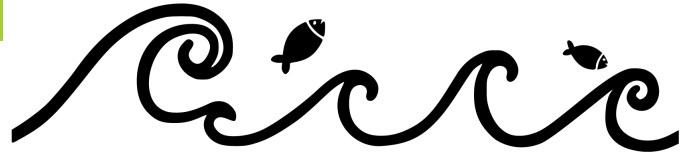
No textbooks necessary; please bring your School Issued Chromebook and TI Graphing Calculator (TI-83 Plus, TI-84 Plus, TI-NSpire with 84 Plus Keypad) to class. The Chromebook Graphing Calculator application will also work for this class.

Suitable for Grade Levels: 9-12

Maximum Enrollment: 10

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# SUMMER ENRICHMENT PROGRAM



Week 3: July 26-30

## MORNING SESSION

### **GERMAN FOR FUN**

*Instructor Name: Tracy Prebish*

*Session: AM – 8:00-11:00am*

*Location: Craig Elementary School*

Course Description: Learn beginning German language and culture through games, songs, projects and nature walks.

Suitable for Grade Levels: K-2

Maximum Enrollment: 10

### **THE GREAT EGG DROP**

*Instructor Name: Sarah LeBarron-Headwell*

*Session: AM – 8:00-11:00am:*

*Location: High School Art Room*

Course Description: Eggs shouldn't be dropped on the ground! But that's exactly what we will be doing! Have you ever wondered why things fall? Why things break? Well this is a perfect time to find the answers to your questions! Come along for a week-long investigation; as you the scientist prepare and test out a contraption for an egg. Scientists will design and test out different contraptions to safely drop their eggs from a variety of distances! Will your egg survive the great egg drop?

Suitable for Grade Levels: 3-5

Maximum Enrollment: 5

### **STOP-MOTION ANIMATION**

*Instructor Name: Chloe Dudla*

*Session: AM – 8:00-11:00am*

*Location: Craig Elementary Art Room*

Course Description: Do you love art and technology? Do you dream of becoming a famous animator? Come create your own stop-motion animation using a wide variety of techniques from cut-paper to claymation. Whether you're a beginner or an expert (or are wondering what stop-motion is!) you'll leave with new tricks up your sleeve and a finished animated short-film to show your friends and family.

Suitable for Grade Levels: 4-6

Maximum Enrollment: 10

### **CREATE YOUR OWN FAIRY GARDEN!**

*Instructor Name: Kristin Richard*

*Session: AM – 8:00-11:00am*

*Location: Craig Elementary Classroom*

Course Description: Create a little magic!! We will explore and create our own fairy gardens. Bring your chrome book, imagination, and creative spirit to this hands-on class where you will research, plan, and create your own fairy garden. Join us on this whimsical adventure!

Suitable for Grade Levels: 4-7

Maximum Enrollment: 7

# SUMMER ENRICHMENT PROGRAM

## **GRAPHING CALCULATOR BOOT CAMP!**

***Instructor Name: Jason DeRocco***

***Session: AM – 8:00-11:00am***

***Location: Niskayuna High School***

Course Description: The graphing calculator is an investment for your education over the next four years. Let's learn how to use it early and often! This program will be hands on in the use of technology in the mathematics classroom. We will learn where the keys are and what they do, different ways of entering information into the calculator, exponents, graphs, and statistics. We will spend time using technology to check your work, and learn multiple choice test taking strategies to find more success in math! Each attendee will be required to bring their own graphing calculator (TI-83 or 84).

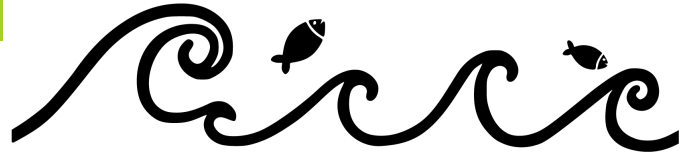
Suitable for Grade Levels: Students entering ninth grade

Maximum Enrollment: 20

CLICK [HERE](#) TO BE TAKEN TO THE REGISTRATION FORM

# SUMMER ENRICHMENT PROGRAM

Week 3: July 26-30



## AFTERNOON SESSION

### PHOTOGRAPHY EXPLORATION

*Instructor Name: Chloe Dudla*

*Session: PM – 12:00-3:00pm*

*Location: Craig Elementary Art Room*

Course Description: Explore the world around you through your own lens with this beginners' guide to photography! Become a professional photographer extraordinaire through scavenger hunts, lighting workshops, and editing tips! This course will be an active, hands-on way to learn the basics of combining art and technology to create a portfolio of digital masterpieces!

Suitable for Grade Levels: 4-6

Maximum Enrollment: 12

### MATH GAMES, PROBLEMS, PUZZLES, AND MORE!

*Instructor Name: Brian Rogers*

*Session: PM – 12:00-3:00pm*

*Location: Craig Elementary Classroom*

Course Description: This course is for math lovers only! We will explore a variety of logic based puzzles and games and flex our math muscles. Students can expect to be challenged to think and problem solve differently than they've ever done before. We will work together to come up with solutions, we will explore our own ideas separately, and we will prep skills and standards that will be useful in middle school, high school and beyond.

How do you make  $BOYS + BOYS = SILLY$  or  $GIRLS + GIRLS = SILLY$ ? Sign up and find out the answer!

Suitable for Grade Levels: 4-6

Maximum Enrollment: 12

### DUNGEONS & DRAGONS

*Instructor Name: Madelyn Pollack*

*Session: PM – 12:00-3:00pm*

*Location: Craig Elementary Classroom*

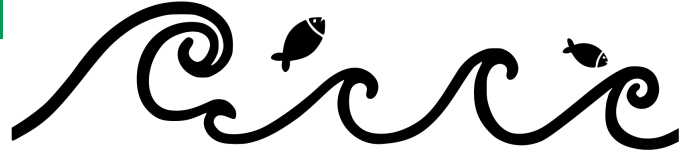
Course Description: Calling all brave adventurers! Do you want to explore fantastical lands while solving puzzles, defeating evil foes, and completing epic quests? Come play the classic tabletop roleplaying game Dungeons & Dragons (D&D). Create a character and learn to play a game that will challenge your imagination and problem-solving skills. D&D is an improvisational game of fantasy in which players and the Game Master co-create a world where successes and failures depend on the roll of the dice. This course aims to introduce students to the game and give them the resources they need to continue with their friends and family after the week has ended.

Suitable for Grade Levels: 5-8

Maximum Enrollment: 10

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# SUMMER ENRICHMENT PROGRAM



Week 4: August 2-6

## MORNING SESSION

### **SENSORY YOGA**

**Instructor Name:** Jennifer Greene-Gillooley

**Session:** AM – 8:00-11:00am

**Location:** Craig Elementary School

Course Description: Join Niskayuna Occupational Therapist and Yoga Vidya's "Yoga for Young Ones" faculty member Jennifer Greene-Gillooley to learn through Yoga. Our youngest Yogis know that Yoga is, "quiet mind, calm body and an open heart." Explore all aspects of Yoga through your senses. We will use books, journaling, crafts, meditation, music, breath-work and Yoga poses to have fun and learn sensory-motor and self-regulation strategies. Bring a Yoga mat or beach towel, and a water bottle.

Suitable for Grade Levels: 1-5

Maximum Enrollment: 5

### **CREATE YOUR OWN FAIRY GARDEN!**

**Instructor Name:** Kristin Richard

**Session:** AM – 8:00-11:00am

**Location:** Craig Elementary Classroom

Course Description: Create a little magic!! We will explore and create our own fairy gardens. Bring your chrome book, imagination, and creative spirit to this hands-on class where you will research, plan, and create your own fairy garden. Join us on this whimsical adventure!

Suitable for Grade Levels: 4-7

Maximum Enrollment: 7

### **TRACK AND FIELD 101 - TOKYO HERE WE COME!**

**Instructor Name:** Jason DeRocco

**Session:** AM – 8:00-11:00am

**Location:** Niskayuna High School Track/Field

Course Description: The Tokyo Olympics are this year, and there is no time like the present to see what the sport of track and field is all about! We will check out all different types of events including sprints, mid-distance, relays, long and triple jump, high jump, shot put and discus. We will discuss proper warm up and nutrition, as well as proper form used to be successful in each event. Come join us for some physical activity and see how fun the world of track and field can be!

Suitable for Grade Levels: 5 - 9

Maximum Enrollment: 30

CLICK [HERE](#) TO BE TAKEN TO THE REGISTRATION FORM



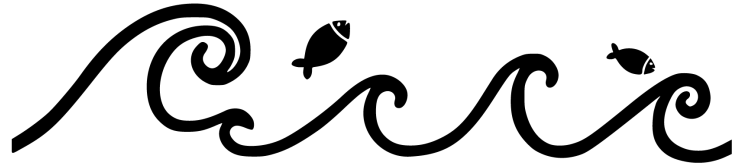
# SUMMER ENRICHMENT PROGRAM

Week 1: July 12-16

Week 2: July 19-23

Week 3: July 26-30

Week 4: August 2-6



## MORNING SESSION

### LET'S GET MOVING!

**Instructor Name:** Casey Horner & Therese Brigham

**Session:** AM – 8:00-9:00am EVERY DAY FOR ALL FOUR WEEKS

**Location:** ONLINE via Google Meet

#### Course Description:

Students who participate will get a feel good, full-body workout through cardio and light resistance training. This group will meet Monday through Friday, 8-9 a.m. for the whole summer session to help students improve their wellness by increasing heart rate, connecting with others, and being encouraged to make healthy choices. This program will be run through a Google Meet so students can participate every day from home.

Suitable for Grade Levels: 6-12

Maximum Enrollment: Unlimited

CLICK [HERE](#) TO BE TAKEN TO THE REGISTRATION FORM

# SUMMER ENRICHMENT PROGRAM

## REGISTRATION:

**THE REGISTRATION DEADLINE IS JUNE 4, 2021**

## IMPORTANT REMINDERS

- The Summer Enrichment Program is for Niskayuna Schools students only.
- Register your child according to his/her CURRENT grade level.
- Classes are filled on a first-come, first-served basis.
- Complete a separate Registration Form for each child, and for each class that you are registering them for.
- Acceptance into a class will be confirmed once registration closes.
- Specific class locations will be included when registrations are confirmed.
- **REGISTRATION CLOSES on June 4, 2021 – confirmations will be sent out as soon as possible after that date.**

## FIRST-COME, FIRST SERVED – ONE CLASS PER SESSION

WE ARE TRYING TO PROVIDE THIS OPPORTUNITY TO AS MANY STUDENTS AS POSSIBLE, SO WE ARE LIMITING REGISTRATION TO ONE CLASS (EITHER MORNING OR AFTERNOON) PER SESSION FOR EACH STUDENT.

## TRANSPORTATION

IN THE REGISTRATION FORM THERE IS A QUESTION ABOUT TRANSPORTATION. FOR THOSE WHO WILL NEED BUSSING WE WILL BE IN TOUCH TO ASK FOR MORE INFORMATION.

CLICK [HERE](#) TO BE TAKEN TO THE REGISTRATION FORM