LÉMAN MANHATTAN PREPARATORY SCHOOL

LÉMAN PLUS AFTERSCHOOL PROGRAM

2019-2020 General Information

| FALL L+ SEMESTER: | Monday, September 16, 2019 – Friday, January 24, 2020 |
| SPRING L+ SEMESTER: | Monday, January 27 – Friday, June 5, 2020 |

NOTE: There is no L+ when Léman is closed for vacations, holidays, or conference days.

Each day after school, K-5th grade students may participate in Léman Plus (L+). L+ offers a wide range of classes in various areas of interest: visual arts, music and other performing arts, cooking, STEM, sports, and more. The below information can help you plan for the school year. Enrollment must be done via the online link emailed to you in August.

THE LÉMAN PLUS DAILY SCHEDULE

At the end of each school day, students attending L+ are escorted to afterschool by teachers. They will be given a snack, assemble with their L+ teachers, and then proceed to their L+ classes.

Each L+ day consists of two sessions, “A” (3:15-4:15 pm) and “B” (4:15-5:15 pm). Students may sign up for only Session A and then dismiss at 4:15 pm, or enroll for both Session A and B and then dismiss at 5:15 pm*. Students can take as few as one class per week, as many as ten, or anything in between! Each semester, students’ L+ schedules change. You must re-enroll, even if you want the same classes each semester.

*PLEASE NOTE: Students in Session B classes are offered optional extended care until 5:45 pm, if needed, for no additional fee. On Fridays we offer Léman Clubhouse until 5:30 pm instead of Session B classes for an additional fee.

HOMEWORK CLUB (2nd, 3rd, and 4th grades)

As a service to Léman families, we offer 2nd-4th Grade Homework Club on Mondays, Wednesdays and Thursdays from 3:15-4:00 pm. Students can enroll for a maximum of two days each semester. This is a no-fee L+ class, and participants must enroll through L+ even though there is no charge, as space is limited! Students must be picked up from Homework Club by 4 pm. Homework Club participants also enrolled for a Session B class will be escorted to their Session B class after HW Club.

CECE AFTERSCHOOL PROGRAM (PK3 and PK4)

Léman also offers an afterschool program exclusively for PK3 and PK4 students in our Center for Early Childhood Education (CECE). PK3 and PK4 families will receive separate information from the CECE Office about enrollment in that program.

AFTERSCHOOL OPTIONS FOR 5th Graders

Fifth graders can enroll for many L+ classes. There are also athletic teams and Study Hall (Monday, Wednesday, Thursday), and you will receive information about this separately from the Lower School office.

L+ DISMISSAL

Following Session A (at 4:15 pm) L+ students will be dismissed from various locations (you will be informed prior to the start of L+). Students also taking a Session B class will travel to their Session B L+ room with their teacher. Dismissal from Session B will be at 5:15 pm from the 4th floor (optional aftercare available until 5:45 pm on Mondays-Thursdays).

All parents / caregivers must sign out with an L+ staff member. If you are going to be late, you must contact Steve Levin, After-School Director, at 646-781-3254 or s.levin@lemanmanhattan.org. If there is an emergency and you are unable to reach Steve, you can contact Security at x246. Steve is often not at his desk during Léman Plus.

QUESTIONS or MORE INFORMATION:
Steve Levin, Director of After-School Programs: 212.232.0266 x254 or s.levin@lemanmanhattan.org.
## Léman Plus Afterschool: Spring 2020

**Weekly class schedule** (Class descriptions on following pages)

### SESSION A CLASSES (3:15-4:15 pm)

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Tuesdays</th>
<th>Wednesdays</th>
<th>Thursdays</th>
<th>Fridays</th>
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</thead>
<tbody>
<tr>
<td>- Ballet with DiDa (K-3rd)</td>
<td>- Ice Skating (K-5th)</td>
<td>- Welcome to Chess (K-1st)</td>
<td>- Musical Theatre: <em>The Little Mermaid</em> (K-2nd)</td>
<td>- Logic Puzzles, Brain Benders &amp; Mind Games (K-2nd)</td>
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<tr>
<td>- TreeBath Outdoor Nature (K-3rd) <em>TIL 5:15 PM</em></td>
<td>- Soccer with Born Kickers (K-1st)</td>
<td>- Imagine Swimming (K-2nd)</td>
<td>- Lego Robotics (K-2nd)</td>
<td>- Martial Arts (K-3rd)</td>
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<tr>
<td>- Imagine Swimming (K-2nd)</td>
<td>- Léman Junior Chefs (K-2nd)</td>
<td>- Architecture &amp; Design (K-2nd)</td>
<td>- Lion Tennis (K-2nd) <em>STARTS Feb 13</em></td>
<td>- Logic Puzzles, Brain Benders &amp; Mind Games (K-2nd)</td>
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<tr>
<td>- Little Leaders Club (K-3rd)</td>
<td>- Star Wars: Jedi Academy (1st-3rd)</td>
<td>- Team Sports Academy (K-2nd) <em>(STARTS February 12)</em></td>
<td>- Violin Club: Beginner (1st-3rd)</td>
<td>- Martial Arts (K-5th)</td>
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<tr>
<td>- Chess Club (1st-4th)</td>
<td>- CrossFit Wall Street (2nd-5th)</td>
<td>- Woodworking (1st-5th)</td>
<td><em>(5:15 pm pick up from SquashRx at 160 Broadway)</em></td>
<td>- Martian Arts (K-3rd)</td>
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<td>- Violin Club: Intermediate (2nd-3rd)</td>
<td>- STEM Variety Hour with icamp (2nd-5th)</td>
<td>- Léman Singers (3rd-5th)</td>
<td>- Culinary Skills (3rd-5th)</td>
<td>- Lion Tennis (K-3rd) <em>(STARTS Feb 13)</em></td>
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<tr>
<td>- CrossFit Wall Street (2nd-5th)</td>
<td>- Léman Swimming Pre-Team (3rd-5th)</td>
<td>- Léman Singers (3rd-5th)</td>
<td>- Léman Swimming Pre-Team (3rd-5th)</td>
<td>- Musical Theatre: <em>Charlie &amp; the Chocolate Factory</em> <em>(2nd-5th)</em></td>
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<tr>
<td>- Homework Club (2nd-4th) <em>TIL 4:00 PM</em></td>
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### SESSION B CLASSES (4:15-5:15 pm)

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<tr>
<td>- Seriously Silly Science (K-3rd)</td>
<td>- Clay Modeling with Clay World (K-5th)</td>
<td>- Jemz: DIY Sewing &amp; Fiber Crafts (K-3rd)</td>
<td>- Martial Arts (K-5th)</td>
<td>- Léman Club House (until 5:30 pm)</td>
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<tr>
<td>- Bulls &amp; Bears: Stock Market Club (2nd.5th)</td>
<td>- Martial Arts – Level II (2nd.5th)</td>
<td>- Chess (1st-5th)</td>
<td>- Lion Tennis (K-3rd) <em>(STARTS Feb 13)</em></td>
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<td>- Violin: Strings Ensemble (4th.5th)</td>
<td>- STEM Variety Hour with icamp (2nd.5th)</td>
<td>- Architecture &amp; Design (2nd.5th)</td>
<td>- Musical Theatre: <em>Charlie &amp; the Chocolate Factory</em> <em>(2nd.5th)</em></td>
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### Additional Information

**Also Offered:** Léman Conservatory Private Music Lessons (More information below)
Stay Fit with Swimming and Sports Classes:

Imagine Swimming (K-2nd Monday or Wednesday Session A) $772 (Mondays); $916 (Wednesdays)
REGISTER/INFO: 212.253-9650; info@imaginewimming.com
Whether dealing with a child’s first experiences in the pool or teaching advanced stroke technique, Imagine creates aquatic classrooms where fear turns to joy, and a lifetime love of swimming is born. Lessons are 40 minutes with a max of 4 students. NOTE: A parent or caregiver must be present at the pool by 4:05 pm to pick up.

Léman Swimming PreTeam (3rd-5th Tuesday or Thursday Session A) $795
The Pre-Team is intended for skilled swimmers who are proficient at freestyle and backstroke, can swim 4 laps of freestyle, and are excited to practice and be part of a team. Lap swimming, advanced stroke technique, and racing skills will all be a part of the pre-team practices that will be led by Léman’s Aquatic Staff. NOTE: A parent or caregiver must be present at the pool by 4:05 pm to pick up.

CrossFit Wall Street (2nd-5th Monday Session A or Tuesday Session A) $695
Back by popular demand! Piloted at Camp Léman in 2018 and introduced to L+ last school year, this engaging, fast-paced workout class will get older students moving at a gym a block from Léman. Students will be walked to and from by a CrossFit staff member.

Ice Skating with Corbin’s Crusaders (K-5th Tuesday Double Session) $1360 (includes transportation)
(Off-Site Program includes transportation) REGISTER/INFO: https://corbinscrusaders.com/registration-leman-school-program/
Children will be brought to Chelsea Piers Sky Rink for a multi-tiered skating program and then returned to their home by Corbin’s bus. Staff will help children get their skates on. Once on the ice, children are grouped together based on ability and comfort. Instructors emphasize safety, proper technique, balance, turning, stopping and much more. Our goal each session is for children to improve their skating skills and build their confidence on the ice. (Léman Plus will coordinate the collection of students by Corbin’s Crusaders staff at school dismissal, and Corbin’s Crusaders will bus students home around 5:30 pm following the program).

Martial Arts (K-5th Tuesday Session A; Tuesday Session B Level 2*; Thursday Session B; Friday Session A) $695
In this class (the most popular L+ class!) children develop respect and discipline while working up a sweat in a fun environment. Through a combination of martial arts techniques, mental exercises, and fitness-inspired games, students will have the opportunity to grow while building self-confidence, self-awareness, and focus in a class designed for students at all levels. No uniform required.
*Level II is limited to students in 2nd grade and older who have completed at least 2 semester of Martial Arts.

Born Kickers Soccer (K-1st Tuesday Session A) $650
Born Kickers FC is offering the Little Kickers Soccer program at Léman after many years of coaching at Camp Léman and L+. The program will focus on the basic skills with the ball and physical agility. Players will develop with the right balance between engagement and fun.

Team Sports Academy (K-2nd Wednesday Session A; 2nd-5th Wednesday Session B, starts Feb. 12) $650
Corbin’s Crusaders classes have three primary points of emphasis: Skills, Drills, and Thrills! Players of all levels develop their skills in this class that can serve as a great introduction to sports for some, and as a clinic to hone skills for others. Sports will include basketball, kickball, flag football, dodgeball, gaga, soccer, and more.
The class will offer healthy competition, stressing positive sportsmanship and participation above all.

New for spring semester...

Swing Into Action With Racquet Sports!

Squash (Off-Site: 5:15 pm pickup from Squash Rx, 160 Broadway) (3rd-5th; Thursdays, starts Feb. 20) $895
New at L+ for 2020! Be a part of Léman’s exciting new partnership with Squash Rx Downtown! Students will be walked to these gorgeous new squash courts to enjoy exclusive access while receiving instruction from club pros in this high-paced and dynamic sport! All equipment will be provided. A caregiver must pick up from the club at 160 Broadway (at Liberty Street) at 5:15 pm.

Lion Tennis at Léman (K-2nd Thursday Session A; K-3rd Thursday Session B, starts February 13) $650
Join Lion Tennis and start playing the sport of a lifetime. Students learn the FUNdamental skills of coordination, hitting technique and sportsmanship in a supportive environment. Lion Tennis’ specially-designed curriculum uses positive reinforcement and a low student-teacher ratio while having tons of fun! Through weekly progression with the USTA Quickstart method, children learn to play by emphasizing the ABCs (agility, balance and coordination) of tennis.
**STEM: Calling all Scientists, Techies, and Engineers:**

**Seriously Silly Science (K-2nd Monday Session A; K-3rd Monday Session B) $695**
New projects for Spring semester. Are you always curious about how things work? Do you like to build your own toys or enjoy messy science experiments? If so, this class is for you! We will build all sorts of mini-machines from rockets, catapults and electronics to microscopes and musical instruments. We will roll up our sleeves and learn firsthand how chemistry can help us transform substances into bouncy, gooey and slimy fun, and we will even produce some tiny explosions! We will get very messy and extremely creative as we explore the wonders of science through hands-on fun. So get ready, because we are going to get seriously silly and seriously scientific!

**TreeBath: Outdoor Nature Exploration (K-3rd Monday Double Session until 5:15 pm) $1050**
Piloted at Léman last year, and expanded at Camp Léman this summer, Treebath is an engaging program based entirely outdoors. With classes in Battery Park TreeBath offers a one-of-a-kind experience. The Scandinavian-inspired sustainability curriculum encourages children to develop a life-long respect for the world they live in. During each class children enjoy play and activities that support the development of mindfulness, sensory perception, and fine & gross motor skills. The class will take place outdoors, rain or shine, except during extreme weather conditions when they will stay at Léman. Students will be picked up and dropped off back at Léman by TreeBath staff.

**STEM Variety Hour with iCamp (2nd-5th Tuesday Session A or B) $695**
*New at L+ for 2020* The STEM Variety hour is designed to expose participants to the broad array of technology used at ICAMP. Through different units of focus and a variety of activity stations, this class will provide fun and interesting ways of interacting with technology. Students will be able to sample our robotics platforms, 3D printing station, virtual reality, video game design, and more. These stations will cycle in and out on a regular basis to include new content and keep the class engaging week in and week out.

**Architecture and Design (K-2nd Wednesday Session A; 2nd-5th Wednesday Session B) $695**
This class is for those who want to build on a grand scale. Mega tall pyramids and skyscrapers up to the ceiling (ceilingscrapers), a bridge as long as the classroom or a watchtower for a favorite superhero are among the structures students are going to erect. Young architects will work individually to build furniture, create 3D scale models of their dream house and design a street facade. Students will even produce a masterplan of a city where their friends and family could live. Students will learn exciting terms and concepts such as classical Vitruvian principles, light & shadow, aesthetics, positive & negative space, texture, composition, visual & spatial thinking, balance, scale and much more.

**Lego Robotics with Ideas Studio (K-2nd Thursday Session A; 2nd-5th Thursday Session B) $695**
The Ideas Studio from Los Angeles is bringing its legendary Lego robotics program to L+ after making a splash at Camp Léman this summer. Robotics has been shown to be a fun, powerful way to develop logic, math and quantitative skills in children. It is also a fun foundation for learning computers, programming, industrial design and engineering. This program involves building and programming robots. In each lesson, our Lego Mindstorm EV3 sets combined with a secret agent themed lesson plan take students on an exciting journey into the world of robotics.

**Logic Puzzles, Brain Benders, and Mind Games (K-2nd Friday Session A) $695**
Students will look forward to class each Friday afternoon when they will encounter different logic puzzles designed to build their critical thinking and problem-solving skills. Working individually, with partners, and in small groups, children will have to stretch their minds and expand their thinking to solve the challenges presented in this class.

**Drone Genius Level I (1st-2nd) and Level II (3rd-5th) (Friday Session A until 4:30 pm) $795**
New drones, new technology! Learn to Code & Fly! TECH: You will learn the exciting world of operating drones by using basic coding to design flight plans, map coordinates and complete flight missions using flight software. FUN: You will have loads of fun in our DRONE RACING SPEEDWAY, DRONE OBSTACLE COURSES, and DRONE SCAVENGER HUNTS. FLIGHT: You will be paired with a ‘flight pack’ (drone + tablet) on Day 1! You will learn everything you need to know in order to be safe, legal and friendly in the missions and games that lie ahead for the rest of the session. Throughout the term, you will also learn the mechanics of flight so you will understand why drones work. Come learn engineering, teamwork, problem solving, programming, math and physics in a completely exciting way!
Take the Stage with Music, Dance & Theatre Classes:

**Ballet with DiDa (K-3rd Monday Session A) $695**
Ballet class combines grace, line and beauty to provide the technical foundation for all dance forms. Children learn musicality and dynamics through progressions at the barre and center. Correct placement, flexibility, and vocabulary are stressed at this age and level. Dancers will participate in a presentation of their progress at the end of the semester.

**Violin Club: Beginner (1st-3rd Thursday Session A) $695**
Students who love playing the violin and would like to continue their studies outside of their daytime violin class are invited to be part of this after-school group! This section is recommended for students who are new to violin or who feel they need a refresher of what they learned so far this year. Under the direction of Lower School Music Teacher Emma Sheffer, students will build musicianship, develop violin performance skills, and learn repertoire in a variety of genres from folk music to popular music.

**Violin Club: Intermediate (2nd-3rd Monday Session A) $695**
This class will be similar to the Beginner class above, in that it is for students who enjoy violin and would like additional time learning the instrument after school. This section is for students who feel comfortable with their instrument and are ready to be challenged to further develop their skills.

**Violin: Strings Ensemble (4th-5th Monday Session B) $695**
Students who love playing the violin and would like to build on the foundation from prior years’ music class can continue their studies by joining this fun ensemble! Students will learn and perform exciting arrangements of music in different styles and continue to develop musicianship and violin performance skills. The ensemble will be directed by Lower School Music Teacher, Emma Sheffer.

**Léman Singers (3rd-5th Wednesday Session A) $295**
Students who love to sing are invited to be a part of this exciting choral group (which is distinct from the 4th and 5th grade daytime chorus classes). Directed by Upper School Music Teacher, Stanley Figaro, singers will work together to learn, play, and grow through a fun and engaging choral experience. By exploring a range of styles, genres, and activities, Léman Singers is sure to be a joy for participants and audiences alike. The group will have performance opportunities, to follow up on their annual NYSE Tree Lighting appearance and scheduled star turn on PIX11 Morning Show in late December!

**Musical Theatre: The Little Mermaid (K-2nd Thursday Session A) $695**
The experts at the DramaZone guide children in the imaginative world “under the sea”! They can truly become part of that world, through this creative and interactive class that results in a simple show for friends and family at the end of the term. Classes include acting, singing and dancing. Acting teaches speech and concentration, dance teaches coordination and flexibility while music teaches math through counting. No experience necessary, all talents encouraged!

**Musical Theatre: Charlie & the Chocolate Factory (2nd-5th Thursday Session B) $695**
Come along to a world of pure imagination! Grab your golden ticket to join this creative and interactive class. Students will explore Roald Dahl’s magical story in this production class that results in a show for friends and family at the end of the term. Acting teaches speech and concentration, dance teaches coordination and flexibility while music teaches math through counting. No experience necessary, all talents encouraged!

**Léman Conservatory Private Music Lessons (K-5th Monday-Friday Sessions A & B) $85/lesson**
After-school private music lessons are offered through the Léman Conservatory Program. For more information, please visit [www.bit.ly/lemanconservatory1920](http://www.bit.ly/lemanconservatory1920) or contact the Léman Conservatory Coordinator, Ryan John, at r.john@lemanmanhattan.org.
Financial Literacy, Chess, and Other Learning Opportunities:

Welcome To Chess (K-1st Wednesday Session A) $695
Geared to students who are brand new to chess, this class will be an excellent introduction for young students. Children will receive basic instruction and eventually work their way towards supervised game play. We will also stress good sportsmanship as well as respect for the game and other players.

Chess Club (1st-4th Monday Session A; 1st-5th Wednesday Session B) $695
Children will receive instruction and supervised game play. Instruction will include piece movement, pawn promotion, castling, basic opening strategies, basic checkmate patterns, master games analysis, and basic tactics (pins, forks, discoveries). Mr. Lenny will stress good sportsmanship as well as respect for the game and other players.

Little Leaders Club (K-3rd Monday Session A) $695
Come join this confidence-building, leadership-training and team-supported club for kids! A fun, interactive class with engaging projects and activities celebrates each student’s unique talents, skills and traits with social play, role-playing games, projects, painting and student-created videos. Students explore and articulate their individual talents and gifts, build a portfolio, collaborate to develop missions to make a difference and be leaders in their community. Continuing club members and 2nd / 3rd graders have additional fun activities and projects they help choose, and will be empowered to act as senior leaders and mentors to younger students! End of semester will feature student-created videos inspiring other students to be leaders!

Bulls & Bears: Stock Market Club (2nd-5th Monday Session B) $695
Come and learn how investors make (and lose) money in the stock market and how you can start investing successfully at a young age! In this hands-on class, students use a cool stock-trading simulation with real-time market data to select a $10,000 stock portfolio, “learning by doing.” This class will build a solid foundation for successful future investors! Students showcase their skills and compete against other schools in our inter-school team challenge towards the end of the year.

Homework Club (2nd-4th Monday, Wednesday, or Thursday until 4:00 pm) No Fee
NOTE: Students can sign up for Homework Club for a maximum of two days per week.
Léman staff will ensure a quiet and conducive environment in which students can complete their homework. Students are expected to work independently and do quiet reading if they finish their homework. Children must be picked up at 4 pm unless they are enrolled for a Session B Léman Plus class.

Léman Clubhouse (K-5th Friday Session B until 5:30 pm) $300
Students will enjoy games, lego, and other activities in a supervised room to end their week at school.
Creative Corner: Visual & Culinary Arts Classes... and Jedi Academy!

**Clay Modeling with Clay World (1st-4th Tuesdays Session A; K-5th Tuesday Session B) $695**
An always popular L+ classic! Using special modeling clay, instructors from Miami Beach’s Clay World will help students create figurines of animals, people, monsters, favorite foods come to life, popular TV & movie characters, and more! All creations built during class can be taken home. You must go to clayworld.org to see examples of the creative projects to come!

**Léman Junior Chefs (K-2nd Tuesday Session A) $695**
Students will learn basic cooking methods & techniques while learning to expand their palates. We will explore international foods through both sweet and savory seasonal recipes. Students will bring home their culinary creations each week to share with their family (if they don’t eat it first!).

**Culinary Skills (3rd-5th Thursday Session A) $695**
Develop your kitchen skills and awaken your taste buds in this L+ class which seeks to further inspire young chefs who will learn hands-on techniques such as knife skills, poultry, meats, and fish. Students will come away with good kitchen sense and great food to share.

**Star Wars: Jedi Training Academy (1st-3rd Tuesdays, Session A) $695**
The Force will be with you as you learn the ways of the Jedi! Play Star Wars games, build Star Wars vehicles and go from Padawan to Jedi Knight in one session! You will play characters, learn to draw the Clone Wars cartoon characters, create your own Jedi uniform, and even take home your very own Light Saber!

**Woodworking (1st-5th Wednesday Session A) $695**
Students will draw, design, saw, build, and paint all kinds of fun and exciting projects! We will use the tools of the shop to construct projects that have doors that open, lids that close, and wheels that go! All students will learn to safely handle and use the tools of the trade including saws, hammers, files, glue, screwdrivers, and more!

**Jemz: DIY Sewing & Fiber Crafts (K-3rd Wednesday Session A or B) $695; (K-5th Friday until 4:30 pm) $795**
Jemz joined L+ in 2014-15, and became an instant classic for our students. This offering returns each year taking students on a journey to the world of fabrics, textiles, and crafts while experimenting with the many ways we can use fibers to bring our ideas to life. Students will be making everything from stuffed creatures and dream catchers to fabric sculptures and pillows. The workshop comes alive each week, as students are encouraged to express themselves creatively and uniquely.

Thank you for your participation in Léman Plus AfterSchool!