



LÉMAN MANHATTAN PREPARATORY SCHOOL

LÉMAN PLUS AFTERSCHOOL PROGRAM

General Information

FALL L+ SEMESTER: Monday, September 20, 2021 – Friday, January 28, 2022

SPRING L+ SEMESTER: Monday, January 31 – Friday, June 3, 2022

NOTE: There is no L+ when school is closed for vacations, holidays, and conference days, nor on days with early dismissal or the Fridays heading into Winter and Spring Breaks.

Each day after school, K-5th grade students may participate in Léman Plus classes (L+). Enrollment must be done via the [online form](#).

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 class sessions (except Friday ends after one session). Session A classes end at 4:15 pm; Session B classes end at 5:15 pm. Students may sign up for only Session A with dismissal at 4:15 pm or enroll for both Sessions A and B with dismissal at 5:15 pm (pick up between 5:15-5:30 pm). Students can take as few as one class each week or attend daily. Each semester, L+ schedules change. You must re-enroll, even if you want the same classes each semester.

COVID POLICIES

All L+ instructors will be fully vaccinated. Students and staff will wear masks at all times, except while eating snack. In the event that Léman needs to switch to remote learning, we will provide prorated credit for any missed afterschool classes to be used for future L+. We will not be able to credit sick days for individual students or issue any refunds.

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.

ATHLETICS OPTIONS FOR 5th Graders

Fifth graders can enroll for many L+ classes. Additionally, in partnership with Léman's Athletics Department, there are 5th-6th athletics and aquatics options. These follow a different schedule than L+ as they adhere to the Athletics program seasons. Enrollment is done through L+'s online form for these teams. Due to COVID, at this time, 5th-6th grade teams are expected to only practice and scrimmage at Léman and will not include travel or games against other teams.

L+ DISMISSAL

Dismissal from L+ is from the Ballroom. Parents and caregivers come to the Ballroom doors at 4:15 pm to pick up from Session A and between 5:15-5:30 pm for Session B. The latest pick up is 5:30 pm (4:30 pm on Fridays).

If you are going to be late, you must contact Steve Levin, After-School Director, at 332-220-2457 or s.levin@lemanmanhattan.org. If there is an emergency and you are unable to reach Steve, you can contact Security at 212-232-0266 x246.

QUESTIONS or MORE INFORMATION:

Steve Levin, Director of After-School Programs: 332-220-2457 or s.levin@lemanmanhattan.org.

Léman Plus Afterschool: Fall 2021

Weekly class schedule (Class descriptions on following pages)

SESSION A CLASSES (until 4:15 pm)	SESSION B CLASSES (until 5:15 pm)
<u>Mondays</u>	<u>Mondays</u>
<ul style="list-style-type: none"> Swimming (K-2nd) Mysteries & Machines: Science Spy Adventures (K-2nd) Chess Club (K-2nd) Homework Club (2nd-4th) CrossFit Wall Street (2nd-5th) Walking Tours & Downtown Adventures (3rd-5th) 	<ul style="list-style-type: none"> Chess Club (1st-5th) Mysteries & Machines: Science Spy Adventures (2nd-5th) Léman Clubhouse (K-5th)
<u>Tuesdays</u>	<u>Tuesdays</u>
<ul style="list-style-type: none"> TreeBath Outdoor Nature (K-2nd) <i>until 5:15 PM</i> Yoga Boogie (K-2nd) Anthropology Arts: Mummy Madness! (K-2nd) Homework Club (2nd-4th) Swimming Pre-Team (3rd-4th) Tech & Entrepreneurship: Build your own app! (3rd-5th) 	<ul style="list-style-type: none"> Splat Lab (K-3rd) Public Speaking & Debate (3rd-5th) Graphic Design (3rd-5th) Léman Clubhouse (K-5th)
<u>Wednesdays</u>	<u>Wednesdays</u>
<ul style="list-style-type: none"> Swimming (K-2nd) TreeBath Outdoor Nature (K-2nd) <i>until 5:15 PM</i> Crazy Crafts Extravaganza (K-2nd) PopFit Functional Fitness (K-2nd) Homework Club (2nd-4th) Stock Market Club: Bulls & Bears (3rd-5th) Léman Singers (3rd-5th) 	<ul style="list-style-type: none"> Money Math (K-2nd) PopFit Extreme (2nd-5th) Mixed Media Mania (2nd-5th) Léman Clubhouse (K-5th)
<u>Thursdays</u>	<u>Thursdays</u>
<ul style="list-style-type: none"> Fairy Tale Improv with DramaZone (K-2nd) Soccer with Born Kickers (K-1st) Coding Concepts for Young Learners (K-2nd) Homework Club (2nd-4th) CrossFit Wall Street (2nd-5th) Swimming Pre-Team (3rd-4th) 	<ul style="list-style-type: none"> Soccer with Born Kickers (1st-3rd) Action Improv with DramaZone (2nd-5th) STEM Variety Hour with iCamp (2nd-5th) Léman Clubhouse (K-5th)
<u>Fridays</u>	<u>Fridays</u>
<ul style="list-style-type: none"> Logic Puzzles, Brain Benders & Mind Games (K-2nd) Soccer with Born Kickers (K-2nd) Coding & Video Game Design (2nd-5th) 	NO SESSION B. Pick up before 4:30 pm

5th-6th Grade Athletics: Runs until 5:00 pm

- YEAR-ROUND: Swim Team (Wednesdays & Fridays, September 22-May 20); \$1500**
- FALL: Futsal (Tuesdays September 21-November 16); \$350**
- FALL: Volleyball (Thursdays September 23- November 18); \$350**
- WINTER: Basketball (Tuesdays & Thursdays, December 7-February 17); \$700**
- SPRING: Cross Country (Tuesdays & Thursdays, March 8-May 19); \$700**

AFTERSCHOOL COURSE DESCRIPTIONS (listed in Alphabetical order)

Action Improv with DramaZone (2nd-5th Thursday Session B) \$695

In zany crazy Action Improv students utilize multi-senses to develop quick thinking skills on their feet. Theater games are known to improve speech and boost concentration and confidence. This class is always tons of fun and will serve as an excellent way for students to engage with peers in new and creative ways!

Anthropology Arts: Mummy Madness (K-2nd Tuesday Session A) \$695

Students explore cultural artifacts and rituals from Ancient Egypt in this mind-expanding course. We start each class with a check-in/brainstorming activity followed by a mini-lesson and cool pictures of topics like mummy tattoos, amulets, or tomb art. We then move on to an art-making activity where participants can make their own version of the artifact. We finish with a closing share out and debrief.

Athletics Teams for 5th-6th Grades (various days until 5:00 pm per schedule on page 2)

Prices vary depending on sport (see page 2).

In partnership with Léman's Athletics Department and outside coaches, 5th and 6th graders will enjoy instruction and scrimmages against their Léman peers. Gym sports (futsal, volleyball, and basketball) will be held at 41 Broad Street on Tuesdays and Thursdays with dismissal from the Ballroom at 5:00 pm. Swim Team will be at 25 Greenwich Street (the Upper School Pool) on Wednesdays and Fridays with pick up at 5:00 pm from the 25 Greenwich entrance. Cross Country is held outside in Battery Park with pick up from the Upper School at 5:00 pm. Students will be accompanied to the Upper School for Swim Team and Cross Country. The schedule and pricing for the Athletics seasons is on page 2 of this document. Enrollment is through L+ for these activities.

Chess Club (K-2nd Monday Session A; 1st-5th Monday Session B) \$695

Children 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.

Coding and Video Game Design (2nd-5th Friday Session A) \$695

This course introduces students to coding concepts, the fundamentals of video game design, and digital worldbuilding. Through project-based instruction using the Scratch coding language, students learn about events, loops, variables, and other core coding concepts. In addition to using Scratch to build games, they will also use the Bloxels, Minecraft Edu, and Roblox Studio platforms. These tools help students gain an understanding of 3D environments and how to build robust games that include heroes, enemies, levels, power-ups, hazards, and more. Most importantly, students will have fun while building foundations in complex topics!

Coding Concepts for Young Learners (K-2nd Thursday Session A) \$695

Through a mixture of unplugged games and activities as well as software-based educational tools, students learn about core coding principles such as conditionals, control flow, events, loops, and more. Instructors use concepts that children are familiar with to get across the fundamentals of this seemingly complex material. Students progress from unplugged workshops to building their first block/symbol based programs. Children have fun while building a skill that will open doors for them for the rest of their lives!

Crazy Crafts Extravaganza (K-2nd Wednesday Session A) \$695

Each week students work on different crafts projects using a variety of materials to inspire their creativity. They use inspiration by looking at different artists and art forms and are exposed to a variety of materials. Creativity and artistic free license are the name of the game in this new L+ course.

CrossFit Wall Street (2nd-5th Monday Session A or Thursday Session A) \$695

Back by popular demand! Piloted at Camp Léman in 2018 and added to L+ that Fall, this engaging fast-paced workout class gets older students moving at a gym just one block from Léman. Led by a professional trainer, participants will learn effective, age-appropriate exercises to help stay fit and healthy. Students are walked to and from the gym by a CrossFit staff member.

Fairy Tale Improv with DramaZone (K-2nd Thursday Session A) \$695

Join Little Red Riding Hood, The Three Little Pigs and many other unique characters as we act out our favorite tales and funny fables. Theater games round out this class which is known to improve speech, and confidence while imaginations soar.

Graphic Design (3rd-5th Tuesday Session B) \$695

Interested in drawing, art, or design? In this class, you learn how to use your doodling skills for real, by engaging in design projects for local nonprofits or small businesses. You learn how to make professional posters and art that people want to pay for, and you ultimately design posters and ads for real organizations with good causes. Previous students' work has been used in ads and online Instagram posts by the Special Olympics, Martha's Kitchen, and local shelters!

Homework Club (2nd-4th Monday, Tuesday, Wednesday, or Thursday Session A) \$350

L+ staff 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. Students must come prepared to focus on getting their homework completed so that all can enjoy some game time at the end of the hour!

Léman Clubhouse (K-5th Monday-Thursday Session B) \$350

Students enjoy games, books, arts materials, and other activities in a supervised room to end their day at school. Weather permitting they may also enjoy play time on the rooftop.

Léman Singers (3rd-5th Wednesday Session A) \$350

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 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.

Logic Puzzles, Brain Benders, and Mind Games (K-2nd Friday Session A) \$695

Students look forward to class each Friday afternoon when they encounter different logic puzzles designed to build their critical thinking and problem-solving skills. Working individually, with partners, and in small groups, children have to stretch their minds and expand their thinking to solve the challenges presented in this class.

Mixed Media Mania (2nd-5th Wednesday Session B) \$695

Budding artists and creative types work with different materials including paint and charcoal, clay, found objects, wood, and more. Students create sculptures, paintings, mobiles, and more over the course of the semester. All levels are encouraged to join!

Money Math (K-2nd Wednesday Session B) \$695

Designed for younger students, this innovative foundation on financial literacy serves as a practical math environment where students learn and reinforce computational skills, while developing a mindset for healthy financial habits. From playing money math games to learning about budgeting through engaging activities, students have fun while enhancing their “real life” math skills!

Mysteries & Machines: Science Spv Adventures (K-2nd Monday Session A; 2nd-5th Monday Session B) \$695

Calling all young detectives, spies and inventors! Do you like solving mysteries, building your own toys and doing messy, mad-science experiments? We solve our very own mysterious capers using science and good old fashioned detective work. From taking fingerprints to analyzing soil samples, gathering DNA evidence and even running a few forensic experiments of our own – we utilize real detective skills, and even learn some spy-craft secrets too! We build plenty of marvelous machines, crazy circuits and even a few rousing robots along the way - all while exploring the wondrous science behind it all. Lessons and experiments are customized to offer appropriate activities for both respective age groups.

PopFit Kids Functional Fitness (K-2nd Wednesdays Session A) \$695

Whether preparing for sports or general movement, this fun-plus-fitness club introduces exercise and conditioning in a cool, fast-paced environment. Students learn the proper way to sit right for a sit-up, bend it for a box jump and lateral lunge with accuracy. Kids engage weekly in high-energy circuit activities, agility drills, resistance training, dynamic stretches and more while learning the benefit of the PopFit Five: *Cardio, Strength, Flexibility, Endurance, and Balance*. The program also features take home challenges sure to keep everyone on their feet.

PopFit Extreme (2nd-5th Wednesday Session B) \$695

Older students perform high intensity training intervals combined with a variety of conditioning drills. Whether you are an athlete or just want to train like one, this program improves coordination, increases speed, builds stamina and develops power. This class is a fun, fast-paced workout including proper utilization of the BOSU(R) Sport for balance and stability building and a dynamic cool down that lengthens those hard-worked muscles and strengthens the core.

Public Speaking and Debate (3rd-5th Tuesday Session B) \$695

Are you a person of passion and conviction, with a love for critical thinking and dialogue? In this class, students learn to use logic and other rhetorical tools to support their positions and to express themselves succinctly and skillfully. Students learn to walk and talk with assuredness and purpose, overcome jitters, and deliver speeches with confidence and animation!

Soccer w/ Born Kickers (K-1st Thursday Session A; 1st-3rd Thurs. Session B; K-2nd Friday Session A) \$695

Born Kickers FC is again bringing the Kickers Soccer program to Léman after many years of coaching at Camp Léman and L+. The program focuses on basic skills with the ball and physical agility. Players develop their game with the right balance between engagement and fun.

Splat Lab (K-3rd Tuesday Session B) \$695

This STEAM-inspired class aims to support student's creative and intellectual needs. Our classes are super playful! Each session starts with a Splat Welcome circle followed by open activity stations such as making slime, monster puppets, cup castles, and build anything. Each week we rotate stations. We end with a closing Splat circle to give shine and shout-outs to our fellow Splat Kids.

STEM Variety Hour with iCamp (2nd-5th Thursday Session B) \$695

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 activities, this class provides fun and interesting ways of interacting with technology. Students sample our robotics platforms, 3D printing station, virtual reality, video game design, and more. These stations cycle in and out on a regular basis to include new content and keep the class engaging week in and week out.

Stock Market Club: Bulls & Bears (3rd-5th Wednesday Session A) \$695

Learn investing fundamentals and how you can start investing at a young age in this live and fully interactive program. Build your own \$100,000 mock stock portfolio and trade stocks like Apple, Nike or Amazon with a cool investing simulation tool. This innovative experience empowers students with the tools and mindset to face future investment decisions with confidence and buy low, sell high! A solid foundation for successful future investors!

Swimming with Léman Aquatics (K-2nd Monday or Wednesday Session A) \$695

Whether dealing with a child's first experiences in the pool or teaching advanced stroke technique, we create aquatic classrooms where fear turns to joy, and a lifetime love of swimming is nurtured.

Swimming Pre-Team (3rd-4th Tuesday or Thursday Session A) \$695

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 are all a part of the pre-team practices that will be led by Léman's Aquatic Staff. This serves as an excellent prep for our Upper School swim teams!

Tech & Entrepreneurship: Build your own apps! (3rd-5th Tuesday Session A) \$695

Have you ever wanted to make your own websites and apps? In this hands-on coding and tech club, you learn the skills of a coder and the mindset of an entrepreneur through building apps - your own app and also an app for local nonprofits. You build apps and games every week of the course and work on real iOS apps. Previous students have been covered in multiple [local news](#) outlets for apps they've built for homeless shelters, veterinarians, and local climate nonprofits!

TreeBath: Outdoor Nature Exploration (K-2nd Tuesday or Wednesday Double Session until 5:15 pm) \$995

TreeBath is an engaging program based 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 and gross motor skills. The class takes place outdoors, rain or shine, except during extreme weather conditions when they stay at Léman. Students are picked up and dropped off at Léman by TreeBath staff. This is a double-length class that ends at 5:15 pm.

Yoga Boogie (K-2nd Tuesday Session A) \$695

Shake, move, groove and stretch to your favorite songs. Move through a musical journey of yoga, mindful meditations, positive affirmations and sun salutations. Each class involves a physical warm up, breathing exercises, a yoga inspired story and lots of pretend. We use fun props such as puppets, shakers and colorful scarves, and all you need is your body and space to stretch out. Can't wait to get moving with you!

Walking Tours & Downtown Adventures with Mr. Peter (3rd-5th Monday Session A) \$695

Back by popular demand after being introduced in the spring! Learn interesting facts and stories about the amazing neighborhood surrounding Léman. History lies around every corner, and fascinating information is hidden among the architecture, parks, and plazas of the Financial District. Mr. Peter makes history come alive and engages students on afternoons of adventure and learning.

