



# Opening Doors

Register by Friday, September 16: <https://campscai.active.com/orgs/NorthCrossSchool>

## EARLY CHILDHOOD PROGRAM

### Bricks 4 Kidz® Mondays

ECP students will use LEGO® bricks and Science, Technology, Engineering and Mathematics (STEM) principles to build amazing worlds of fun in a variety of different themes. Classes begin with a discussion of the model of the day and students build a new project each week. Students learn basic principles of engineering and architecture, while also solving problems and using critical thinking skills. Children are given time to modify their models and collaborate with other students.

**Dates:** Mondays | Sept. 19, 26; Oct. 3, 17, 24, 31

**Time** ..... 1:00 - 2:00 p.m.

**Class Fee:** ..... \$110

### Soccer Shots Wednesdays

Soccer Shots is an introductory soccer program for preschool and elementary-school age children. The Soccer Shots curricula have been developed over 15 years of experience and with consultation from top child development experts across the country. Sessions include fun and energetic soccer activities focused on character development, teamwork, and motor skills. Soccer Shots has been ranked the #1 children's fitness franchise in the country for two years in a row.

**Dates:** Wednesdays | Sept. 21, 28; Oct. 5, 12, 19, 26

**Time** ..... 1:00 - 1:50 p.m.

**Class Fee:** ..... \$110

## K - FIFTH GRADE

### Pixie Field Hockey Mondays

#### K through Grade 5

North Cross Pixies field hockey program is back for the 2022 school year! This program is geared toward Lower School girls, grades K - 5, to learn field hockey skills and teamwork. Our goal is to develop strong, committed athletes that will be ready to play field hockey and other sports for many years to come as NCS Raiders and beyond. Our first priority is making sure they love the game and their team. We focus on building the core skills needed for field hockey development... and having a lot of fun! Pixie players will receive a jersey, and we will also have a stick for each player to use for the season. Players need to provide their own goggles and mouth guard (No cleats – just sneakers!). Pixies will once again be led by Coach Mary Semler, and the JV and Varsity field hockey players will be out in full force to lead the drills. The Pixie's will practice on Willis Field from 2:50 - 3:50 p.m. Students may be picked up from Willis at 3:50 pm. If your child stays for extended day, a member of the extended day staff will pick them up and sign them into extended day.

**Dates:** Mondays | Sept. 19, 26; Oct 3, 17, 24, 31

**Time:** ..... 2:50 - 3:50 p.m.

**Class Fee:** ..... \$85

### Sluggers Baseball Mondays

#### Grade 1 through Grade 5

NCS Sluggers is a baseball program for boys in grades 1-5. This developmental program is designed to teach the fundamental skills of baseball in a fun-based professional setting. The goal is to provide a foundation for future success on the ball diamond while creating love and understanding of the game. Players may wear their school clothes or athletic clothes if desired. Please bring a ball and a glove. Bats will be provided. The Sluggers are led by Head Baseball Coach, Eric Lawrence, and his experienced coaching staff. Please bring a water bottle and athletic shoes to each session.

**Dates:** Mondays | Sept. 19, 26; Oct 3, 17, 24, 31

**Time:** ..... 3:00 - 3:50 p.m.

**Class Fee:** ..... \$110

### Yoga & Mindfulness Tuesdays

#### Grade 3 through Grade 5

Explore the basics of yoga and its many benefits through movement and regular practice. The session will also allow students in grades 3-5 to explore simple breathing techniques and the art of mindfulness, both of which are essential to exercising control over our minds and bodies and working against the stress and



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## K - FIFTH GRADE

anxiety of everyday life. Please wear comfortable clothing.

**Dates:** Tuesdays | Sept. 20, 27, Oct 4, 18, 25; Nov. 1

**Time:** ..... 2:50 - 3:50 p.m.

**Class Fee:** ..... \$110

### Bricks 4 Kidz® Tuesdays

#### K through Grade 5

Students in K-5 will use LEGO® bricks and Science, Technology, Engineering and Mathematics (STEM) principles to build amazing worlds of fun in a variety of different themes. Classes begin with a discussion of the model of the day and students build a new project each week. Students learn basic principles of engineering and architecture, while also solving problems and using critical thinking skills. Children are given time to modify their models and collaborate with other students.

**Dates:** Tuesdays | Sept. 20, 27; Oct 4, 18, 25, Nov. 1

**Time:** ..... 2:50 - 3:50 p.m.

**Class Fee:** ..... \$110

### Nitro Crush Soccer Wednesdays

The Nitro Crush Soccer program is back for fall 2022. Coach Brown and his crew of coaches are committed to providing your child with a fun soccer experience. Through the use of game based skills, students will learn soccer fundamentals allowing them

to grow as players. The sessions will take place each Wednesday after school until 3:50 pm. The students will be placed in age specific developmental pods. All sessions will take place outside. Pick up will be at 3:50 p.m. on Willis Field. Should your student stay for extended day, a member of the extended day staff will come to pick them up and sign them into extended day. Please bring a water bottle, soccer ball and athletic shoes to each session.

**Dates:** Wednesdays | Sept. 21, 28; Oct, 5, 12, 19, 26

**Time:** ..... 2:50 - 3:50 p.m.

**Class Fee:** ..... \$110

### Pirates Lacrosse Thursdays

#### Grade 3 through Grade 5

The North Cross Pirates lacrosse program is back this fall for boys in 3rd - 5th grades! We are excited for the Fall Session of Pirates because it will help keep a lacrosse stick in players' hands year-round. Our goal is to develop strong, committed athletes that will be ready to play lacrosse for many years to come as NCS Raiders and beyond. We will keep it fun while building the core skills needed for lacrosse development. Pirates players will receive a reversible lacrosse jersey, and we will try our best to have pads, gloves, and a helmet for any player who needs to borrow one. Players

need to provide their own stick and mouth guard.

**Dates:** Thursdays | Sept. 22, 29; Oct. 6, 13, 20, 27

**Time:** ..... 2:50 - 3:50 p.m.

**Class Fee:** ..... \$60