



# Opening Doors

**Opening Doors is an enrichment program for students in the Lower School at North Cross School.** Participation in Opening Doors encourages each child to go beyond the boundaries of his/her own experience with shared group dynamics. Workshops will follow the North Cross School calendar and will be held for consecutive weeks.

## EARLY CHILDHOOD PROGRAM

### Move Mondays

Gymnastics classes teach basic tumbling skills such as rolls, handstands, and cartwheels. At times the class will work on the balance beam and bars. Children will be taught by safety-certified instructors who are dedicated to making gymnastics the highlight of each child's week. While fun is the goal, students will benefit from the self-confidence of learning new skills, as well as strength, flexibility, and coordination.

**Dates:** Sep. 17, 24; Oct. 1, 15, 22, 29; Nov. 5, 12

**ECP Level 2** . . . . . 1:15–2 p.m.

**Class Fee:** . . . . . \$100

### Dance Tuesdays

Students will learn basic ballet exercises and creative choreography along with the corresponding terminology. The course will help children develop better coordination, balance, and good posture. Wear comfortable clothes and socks (preferably non-skid) for a fun introduction to ballet. Traditional ballet attire and ballet shoes are optional.

**Dates:** Sep. 18, 25; Oct. 2, 16, 23, 30; Nov. 6, 13

**ECP Level 2** . . . . . 1:10–1:55 p.m.

**Class Fee:** . . . . . \$100

### Soccer 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:** Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14

**ECP Level 2** . . . . . 1:10–1:55 p.m.

**Class Fee:** . . . . . \$100

### Bricks 4 Kidz® Thursdays

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:** Sept. 20, 27; Oct. 4, 11, 18, 25; Nov. 8, 15

**ECP Level 2** . . . . . 1:10–2:00 p.m.

**Class Fee:** . . . . . \$120

## KINDERGARTEN AND UP

### Soccer Wednesdays

#### Soccer Shots for K–2nd

The Soccer Shots Premier curriculum is specifically designed for children in grades K–2nd with sessions focused on skill and character development. Our team of coaches, trained by our Coaching Academy, positively impacts children's lives on and off the field through best-in-class coaching, curriculum, and communication. Weekly updates let you know what your child is learning every session and how you can incorporate what we are teaching at home.

**Dates:** Sept. 19, 26; Oct. 3, 10, 17, 24, 31; Nov. 7, 14

**Time:** 2:50–3:50 p.m.

**Class Fee:** . . . . . \$100

### Bricks 4 Kidz® Thursdays

#### K through Grade 5

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:** Sept. 20, 27; Oct. 4, 11, 18, 25; Nov. 8, 15

**Time:** 3:00–4:00 p.m.

**Class Fee:** . . . . . \$120

Register Online: **By Friday, September 14, just visit:** <https://campscui.active.com/orgs/NorthCrossSchool>