



## What are after-school Enrichment Classes?

This program is designed to enrich the lives of our students by encouraging them to explore new things.

Classes are offered in 4-6-week session increments from 2:30PM – 3:15PM (depending on the class), Monday through Friday. There are four sessions offered each school year, starting in September, November, February, and April.

**Here is a brief description of each of our classes**  
(not an exhaustive list as we add classes throughout the year)

**Lil' Ninjas (Thursdays)** - Our Little Ninja Program is a detailed curriculum that focuses on improving preschool-aged children's basic motor skills and listening skills. These skills will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home, and more ambitious towards the future. We believe the time between the ages of 3 and 6 are the most important years of a child's development. Our program will enhance positive development in a fun and motivating way.

**Fun in the Kitchen (Mondays)** - This hands-on class with Mrs. Tolia-Shah allows our students to learn proper kitchen lessons such as food safety, etiquette, science, social, and math skills in a fun and safe environment. Students will enjoy what they make at the end of class as well as receive the recipes to take home.

**Swimming at The Seedling School (Monday, Wednesdays, Fridays)** – Swim lessons will teach the children about water safety, and depending on the child's experience the teacher will also help them develop their technique. Lessons will include submerging the face without ingesting water, returning to the side once the child enters the water, paddling on the front, floating on the back, and climbing out of the pool independently.