

**CapHill Afterschool Programs - Fall Session
October 10, 2022 - January 19, 2023**

Class Descriptions

MONDAY/WEDNESDAY CLASSES (no bussing on these days)

Class Title: Board Games Club (Grades 2-5)

Teacher/Partner: DaVonna Middleton - Moore, Freedom Schools Express

Description: Come play our selection of popular Board Games to relax, have fun, and get better acquainted with your school mates through these welcoming group activities. Try new games as well as sharing your own favorites too. Develop winning strategies in friendly competitions that serve to build communication and problem-solving skills together.

Class Title: African Drumming on the authentic Djembe (Grades 2-5)

Teacher/Partner: Brian VanTassel, Freedom Schools Express

Description: Experience the joy of West African Djembe Drumming! Learn basic drumming techniques as you progress into more skilled rhythms created by the diverse cultures and peoples of that region of the continent. Feel your confidence grow as you begin flowing in the freedom of self expression, and in harmony with the heartfelt beats of your classmates too. No previous experience necessary.

Class Title: Art Club (Grades 3-5)

Teacher/Partner: Terry Wylie

Description: Do you like art? Do you like hanging out with your friends? Well if you like art and hanging out with your friends, then the Art Club is the place for you!! In the Art Club, students will explore the creative process, develop their artistic skills & experiment with a variety of materials.

Class Title: Board Games Club (Grades 6-8)

Teacher/Partner: Pa Vang

Description: Welcome to Board Games Club! We play a huge variety of board and card games every meeting, and we aim to provide a friendly and welcoming environment for anybody who wants to play games, whether you've never played any board games before, or you own a huge collection of your own. Players are welcome to, and are even encouraged to bring in games they find fun and share them with the other players who attend. Board Games Club is a great place to de-stress, relax with friends, and have fun!

Class Title: Tap Dance (Grades 6-8)

Teacher/Partner: Ellen Keane, Keane Sense of Rhythm and Freedom Schools Express

Description: Keane Sense of Rhythm is a performing tap dance ensemble that also offers tap dancing instruction to various music venues from Beginner to Advance. Create a routine/dance to perform at the Grand Finale.

Class Title: Visual & Digital Arts (Grades 6-8)

Teacher/Partner: Gabrielle Jackson, Freedom Schools

Description: Gain self-confidence and inner peace through the creative expression of visual arts venues such as: painting, drawing, sculpture. Experiment with creating art by using digital technology and multimedia formats too. Learn about culturally diverse historical and contemporary artists and examine their works. Imagine, plan, create and present visual arts work both individually and with classmates at a Grand Finale highlight.

TUESDAY/THURSDAY CLASSES (bussing available on these days)

Class Title: Board Games (Grades 2-5)

Teacher/Partner: DaVonna Middleton-Moore, Freedom Schools Express

Description: Come play our selection of popular Board Games to relax, have fun, and get better acquainted with your school mates through these welcoming group activities. Try new games as well as sharing your own favorites too. Develop winning strategies in friendly competitions that serve to build communication and problem-solving skills together.

Class Title: Tap Dance (Grades 2-5)

Teacher/Partner: Keane Sense of Rhythm and Freedom Schools Express

Description: Keane Sense of Rhythm is a performing tap dance ensemble that also offers tap dancing instruction to various music venues from Beginner to Advance. Create a routine/dance to perform at the Grand Finale.

Class Title: Fitness for Kids (2-5)

Teacher/Partner: Minnesota Chill Foundation, LLC and Freedom Schools Express

Description: A focus on Health and Wellness through nutrition, fitness, and physical activity while practicing concepts such as good sportsmanship through non-competitive indoor and outdoor recreational sports. Learn about MN health disparities and preventive approaches through healthy life choices. Create an aerobic dance routine for the Grand Finale.

Class Title: Choir (Grades 4-5)

Teacher/Partner: Gina Engelking

Description: Join the after school 4th and 5th grade Choir! We will meet on most Tuesdays and Thursdays starting Oct. 11, and we will prepare pieces to share at an evening concert on Tuesday, Dec. 13th. This is the SAME concert as the 4th and 5th grade band and orchestra performances, and we will arrange it so you can be in both choir AND band or orchestra!

Class Title: Birding At Capitol Hill (Grades 5-8)

Teacher/Partner: Danielle Porter Lucero

Description: Learn about the birds in our schoolyard using observation, citizen science, art, and more. We will identify birds, look at habitats, explore migration, use birding apps to collect and share data, do some nature journaling, and other projects related to birds.

Class Title: ComMUSICation Choir (Grades 6-8)

Teacher/Partner: ComMUSICation

Description: Do you love to sing? Join ComMUSICation Choir! ComMUSICation (CMC) is an organization for youth who love music and singing and we're at YOUR school this year! You'll learn vocal techniques and get to help choose songs you love to sing. You'll be a leader and sing with youth from other St Paul schools in exciting venues like the Ordway Concert Hall. No experience or audition necessary. Check out www.cmcmn.org for more information.

Class Title: Dungeons and Dragons (Grades 6-8)

Teacher/Partner: Shawn Morris

Description: Hail Adventurers! Ever wanted to know what it's like to explore ancient dungeons, live in castles and cast powerful magics? Dungeons and Dragons may be the game for you! Come and learn how to play the game, how to create characters and for those who want an extra challenge, how to run the game. Grab your armor and your companions and join us for Dungeons and Dragons Club at Capitol Hill!!!

Class Title: Girls Who Code (Grades 6-8)

Teacher/Partner: Melissa Derby

Description: Girls Who Code encourages you to impact your community in a positive way through code. In order to build the skills you need to make an impact, you will learn how to code from our fun online tutorials and activities that will help you build animations, games, apps, and other things that you dream up! We have tutorials in Scratch, Python, Swift, HTML, CSS, and JavaScript. Girls Who Code is available to all students grades 6-8.

Class Title: Visual & Digital Arts (Grades 6-8)

Teacher/Partner: Gabrielle Jackson, Freedom Schools Express

Description: Gain self-confidence and inner peace through the creative expression of visual arts venues such as: painting, drawing, sculpture. Experiment with creating art by using digital technology and multimedia formats too. Learn about culturally diverse historical and contemporary artists and examine their works. Imagine, plan, create and present visual arts work both individually and with classmates at a Grand Finale highlight.

Class Title: Gentle Care for Natural Hair (Grades 6-8)

Teacher/Partner: Eve Swan of Eve's Essence of Beauty and Freedom Schools Express

Description: Receive instruction on caring for natural ethnic hair and keeping all hair healthy and well groomed. Fun modern hairstyles that will build confidence and keep you looking and feeling good. Showcase of your creative styles will be on display for the Grand Finale

Class Title: Getting to Rich Financial Literacy (Grades 6-8)

Teacher/Partner: Charles and Elise Chambers, and Freedom Schools Express

Description: Understand and learn to apply the core fundamentals and lifelong habits of proper money management and decision making skills now to achieve future financial success in these 5 week classes

Class Title: African Drumming (Grades 6-8)

Teacher/Partner: Brian VanTassel, and Freedom Schools Express

Description: Experience the joy of West African Djembe Drumming! Learn basic drumming techniques as you progress into more skilled rhythms created by the diverse cultures and peoples of that region of the continent. Feel your confidence grow as you begin flowing in the freedom of self expression, and in harmony with the heartfelt beats of your classmates too. No previous experience necessary.

Class Title: Phenomenal Young Men's Club (Grades 6-8)

Teacher/Partner: Roy Pierson, Freedom Schools Express

Description: these multicultural affinity support groups provide opportunities for members to share feelings and struggles through real life situations in a safe and welcoming environment while also exploring the issues and experiences that all may face at times. Activities include featured multicultural phenomenal men and phenomenal women whose lives help motivate success, literature circles to read, discuss, and journal about reflections on life lessons learned to inspire, empower, and connect students of color with each other and meaningful adults. Present a special project at the Grand Finale.

Class Title: Phenomenal Young Women's Club (6-8)

Teacher/Partner: Halina Gill, Freedom Schools Express

Description: These multicultural affinity support groups provide opportunities for members to share feelings and struggles through real life situations in a safe and welcoming environment while also exploring the issues and experiences that all may face at times. Activities include featured multicultural phenomenal men and phenomenal women whose lives help motivate success, literature circles to read, discuss, and journal about reflections on life lessons learned to inspire, empower, and connect students of color with each other and meaningful adults. Present a special project at the Grand Finale.