

Kids Cooking Class (You Are What You Eat), with Fun Chefs is an 8-week program for pre-primary (ages 5-6) and elementary students. During the 1-hour cooking class, students will learn the art of cooking, nutrition, sanitation, and culinary math and will create a journal/cookbook of recipes. Fun Chefs was founded by Stacey Webb, an accomplished culinary educator, cookbook developer, and food stylist. Her client list includes Kraft, Nabisco, Campbell's Soup Company, and Lipton. She works closely with Whole Foods Market and is a contributing writer for various publications including Family Fun Magazine.

When: Mondays after school

Cost: \$132 for 8-week session (includes all supplies)

Contact: Stacey Webb at 561-676-8716

Golf After School—The South Florida PGA has arranged for local PGA Professional Jim Leary, Head Golf Professional at Jonathan's Landing Golf Club at Old Trail will visit the school once a week providing instruction to students of all levels. This will be a fun and interactive learning experience, giving students an opportunity to learn one of the game of golf. The game teaches many great core values including honesty, integrity, and loyalty which Jim will portray throughout each session.

When: Mondays after school

Cost: \$45 for six sessions, plus \$5 TRM registration fee

Contact: Meredith at 561-624-7676

Drama Club is an after school activity for elementary students where they will be introduced to theatre games, character development and creative movement. During the 1-hour class, artistic creation will be inspired through such activities as mask, puppet, and prop making. The program will culminate in a dramatic presentation at the end of the semester. Program Director, Lisa V. Calberg has worked for over a decade in So. Fla. Theatre. She is the associate artistic director with the Palm Beach Shakespeare Festival and is an adjunct professor with PBCC, teaching reading, literature and theatre classes.

Program assistants include John Carlile and Rae Randall. Both are long-time theatre professionals. They have created and directed numerous children's programs and they direct their own youth acting company at the Center for the Arts in Stuart.

When: Fridays after school

Cost: \$40 per month

Contact: Lisa Calberg at 561-351-0809



Coming Soon:

Team Tennis • Team Soccer

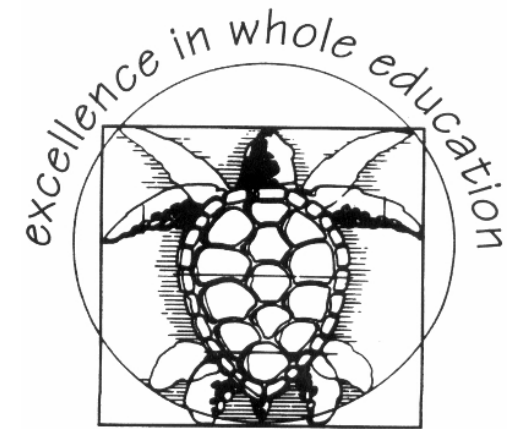
Questions, Comments or Ideas?

Contact the Extracurricular Enhancement
Committee:

Helene Baxter - aturnie@yahoo.com

Nika Ciarfella - nika@worldview-wireless.com

TURTLE RIVER
MONTESSORI



Extracurricular
Activity
Offerings
2009-2010
School Year

926 Maplewood Drive

Jupiter, FL 33458

561-745-1995

Activity Descriptions



Happy Feet is a new and exciting mobile soccer clinic for young children. Using our proven fun,

"story time with a soccer ball" approach, Happy Feet will surely be your child's favorite weekly activity. Programs are age and activity level appropriate. The benefits are amazing! The kids love the fun games! As children learn the physical skills, they build confidence and self-concept that applies to other sports and to life in general. www.happysoccerfeet.com

When: Tuesdays after school

Where: TRM Basketball court

Cost: \$40 per month

Contact: Coach Tom Power at 772-678-9610

Yoga for Parents is offered by TRM mom Suzee Edwards, just for parents. Drop off your children and come inside for a relaxing start to your day.

When: Tuesdays and Thursdays after morning carline

Where: TRM Family Room

Cost: \$10 per class or 10 classes for \$90



Tennis with Thomas Virden, is available for pre-primary and elementary school students ages 4-12. For those learning tennis, Coach Virden uses the USTA's *QuickStart* tennis format which is a fast, fun way to get kids into tennis—and keep them playing. Specialized equipment tailored to age and size is provided. Thomas Virden is a member of the professional tennis registry and presently coaches girls tennis at Dwyer HS and Lighthouse Elementary. Mr. Virden also holds an education certificate issued by the state of Florida's Department of Education for athletic coaching.

Enroll your child in a lifelong sport that instills confidence and develops transferable skills such as balance, hand-eye coordination and concentration.

When: Fridays after school

Where: TRM Basketball court

Cost: \$45 per month, \$15 registration fee

Contact: Coach Thomas Virden at 561-339-8048

Creative Movement is available for elementary students. Students will build confidence, self-awareness and self-esteem, increase flexibility, strength and posture. Students will be able to create and explore with dance and music including hip-hop, jazz, and theatrical, all while having fun and promoting high levels of energy.

When: Tuesdays or Thursdays at 4pm

Cost: \$40 per month

Contact: Sarah Kenny at 561-254-4899

Pre-Primary Piano will be offered weekly to students ages 4 & 5 in 15-minute private lessons during the school day for those who elect to enroll in this activity. Pre-primary Piano will be taught by TRM mom, Erica Barnes. Erica holds a BME in Music Education from Florida State with a focus in voice. She taught chorus at Independence Middle for 7 years. She has experience teaching voice, piano and guitar and sings regularly in the community.

When: Tuesdays during school

Where: TRM upstairs piano

Cost: \$15 per lesson paid monthly

Pre-Primary & Elementary

Piano will be offered weekly to students ages 5 and up for a 30 minute private lesson during the school day and after school. Studying music has been proven to create better study skills, cognitive skills and communication skills. Pre-primary and Elementary Piano will be taught by Cathy Lindsay who majored in music in Northern Virginia. She has taught piano for over 30 years and holds annual piano recitals for her students. She is a member of the Teacher's Guild and is a certified Kindermusik Instructor.

When: Monday's and Wednesday's during and after school

Where: TRM upstairs piano

Cost: \$25 per lesson paid monthly