

## Hammond Elementary: Spring 2019



### BRICKS4KIDZ (GR. K-7)

Explore sports ranging from gymnastics to basketball, mini-golf to soccer. This unit is a great way to get “sporty” kids building and get LEGO fans interested in sports! But the best part for the students is the way the models move and the fun they have playing with them after they are built – hitting a plastic golf ball with a mini-golf model, watching the gymnast swing around the bar, getting the balls into the hoops, scoring at hockey and soccer!

*Mondays, 2:30pm – 3:45pm*

*June 3 – June 24*

*Registration Fee: \$36*

*Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay*

### JIU-JITSU (GR. 3-7)

The Brazilian Jiu-Jitsu Functional Physicals Program designed for kids incorporates both physical and educational components in a fun, non-competitive environment. Children will have the opportunity to learn about the human body, mathematics and science while getting hands-on training for self-defence.

*Tuesdays, 2:30pm – 4:00pm, in the sensory room*

*April 2 – May 28 (no class May 21)*

*Registration Fee: \$40*

*Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay*

### MINDFUL MOVEMENTS YOGA GRADE K-7

Yoga classes have far-reaching positive benefits both physically and mentally for children. Meet new friends as you improve your strength, flexibility, balance and focus in a non-competitive, non-judgmental environment. Gentle breathing exercises, calming techniques and relaxation designed for children form an integral part of each class.

*Wednesdays, 2:30pm – 3:30pm, in the sensory room*

*April 17 – May 22*

*Registration Fee: \$40*

*Register: <http://schooldistrict42.perfectmind.com> to create your account, add your child (family member), register and pay*

