

6th-8th

Tuesday: Bowling \$90

Students will walk to the bowling center with a staff member. Students will be able to play multiple games each week and will receive some feedback on technique. The fee also includes shoe rental.

4th– 8th grade (3-4pm)

Wednesday: Fit Kids \$55

(2nd child for a family receives a 10% discount.)

Instructed by Rose Quinn & Jeanne Cohen both certified Group Exercise Instructors.

An exciting fitness class for students to learn healthy exercises, new skills, and experience that working out and being healthy is fun! The class will focus on circuit training, agility, motivating challenges and flexibility. Fitness based martial arts and yoga will also be introduced.

Thursday: Yoga \$80

Instructor Nancy Jo Rademacker will work with students in the gym. Students in K-5 or 6th-8th will meet in the gym to learn the ancient art & Science of yoga. This is a great opportunity to achieve better balance, greater flexibility, increase cognitive functioning, learn to self-soothe and achieve a more positive outlook. This class will help with your child's self-esteem and communication skills. But most of all, it's fun. Call Nancy Jo with questions, wear comfy clothes, bring a water bottle & a mat. Healthy snacks are included!

No Class February 17th

St. Joseph School

Extended Day Program Session 2

January 13th – March 26th

*Tuesday
Wednesday
Thursday
2:45-3:45pm*



All information and registration available on the school website.

<http://www.sjsbatavia.org/>

K-2nd

Tuesday: Taekwondo \$55

Cain's Academy instructors will conduct classes at St. Joseph School in the cafeteria. Students will be provided a t-shirt to wear to class and should have sweat pants for class.

Thursday: Yoga \$80

Instructor Nancy Jo Rademacker will work with students in the gym. Students in K-5th will meet in the gym to learn the ancient art & Science of yoga. This is a great opportunity to achieve better balance, greater flexibility, increase cognitive functioning, learn to self-soothe and achieve a more positive outlook. This class will help with your child's self-esteem and communication skills. But most of all, it's fun. Call Nancy Jo with questions, wear comfy clothes, bring a water bottle & a mat. Healthy snacks are included!

3rd-5th

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