

YOGA & MINDFULNESS (TAUGHT BY SHERILL DENISON)

Ages: 6+

Cost: \$6/ class or \$65.00 for 12 weeks (20% off siblings)

- Improve balance coordination, strength, and flexibility.
- Learn to still the mind for increased attention and focus.
- Integrate yoga and meditation into your life, including the social-emotional and cognitive benefits.
- Learn about gratitude, positive coping skills and other mindfulness techniques.
- Combine fun, focus, and fitness in an inclusive and encouraging learning environment

Parents are encouraged to participate. Instead of waiting for your child during class, join in and participate!! Your child will feel more confident and learn more if you participate, and you will be able to help them practice at home.

Classes taught by Sherill Denison, a mental health professional, who is also a 2nd degree black belt martial arts instructor, and former fitness trainer. **Please wear comfortable attire that allows you/your child to move.** There will be a lot of arms and legs in the air, so some people prefer form-fitting legs and shirts for modesty. **Please bring a mat, towel, and other yoga props if you have them.**

Parent led co-op classes \$5.00 per semester, per participant, all ages

Parent led co-op classes are facilitated by Sherill Denison but led each week by a parent volunteer.

Parent led general co-op requires the parents to teach at least on topic during the 12 weeks. Can be any educational topic.

Games and gaming parent led co-op also requires the class to be led by a parent at least once during the 12 weeks. The topic is anything fun having to do with games or gaming (i.e. Pokémon, board games, video gaming)

Please feel free to contact me at the number below if you have questions before class.

Sherill Denison

727-455-6004 cell

Basic Drawing with a Twist!!

Ages 7 and up

Student will learn the value scale, lighting and perspective. We will be learning Watercolor, colored. We will be able to put together landscape as well as learning how to draw our favorite characters like Super Mario, Marvel Kids heroes (Iron man, Captain America etc.), and Disney Heroes of all shapes and color. Includes supplies (watercolor, brushes, Ink pen, colored pencil and pencil)

\$125 for 12 weeks that includes material.

Hi there! My name is Rachel Melendez. I work with Tampa bay heat teach as an art teacher and science teacher for two years. I love teaching and kids. I also teach English to great elementary students. I have work with children from ages 2 to 18. I am currently working on my counseling degree and Home school my two children.

Spanish Class

Elementary and Middle school (each separate class)

Student will learn conversational Spanish and reading and writing with fun games and activity. We will be learning Spanish for social use like learning wants and needs, likes and dislikes, going shopping, going to the movies, going to school, and going to work. We have fun learning in games, songs, role play, and more. Students will need a folder for their work and a notebook for additional notes and something to write with.

\$125 for 12 weeks includes book and material

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Bricks4Kids, taught by Elizabeth Priest, ages 5-12 \$108.00, 20 % sibling discount

Bricks 4 Kidz is happy to be conducting classes for the first time with Altitude Homeschool! We will be exploring the ins and outs of science, technology, engineering, the arts, and math through LEGO® bricks and brand new LEGO® models we have designed for this semester based on popular themes such as Roblox, Star Wars, Pokémon, and much more! Through the use of our LEGO® robotics, LEGO® 3D Art, and LEGO® mosaics, we will teach our students a whole new way to learn and play with LEGO® bricks! Anything is possible in a Bricks 4 Kidz class. ... DON'T MISS THE FUN!

Elizabeth Priest is a long-time homeschooling mom of a 9-year-old. She has over ten years of teaching experience and has been with Bricks4Kidz since August.

Mad Science 12 week program - Crazy Chemistry & Crime Solvers

A minimum of 12, max of 20 ages of 6 to 12 (20% sibling discount), 12 weeks discounted price to home schools is \$120 + a \$25 non-refundable materials fee. = \$145 total.

We are on a mission: By making science fun we aim to inspire an interest in science and a love of learning in children that will last a lifetime. Children participate in hands-on experiments in small groups, individually and as assistants to the instructor in dynamic interactive demonstrations, and always make something they will get to take home. Each session is focused on a different topic guaranteed to entertain, amuse and educate. Take-home cards with each session also indicate to parents “what we learned” and introduce “Let’s try this at home” activities to reinforce what was presented.

In **Crazy Chemworks** junior chemists will get to see what it’s like to work in a real “lab”. Delve into the world of atoms, unravel the “H” in pH and make SLIME and experiment with polymers. You will make bubbling potions while changing states of matter and uncover the chemistry of “glowing”. They will also be in a “sticky” situation as they unlock the mystery to what makes things “cling”, and see that “actions” really do result in reactions. Chemistry will never be so much fun!

You will build upon our understanding of chemistry to develop forensic and crime solving skills. You use new devices to collect & record your evidence and solve crimes and then experiment with electrochemical reactions, create chemical compounds and make your own “brain goo”! Along the way to becoming a Crime scene expert you will also work with chemical bonds, discover conductivity, and make your own invisible ink to take home. Our STEM curriculum correlates with both National and Florida Sunshine State Standards for science. Through our fun, interactive and inquiry-based approach to science our mission is to instill a love of learning in children that will last a lifetime. Our website www.GreaterTampabay.madscience.org also has more details about all our programs and includes some videos that demonstrate what a Mad Science experience is like.

One week drop period at no charge and/or be fully refunded. After 2nd week full payment due for program.

Option 1: Can mail directly to Mad Science of Greater Tampa Bay - 204 37th Ave N #123 Saint Petersburg Florida. 33704

Option 2 – call our office and can by Credit card

o Option 3 (least preferred) – hand a check to our instructor there.