

# **Studios Fall 2017**

## **Mondays**

### **Tae Kwon Do**

Tae Kwon Do fosters discipline, exercise/physical fitness, Self Esteem, self-confidence, Self- control, concentration/learning skills, manners/respect and self-defense skills. Testing to advance in Tae Kwon Do Rank will be done at Park Institute headquarters during regular testing times. Tae Kwon Do students need to obtain a Park Institute uniform prior to the first class (\$39/per uniform).

*Grades 1 & 2*

Taught By Park Institute: Park Institute has been in Rochester for over 40 years and is the largest martial arts school in southeastern MN and one of the nation's leading schools.

Mondays 3:15-3:55

15 sessions, September 11-December 18 (Students can also attend classes at the Park Institute headquarters after they have attained Yellow belt, 1 time per week.)

For more information and to register contact [ntpranoto@yahoo.com](mailto:ntpranoto@yahoo.com)

Fee: \$255

### **Tae Kwon Do**

Tae Kwon Do fosters discipline, exercise/physical fitness, Self Esteem, self-confidence, Self- control, concentration/learning skills, manners/respect and self-defense skills. Testing to advance in Tae Kwon Do rank will be done at Park Institute headquarters during regular testing times. Tae Kwon Do students need to obtain a Park Institute uniform prior to the first class (\$39/per uniform).

*Grades 3-8*

Taught By Park Institute: Park Institute has been in Rochester for over 40 years and is the largest martial arts school in southeastern MN and one of the nation's leading schools.

Mondays 4:00-4:50

15 sessions, September 11-December 18 (Students can also attend classes at the Park Institute headquarters after they have attained Yellow belt, 1 time per week.)

For more information and to register contact [ntpranoto@yahoo.com](mailto:ntpranoto@yahoo.com)

Fee: \$255

## **Nature Explorers**

Fall is a great time to be outside exploring and learning about what we find! We will also spend some time making crafts with things we find in nature.

*Ages 4-K*

Taught by Nicole DeBurton

Mondays 3:00-4:00

6 sessions, Sept 11-October 16

Register on RMS Studio registration form.

Fee: \$78 (\$54 if enrolled in LPU)

## **Let's Get Creative**

As the days get shorter, it's a great time to warm up inside with some fun crafts. We will explore lots of fun creative hobbies including sewing, making decorations or ornaments, and baking.

*Grades 1-6*

Taught by Nicole DeBurton

Mondays 3:30-5:00

6 sessions, November 6-December 11

Register on RMS Studio registration form.

Fee: \$96. (\$72 if enrolled in LPU)

## Tuesdays

### Robotics: Hydro Dynamics Challenge

On your mark, get set, flow! Drink in the 2017/2018 HYDRO DYNAMICS season and learn all about water – how we find, transport, use, or dispose of it. In the 2017/2018 *FIRST*® LEGO® League Challenge, students from 80 countries will make a splash with HYDRO DYNAMICS. What might become possible when we understand what happens to our water?

*FIRST* LEGO League challenges kids to think like scientists and engineers. During the HYDRO DYNAMICS season, teams will choose and solve a real-world problem in the Project. They will also build, test, and program an autonomous robot using LEGO® MINDSTORMS® technology to solve a set of missions in the Robot Game. Throughout their experience, teams will operate under the *FIRST* LEGO League signature set of Core Values, celebrating discovery, teamwork, and Gracious Professionalism®. Limited to 20 students, students enrolled last year have priority.

*Ages 9-16*

Taught by Mark Siefert & Rosalee Mickelberg

Tuesdays 3:30-5:15

10 Sessions, September 12-December 5 (not 10/10, 10/31, 11/7)

Regional Tournament is either December 10 or 11<sup>th</sup> at Willow Creek Middle School.

Future date would be scheduled if our team advances to Sectional Tournament!

Register on RMS Studio registration form.

Fee: \$212.50 (includes t-shirt) (\$163 if enrolled in LPU, includes t-shirt)

## Wednesdays

### Amazing Athletes

Amazing Athletes is a developmental sports and fitness program that teaches the basic fundamentals and mechanics of ball sports. Children will build self-confidence, practice teamwork, and improve motor skills, in a structured, non-competitive environment. They will also experience increased cardiovascular fitness, muscle tone, hand-eye coordination, and reaction time.

*Ages 3-6*

Taught by Amazing Athletes

Wednesdays 3:15-4 or 4-4:45

September 13-May 30

For more information and to register contact [Christy@amazingathletes.com](mailto:Christy@amazingathletes.com)

Fee: \$15 annual registration fee & \$44 per month

## **YEL Grandmasters of Chess**

### **Youth Enrichment League**

Join this “sport of the mind” and be part the RMS chess club. We have thousands of puzzles and corresponding lessons crafted by Women’s International Master and former Russian Chess Champion Sima Sokolovskaya. YEL chess lessons are designed to engage beginners through advanced students. Our fall session introduce basic concepts to beginners while ensuring more advanced students get a thorough chess workout. Sign up and create a checkmate today!

*Grades K-5*

Taught by Ian Finch

Wednesdays 3:30- 4:30

9 sessions, October 25-December-20

For more information and to register, visit [www.YouthEnrichmentLeague.com](http://www.YouthEnrichmentLeague.com).

Fee: \$97

## **Thursdays**

### **Ballet, Tap & Jazz Dance**

Tippi Toes Dance Co provides an experience of dance, self-expression, and movement. High energy music is used to teach ballet, tap, and jazz! This class is wonderful for any child who loves to dance!

*Ages 3-6*

Taught by Tippi Toes Dance Company

Thursdays 3:15-4:00

September 7-May 31

For more information and to register, visit [www.tippitoesdance.com](http://www.tippitoesdance.com)

Fee: \$50 per month (\$35 annual fee)

### **Hip Hop/Jazz**

Tippi Toes Dance Co provides an experience of dance and self-expression. High energy music is used to teach hip hop and jazz!

*Ages 6-10*

Taught by Tippi Toes Dance Co

Thursdays 4-4:45

September 7-May 31

For more information and to register, visit [www.tippitoesdance.com](http://www.tippitoesdance.com)

Fee: \$50 per month (\$35 annual fee)

## **Roots and Shoots**

Join kids from all over the world who are working to improve their communities by being strong leaders. Founded in 1991 by Dr. Jane Goodall, Roots and Shoots is a youth service program that provides a framework for young people to take action to make the world a better place for people, animals, and the environment. Visit <https://www.rootsandshoots.org> to learn more about this fantastic after school opportunity.

Grades 3-6

Taught by Sarah Buhmann

Thursdays 3:45-5:00

12 sessions, September 14-December 21 (no studio on Sept. 28, October 19, & Nov. 23)

Register on RMS studio registration form.

Fee: \$174 (\$120 if enrolled in LPU)

## **Fridays**

### **YEL Fencing**

Fencing is one of the fastest growing sports in the USA and Youth Enrichment League (YEL) fencing continues to evolve to match that pace. **Olympic Coach Ro Sobalvarro** heads up YEL's curriculum, ongoing instructor training and tournament consultation. He brings with him an immense knowledge of youth as well as national and international fencing. New students get introduced to a pulse-pounding sport while returning students continue their study through a progressive curriculum. Safety is our first priority. We supply safety swords, protective masks, chest plates and jackets, in a high-octane, inclusive environment.

Grades 2-8

Taught by Coach Kamau Wilkins, Youth Enrichment League

Fridays 3:30-4:30

12 sessions, September 15-December 22

For more information and to register, visit [www.youthenrichmentleague.com](http://www.youthenrichmentleague.com)

Fee: \$170