



## **SPRING ENRICHMENT COURSES 2017**

**Registration for courses:**

**March 9th - April 7th**

### **Mondays (3:30- 4:30 pm)**

**DATES: April 24; May 1, 8, 15, 22; June 5**

#### **Creative Movement**

Using modern technique and structured dance improvisation, Creative Movement offers possibilities to build an individualized dance and movement vocabulary. In the program, we'll experiment with movement while staying safe and healthy. Dancing and talking about dance will provide us with new ways to express and understand ourselves, and we will even integrate the math, science, and sports that students bring from the other parts of their day! This class welcomes all sizes, shapes, and abilities as we build inclusive works together.

This course is offered by 5th Grade Assistant Teacher, Nate Wulff. Nate received K-8 dance education training at the Bates Dance Festival in Lewiston, NY. Nate was also a member of Vassar's Repertory Dance Theater; a member and technical director of FlyPeople, a Vassar student dance group; and a member and vice- president of Vassar Body Positive, a student group promoting positive body image.

## **All About That!**

The world is full of 'things'! Many of which are typically unwanted, unused, or thought of 'throw-a-ways' but what is true in all cases is that these 'things' comes in varied forms and are full of texture, color, and size. In this hands-on messy course, students will use all sorts of 'things' (fiber, metal, wood, plastics, paper) to create purposeful and artistic pieces. Each class will begin with one 'thing' as a starting point and build upon it until they are satisfied with its goal and purpose. Students are encouraged to explore what might have been into transformations into what will be. Possible projects include desk organizers, totes, new games, dimensional pieces, and mixed media garden art. Projects are geared toward all—from Kindergarten to fifth grade, from young to older, from silly to serious, from general to personal, and whatever you do, you will want to do All About That!

Li Pipman Denault, instructor:

I love making, creating and doing and find using found objects and making functional art fulfilling. Using something that may have been tossed or put aside and discovering a new life for it in creative and artistic, colorful ways is key and working with others is what makes it totally complete. I have taught at Poughkeepsie Day School for 19 years, ranging from mathematics, stained glass, building and design, publishing, upcycled repurposing art, and more. I love to learn and create and I hope others join me through this journey.

## **Tai Chi**

The slow, deliberate movements of tai chi, coordinated with attention and breathing, develop strength, balance, coordination, awareness of body, and even cardiovascular fitness. For this reason, tai chi (or taiji) is considered not just a martial art, but also a form of qigong, the practice of circulating energy through the body to improve health. Students will be introduced to the varieties of t'ai chi and qigong, including some basic postures and movements, as well as meditation in both sitting and moving forms. This course will also explore the historical roots and philosophical framework of t'ai chi (or taiji), a martial art generally associated with Daoist philosophy and the yin-yang framework, long practiced for its health benefits as well as (or instead of as) a combat art.

This course will be offered by Jeffrey Fisher, High School English teacher. Jeff has been training in Chinese "internal" martial arts (taiji, bagua, xingyi, among others), qigong, and meditation for more than ten years, and is a 20th generation disciple in a martial lineage, Wudang Longmen Pai (Dragon Gate Sect), that goes back to the early 20th-century Wudang mountain abbot, Xu Benshan. Jeff's teacher is the first Westerner in the lineage.

## Tuesdays (3:30- 4:30pm)

**DATES: April 18, 25; May 2, 9, 16, 23**

### **Chess**

Join us for this exciting introduction to the game of chess! There is no required skill level, beginners are welcome. Discover and practice winning strategies, learn how to prevail against an opponent and so much more. Although the instructor's United States chess rating is slightly below the expert norm he previously earned the title of USCF expert. As a regular tournament competitor, certified tournament director and professional teacher he is well prepared to help you learn all you need to know to hold your own in the wonderful game of chess.

Craig Fisher is a retired Marist professor and IBM'er who has been very active in the chess community. Currently, Craig is a member of the Vassar-Chadwick Chess Club and has been running a youth chess club for children and teens for the past 8 years.

### **Ping Pong**

Open to all ages and levels. No experience necessary. Participants are invited to bring their own paddle or use those provided.

Why Ping Pong?

- It builds up your muscle, friendship and resume.
- You can be a founding member.
- You receive group and 1-on-1 training from a USATT-certified instructor.
- You'll learn grip, backhand, forehand, backspin, topspin, serve, footwork, table manner and tournament strategy.

This course is now offered at the school. We have two new state-of-the-art ping pong tables next to the gymnasium. The course instructor is Ziping Wang, of the Ping Table Tennis Club in Wappinger Falls.

## Wednesdays (3:30- 4:30pm)

**DATES: April 19, 26; May 3, 10, 17, 24;**

### **Drama**

Join us for an open-ended, fun, and energetic atmosphere where students will gather to engage in a range of drama activities. We will explore movement, play theater games, learn through imaginary play and experiment with improvisation. In this class, children will learn integral ensemble building and leadership skills. Together, we will create and dramatize stories, work with an assortment of props and costumes, and travel as far as our imaginations can take us.

Dorothy Luongo is a 4th and 5th grade teacher at Poughkeepsie Day School. She holds an M.Ed from Antioch University in integrated learning and has a passion for multi-disciplinary explorations. Dorothy is also an experienced actress, director, musician, and dancer.

### **Garden and Nature Exploration**

In this course students will spend time cultivating a love of nature through outdoor exploration and gardening activities. We will connect with our surroundings in a variety of ways that allow for learning, observation and self-expression. Planting seeds, decorating flower pots and creating art with natural materials are examples of some of the projects we will undertake. With spring upon us, there is no better way to pass the time than discovering and appreciating our environment.

Hannah Sunshine teaches 4th grade at Poughkeepsie Day School and spends as much of her free time as possible enjoying the outdoors.

### **Learning to Code with Ozobots**

Students learn how a computer works and learn to write computer programs using a high-level language called Ozoblocky to control tiny robots called Ozobots. Students learn about directionality, light sensors and visual programming while having fun completing challenges and creating games with the robots.

High school technology teacher Carol Bahruth is the instructor for this course.

## Thursdays (3:30- 4:30 pm)

**DATES: April 20; May 4, 11, 18, 25; June 1**

## **Creative Yoga**

A unique program that combines yoga, creative movement and storytelling so children can stretch their bodies and their imaginations! This class will improve flexibility, concentration, focus, balance, body awareness and strength.

Anna Mayta is a dance improviser, teacher and choreographer who lives and works in the Hudson Valley. She has taught dance and yoga at PDS in previous years and is excited to offer her creative yoga class again this year.

Anna received her yoga certification in 2008 from Svyasa Swami Vivekananda Yoga University in Bangalore, India. She has been practicing yoga for eight years. Her own individual practice focuses on meditation, chanting and relaxation as a method of combatting stress.

## **Fridays (3:30-4:30 pm)**

**DATES: April 28; May 5, 12, 19, 26; June 2**

## **Yoga for Adults**

Ashtanga Yoga is a beautiful practice and discipline, which brings strength, more range of motion in the body and mental and emotional equipoise. Learn to master breathing technique and meditative sequences of postures, called Vinyasas. This practice, when done steadily over time, can greatly reduce stress, build confidence, helps insomnia and so many other ailments. It is said one must learn Asana (Yoga postures) in order to prepare for meditation. At the end of class, a short meditation will be led as well.

This course is taught by Sarah Willis, a certified Yoga teacher who has taught professionally since 2000. She has studied Yoga and Sanskrit in India and with her teacher, a Columbia MFA and mentor in Vedic and Upanishadic studies, as well as a Classical Sanskrit scholar. She has taught yoga at the Collegiate School in New York City and countless Yoga centers, fitness clubs, and resorts all over the world. Sarah is also a writer.