

2023-2024 AFTERSCHOOL ACTIVITIES

1

PRESCHOOL SPORTS

The following skills will be taught.

1st quarter. Soccer- Dribbling, kicking, throwing, and defense

2nd quarter. Basketball: Dribbling, passing, shooting, and defense

3rd quarter. T-ball: Catching, hitting, throwing, and running bases.

4th quarter. Soccer- Dribbling, kicking, throwing, and defense

PRESCHOOL SPORTS for boys and girls- \$125 a quarter. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree and a minor in history where she played volleyball, basketball, and softball. Prior to PCA, she was a physical education teacher for 11 years and coached for 15 years. She coached college basketball with two conference championships and several district high school championships in volleyball, basketball, track, and softball. She has been at PCA for 17 years and has been teaching preschool sports program for 15 years.



2 BOYS AND GIRLS GYMNASTICS

PRESCHOOL GYMNASTICS for boys and girls - \$125 a quarter. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree with a minor in history. Prior to coming to PCA, she was a physical education teacher for 11 years where she would teach gymnastics in physical education classes. She has been at PCA for 17 years and has been teaching preschool sports program for 15 years.

The following skills will be taught:
Forward roll, backward roll, tripod stance, handstand, handstand, jumping, stretching, balance. The students will practice on a balance beam, mushroom, rings, and climbing for balance, flexibility, and strength.



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CODING CLUB



Coding Club class will be led by Mrs. Sinanan. In this exciting hands-on computer coding class, we will be using App Lab and BBC micro:bit to create simple apps that interact with our environment for a wide variety of purposes. Students will use their school iPad. For more information please contact Mrs. Lisa Sinanan at lisa.sinanan@ilovepca.com

4 CHEERIOS

Together they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps and teamwork skills. Practice will be on Thursdays 3:00-4:00 p.m. The uniform will be a glitter cheer shirt (for a small fee). black leggings, a provided bow and pom-poms. Your cheerleader will need flexible solid white cheer sneakers. Lets go!

CHEERIOS (KA/S) – \$125 a quarter. We are so excited to have the Cheerios to our cheerleading program. Mrs. Toombs will be coaching with Ms. Hannah. Mrs. Toombs has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 12th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years including optimist, middle school, high school, and at the competitive level. Hannah earned many state and national championship Sites as an all star cheerleader. She has also been coaching cheer at PCA for the last 5 years.



Dance-\$150 a quarter. Jan I'll Mateo is excited to start her journey at PCA. She has been teaching in public school for 9 years. She is ready to be a part of a Christian environment. Jan I'll has been dancing since a very young age. She has been teaching dancing to students from



kindergarten through 8th grade for over 8 years. She also enjoyed taking taking her team to various community performances, talent shows, and competitions. Jan I'll plans to expand her love and passion for dance throughout PCA and guide students to worship Esau's through dance. The dance uniform package is separate. Jan I'll is looking forward to growing with this program and working with all our students to honor God.

5 PCA PEARLS

Dance styles offered are as follows:
 Quarter 1: Jazz and Ribbon Dancing
 Quarter 2: Holiday Performance (A mix of the best Christmas hits) and RibbonDancing to lyrical
 Quarter 3: Hip Hop
 Quarter 4: Lyrical
 For more information please contact Janill at Janill.mateo06@gmail.com

6 ARTS & CRAFTS



Arts and crafts club (K5-5th grade)- \$150 a quarter Mrs. Laura Cruz works in the finance department and she is also a certified preschool teacher. Her love for children motivates her to be a part of Afterschool Activities Program as an opportunity to pour love and encourage students to be creative and have fun. Arts and crafts helps to speak and write through the expressions of our hands and also provides a way to naturally develop essential life skills.