

AFTERSCHOOL ACTIVITIES



Preschool Sports

Preschool Sports - \$135 per quarter

Preschool for boys and girls: Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree and a minor in history, where she played volleyball, basketball, and softball. Before 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 taught preschool sports programs for 15 years.

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

Mini Pearls
Pearls Dancers
Elite Pearls**Mini Pearls Dance Team (K4-K5) - \$150 per quarter****Elite Pearls (4th-8th) & Pearls Dancers Team (1st-3rd) - \$160 per quarter**

(dance uniform package not included)

At PCA, dance is more than movement—it's an opportunity to worship, grow spiritually, and build confidence while honoring God through dance. Mrs. Janill Mateo is excited to lead your kids in dance this year! Mrs. Mateo brings passion, experience, and a heart for using dance as worship to PCA. Last year, the PCA Dance Team delivered powerful, unforgettable performances that left a lasting impression on our school community—and this year promises even more!

Dance Schedule:

Q1: Jazz & Ribbon Dancing and Solo Showcase Q2: Christmas Performance

Q3: Student Choreography Showcase Q4: Spring Musical & Year-End Showcase

Dance Team vs. Elective

- Dance Team: After-school group focused on school-wide performances and showcases.
- Elective: In-school class exploring dance history, expression, and various styles and learning techniques and dances.

For more information or questions, feel free to contact Mrs. Mateo at Janill.mateo06@gmail.com



Ballet

Ballet (K3/K4) - \$135 per quarter

Mrs. Laura Smalley is thrilled to introduce our ballet class, designed specifically for our preschoolers. Miss Laura, a lifelong ballerina with extensive performance and teaching experience, will lead this class.

This class will introduce your child to:

Playful movements and imagination play

Foundational Ballet techniques and skills

Creative expression and self-expression

Music awareness and rhythm exploration



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Keyboard
Classes**Music Keyboarding - \$155 per quarter**

Cory Smalley has been teaching music for five years. He began teaching at a music store in Boca Raton and progressed to private lessons. Mr. Smalley is PCA's music teacher. The goal of this class is to inspire and equip students to worship God through music. The class will focus on learning how to play the keyboard, read music, play chords, and play scales. There will be an opportunity to perform in front of their peers. A practice on-campus keyboard will be provided. For more information, please contact cory.smalley@ilovepca.com.



Cheerleading

Cheerios Cheerleading (K4-K5) - \$150 per quarter**Jr. Allstar's Cheer (1st-3rd) and Allstar's Cheer (4th-9th) - \$160 per quarter**

Mrs. Toombs will be coaching with Ms. Hannah. She has been coaching cheerleading for over 20 years, winning many competitions at all levels. This will be her 13th year coaching cheer at PCA. Ms. Hannah was a cheerleader for 13 years, including optimist, middle school, high school, and competitive level. As an all-star cheerleader, Hannah earned many state and national championship titles. She has also been coaching cheer at PCA for the last six years.

Together, they will teach the fundamentals of cheerleading, tumbling, stunting, dance, jumps, and teamwork skills. 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. Let's go!



Gymnastics

Preschool Gymnastics - \$135 per quarter

Preschool gymnastics for boys and girls. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree with a minor in history. Before 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 19 years and teaching preschool sports programs for 18 years.

The following skills will be taught:

Forward roll, backward roll, tripod stance, headstand, handstand, jumping, stretching, flexibility, strength, and balance.

The students will practice on a balance beam and use a mushroom mat and rings.



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**Fine Arts - \$150 per quarter**

Is your child a budding Picasso or a mini Da Vinci? Ms. Vargas's Fine Arts Program is the perfect place for kids from kindergarten to 5th grade to explore their artistic potential and let their imaginations soar!

Artistic Adventures Await!

From painting to pottery, art history to art theory, our program offers a diverse range of activities and training that cater to very young artists. With over 25 years of experience in the Fine Arts, Ms. Vargas is passionate about nurturing your child's creativity and skill in a fun, supportive environment.

Create and Grow!

Our program provides opportunities for display, exhibitions, and personal growth. Watch as your child's confidence blooms along with their artistic abilities. Our personalized approach ensures that every student gets the attention they need to thrive.

**Lacrosse - \$135 per quarter**

Lacrosse for boys and girls. Coach Jennifer Diaz graduated from Bryan College with a Physical Education degree with a minor in history. Before 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 19 years and teaching preschool sports programs for 17 years. Coach Jen has helped coach lacrosse with her sons for nine years and has even been an assistant coach at Archbishop High School.

Skills taught:

They will cradle, scoop, catch, shoot, ground balls, dodge, and pass. Other activities they will participate in are running and static stretching exercises. Once the students practice and learn the appropriate skills, practice games will begin.

We will not require any equipment.

**DJ Connection - \$150 per quarter**

The DJ Connection After-School Program offers a dynamic, faith-filled experience for young music enthusiasts. Under the leadership of Middle School Bible teacher Patrick Howell, students will explore the art of DJing, learning essential skills like mixing, beat matching, and music production while weaving in Christian values and uplifting messages.

Through hands-on sessions, participants will create original DJ sets designed to inspire, encourage, and glorify God. More than just a music program, The DJ Connection nurtures creativity, teamwork, and spiritual growth, empowering students to use music as a powerful tool for positive expression and faith-sharing. Join us for an exciting journey where beats meet purpose and faith fuels creativity!



ALL YEAR AROUND ATHLETICS



Cubs: Intro To Sports - \$135 per quarter

Grades K5 and 1-2. Cubs school sports programs emphasize developing athletic abilities through Christian character. Activities such as soccer, basketball, and flag football provide opportunities for children to learn teamwork, perseverance, and respect, all within a framework of biblical values. Coaches guide students with the principle of Colossians 3:23 in mind, "Whatever you do, work at it with all your heart, as working for the Lord, not for a human master." Through these programs, students will not only enhance their physical skills but also grow spiritually, building lasting friendships and a strong sense of community. The Cubs sports experience is designed to integrate faith and fitness, encouraging students to embody Christian virtues in every game and practice.



Coed Intramural Flag Football - \$150 per quarter

Grades 3-5. This program is designed to provide students with the opportunity to engage in a variety of activities, develop their physical skills, and learn the value of teamwork, all within a supportive and Christ-centered environment. Our goal is to encourage physical fitness, foster friendships, and instill biblical principles through sports.



Coed Intramural Volleyball - \$150 per quarter

Intramural Volleyball is for students who aren't on the school team but want to stay active, build skills, and enjoy the game in a Christ-centered environment. The program promotes teamwork, perseverance, and sportsmanship rooted in biblical values, while helping students grow in confidence and prepare for future tryouts.



FALL ATHLETICS



Elementary Boys Flag Football (3rd-5th) & Middle School Boys Flag Football (6th-8th) - \$210 per quarterquarter

The coaches will teach the athletes skills to help them succeed and compete in flag football, integrating faith and humility in both wins and losses.

The following skills will be taught:

- General Football Rules
- Offensive Alignments
- Defensive Alignments
- Offensive Plays
- Defensive Plays
- Route Running
- Catching
- Throwing
- Flag Pulling



Elementary Girls Volleyball (3rd-5th) & Middle School Girls Volleyball (6th-8th) - \$210 per quarter

The coaches will teach the athletes skills to help them succeed and compete in volleyball. They will also integrate faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



WINTER I ATHLETICS



Elementary Boys Soccer (3rd-5th) & Middle School Boys Soccer (6th-8th) - \$210 per quarter

The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Soccer Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)

Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



Elementary Girls Basketball (3rd-5th) & Middle School Girls Basketball (6th-8th) - \$210 per quarter

Grades 3-5. The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Basketball Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Layups, Jump Shots, 3-pointers, Free Throws)

Defense (Guarding, Steals, Blocks)



WINTER II ATHLETICS



Elementary Boys Basketball (3rd-5th) & Middle School Boys Basketball (6th-8th) - \$210 per quarter

The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Basketball Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Layups, Jump Shots, 3-pointers, Free Throws)

Defense (Guarding, Steals, Blocks)



Elementary Girls Soccer (3rd-5th) & Middle School Girls Soccer (6th-8th) - \$210 per quarter

The coaches will teach the athletes skills to help them succeed and compete in soccer, integrating faith and humility in both wins and losses. Teams will participate in League Play against other schools in the SSAL League.

The following skills will be taught:

General Soccer Rules

Offensive Plays and Rotations

Defensive Plays and Rotations

Dribbling

Passing

Shooting (Corner Kicks, Penalty Kick, Short Shots, Midrange Shots, Long Shots)

Defense (Marking Your Man, Standing Tackle, Slide Tackle, Goal Keeping)



SPRING ATHLETICS



Elementary Boys Volleyball (3rd-5th) & Middle School Girls Volleyball (6th-8th) - \$210 per quarter

The coaches will teach the athletes skills that will help them succeed and compete in volleyball, along with the integration of faith and humility in both wins and losses. Teams will be participating in League Play against other schools in the SSAL League.

The following skills will be taught:

- General Volleyball Rules
- Offensive Rotations
- Defensive Rotations
- Offensive Plays
- Defensive Plays
- Volleying
- Setting
- Digging
- Serving



Elementary Girls Flag Football (3rd-5th) & Middle School Girls Flag Football (6th-8th) - \$210 per quarter

The coaches will teach the athletes skills to help them succeed and compete in basketball, integrating faith and humility in both wins and losses. Teams will be participating in League Play against other schools in the SSAL League

The following skills will be taught:

- General Basketball Rules
- Offensive Plays and Rotations
- Defensive Plays and Rotations
- Dribbling
- Passing
- Shooting (Layups, Jump Shots, 3-pointers, Free Throws)
- Defense (Guarding, Steals, Blocks)

