



Shelter Rock Extended Extras Spring 2024

Classes begin the week of March 11, 2024!

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Classes 7:30AM - 8:20AM				
Art Hub Grades K-2, Room #5 Ms. Brady (\$15 extra fee)	Yoga and Meditation Grades 2-4, Room # Ms. Van Cott (\$15 extra fee) Legos Grades K-2, Room #5 Ms. Brady (\$15 extra fee) Intro to Sign Language Grades 2-5, Room # 14 Ms. Liotta Comic Writing: Grades 2-6, Room #46 Ms. Maione	Singing for Beginners Grades 1-4, Room #36 Mrs. Faltings Board Games: All Grades, Room #46 Ms. Maione Watercolors Grades 3-6, Room #11 Ms. Intrabartola (\$15 extra fee) Bucket Drumming Grades 3-4, Room #37 Mrs. Nargentino Legos Club Grades 2-5, Room #49 Mrs. Parisi - Ellis (\$15 extra fee)	Singing for Beginners Grades 1-4, Room #36 Mrs. Faltings Morning Sports Grades 4-6, Main Gym Coach Palama and Coach Ackerman Arts and Crafts Grades 1-3, Room #14 Ms. Liotta (\$15 extra fee) Spanish: All Grades, Room #46 Ms. Maione	Yoga and Gentle Movement Grades K-2, Room #5 Ms. Brady (\$15 extra fee)
Afternoon Classes 3:00PM - 3:50PM				
Mixed Media Arts: Grades 3-5, Room Ms. Mazarredo (\$15 extra fee)	Food Science: Grades 3-5, Room Ms. Mazarredo	Arts and Crafts: Grades 1-3, Room #14 Ms. Liotta (\$15 extra fee) International Passport: Grades 3-5, Room Ms. Mazarredo	Pottery: Grades 2-4, Room #20 Ms. Pleines Lego Club: Grades 1-4, Room Ms. Mazarredo	
CLASS DATES: 3/11,3/18,3/25,4/1 4/8,4/15,5/6,5/13 *No class 4/22, 4/29	CLASS DATES: 3/12,3/19,3/26,4/2 4/9,4/16,5/7,5/14 *No class 4/23, 4/30	CLASS DATES: 3/13,3/20,3/27,4/3 4/10,4,17,5/1,5/8 * No class 4/24	CLASS DATES: 3/14,3/21,4/4,4/11 4/18,5/2,5/9,5/16 *No class 3/28, 4/25	CLASS DATES: 3/15,3/22, 4/5, 4/12 4/19,5/3,5/10,5/17 *No class 3/29, 4/28

- **Registration:**
 - Please use the link provided online registration. Last day to register will be March 1st, 2024
 - <https://shelter-rock-extended-extras-26939.cheddarup.com>
 - Registrations are accepted on a first come, first served basis. You will be notified of your class selection via email.
 - We reserve the right to cancel classes due to lack of enrollment.
 - Students may enroll in more than one class.

- **Class Fee:**
 - Each class is **\$150 for the 8-week session**, unless otherwise noted.
 - **Please note that refunds will not be issued for unexpected conflicts after two sessions of a course have been held.**

- **Class Logistics:**
 - **AM Classes:** There is no early morning bus and no late bus available. Students are to be dropped at 7:30AM.
 - When entering the school grounds, please only use the designated driveways/roadway. Please do not cut across designated parking spaces with your vehicle.
 - **PM Classes: Please make sure to pick up your child promptly at 3:50 from the security entrance.**
 - Make-up classes will be scheduled in the event the teacher has a conflict.

CLASS DESCRIPTIONS

Art Hub - Grades K- 2, Ms. Brady (class size limit 15), Room #5

Learn the basics of how to draw step by step. Students will sketch and draw different themed pictures. *\$15 supply fee*

Yoga and Movement - Grades 2-4, Ms. Van Cott,

What a great way to begin your day!!!! Before the hectic day begins, your child will have time to practice yoga and mindfulness activities while experiencing how their breath and body move together. Students will be able to carry these techniques with them throughout their day. We will also complete a few mindfulness arts and crafts activities. Namaste!.
\$15 supply fee

Legos - Grades K- 2, Ms. Brady (class size limit 15), Room #5

Come create with Legos! Students will build and create with Legos. Students will be encouraged to tap into their creativity, work in teams, and problem solve. *\$15 supply fee*

Intro to Sign Language - Grades 2-5, Ms. Liotta, Room #14

Want to learn Sign Language? This will be a fun and engaging class for students to learn how to communicate in Sign Language. NO previous knowledge necessary! Students will learn the basics of how to communicate in Sign Language while having fun.

Comic Writing – Grades 3-6, Ms. Maione, Room #14

Do you like to read graphic novels and comics? Have you ever wondered how to write one? Students will plan, draft, revise, and publish a comic chapter book. They will be able to choose to create their books electronically or on paper.

Singing for Beginners– Grades 1-4, Mrs. Faltings, Room #36

Does your child love to sing? This is a wonderful opportunity for students to improve their singing skills through posture development, breath management, vocal tone, diction and expression. Students will also learn about the solfege scale and how to sight-read music. By the end of this class students will know how to perform a solo piece of music using the techniques listed above.

Board Games– K-6, Ms. Maione, Room #14

Research shows that there are many benefits to playing board games. It fosters relationships, improves brain functions, increases happiness, and enhances creativity and self-confidence. Students can bring in any board games they have at home and choose from a variety of games available to play and make new friends.

WaterColors – Grades 3-6, Ms. Intrabartola (class size limit 15), Room #11

In this course, artists will be introduced to the beginning basics of watercolor by exploring a variety of techniques. Come paint with Mrs. Intrabartola in a relaxed, supportive, and fun learning environment! We will be working on different projects to capture interest for both new and previously enrolled student *\$15 supply fee*

Bucket Drumming – Grades 3-4 , Ms. Nargentino, Room #37

Embark on a rhythmic adventure with our dynamic bucket drumming course designed for 3rd and 4th graders! Dive into the world of percussion and explore funky grooves and catchy cadences. Through interactive lessons and hands-on activities, and improvisation students will learn the basics of bucket drumming while discovering their own unique style. Join Ms. Nargentino for a fun-filled journey of music, teamwork, and creativity! (bucket drums and sticks will be provided)"

Lego Club – Grades 2-5, Ms. Parisi (class size limit 15) Room #49

Come create with Legos! We will build independently and in teams collaborating to solve a specific task with Legos based on various themes. Each task has different constraints like time and number of pieces.

Students will be encouraged to tap into their creativity, work in teams, and problem solve. *\$15 supply fee*

Morning Sports – Grades 4-6, Coach Palma and Coach Ackerman, Main Gym

Start your morning off with some action with our gym coaches! In this program students will explore new activities while building on and reinforcing prior psychomotor, emotional and social skills. They will participate in small and large group activities as well as individual challenges

Arts and Crafts– Grades 1-3, Ms. Liotta, Room #14

Get excited for fall with some adorable spring crafts! This program is a fun way for students to dive into hands-on activities and show off their creative sides. We will do an array of different projects and students will be able to interact with their new friends while using their creativity. *\$15 supply fee*

Spanish – Grades K- 6, Ms. Maione, Room #46

Want to learn Spanish? This will be a fun and engaging class for students to learn how to communicate in Spanish. NO previous knowledge necessary! Students will learn the basics of how to communicate in Spanish while having fun. They will learn about different Spanish speaking cultures around the world too!

Yoga and Movement – Grades 2-4, Ms. Brady, Room #5

This class will teach skills to help children slow down as they start their day! Learn the arts of yoga and movement. Stretch your mind and body by listening to music, quotes and meditation. *\$15 supply fee*

Mixed Media Art – Grades 3-5, Ms. Mazarredo

Get your creative juices flowing at our Mixed Media Arts Club! Students will be supported as they develop their own unique artistic vision. Mixed media will include watercolors, pastels, collage, clay and colored pencils to explore different forms of art. Each week will showcase a different artist and artistic style. Students will create their own masterpieces to share with family and friends. *\$15 supply fee*

Food Science – Grades 3-5, Ms. Mazarredo

Why do cranberries float? Why does fruit turn brown? Can we grow rock candy crystals? Answer these and other curious food questions when you join our Food Science Club. Each week we will explore, dissect, experiment and investigate the foods we eat. Put on your scientist hat and take part in all the fun STEM activities planned.

(Although there is no cooking or eating in this class, we ask that you still inform us of any food contact allergies)

Pottery- Grades 2-4, Ms. Pleines (class size limit 10) , Room #20

The instructor will guide students through exercises in different hand-building techniques such as pinching, coiling, slab-building, and carving — as well as assisting students in developing projects of their own. If you're interested in learning pottery, but aren't sure where to start, join this ceramics class. Hand-building is a great technique for beginners to advanced potters. With hand-building, all you need is your hands and clay, so you can give pottery a try without a huge commitment. Your instructor will take you step by step through basic hand-building techniques and soon you'll have beautiful handmade ceramics to show off.

Lego Club – Grades 1-4, Ms. Mazarredo

Calling all Lego enthusiasts! Come join Lego Club and let your imagination flow! We'll supply the Legos, you bring the creativity. Join us for weekly challenges, free build, teamwork and fun! Strengthen problem solving and critical thinking skills. Beginners to aficionados welcome. A new display piece will be shared each week for students to observe.

MANHASSET SCHOOL COMMUNITY ASSOCIATION

WAIVER AND RELEASE OF LIABILITY

In consideration of the risk of injury while participating in the Manhasset School Community Association ("SCA") Extended Extras (the "Activity"), and as consideration for the right to participate in the Activity, I hereby, for myself, my heirs, executors, administrators, assigns, or personal representatives, knowingly and voluntarily enter into this waiver and release of liability and hereby waive any and all rights, claims or causes of action of any kind whatsoever arising out of my participation in the Activity, and do hereby release and forever discharge the SCA, located at PO Box 33, Manhasset, New York 11030, their affiliates, managers, members, agents, attorneys, staff, volunteers, heirs, representatives, predecessors, successors and assigns, for any physical or psychological injury, including but not limited to illness, paralysis, death, damages, economical or emotional loss, that I may suffer as a direct result of my participation in the aforementioned Activity, including traveling to and from an event related to this Activity.

I AM VOLUNTARILY PARTICIPATING IN THE AFOREMENTIONED ACTIVITY AND I AM PARTICIPATING IN THE ACTIVITY ENTIRELY AT MY OWN RISK. I AM AWARE OF THE RISKS ASSOCIATED WITH TRAVELING TO AND FROM AS WELL AS PARTICIPATING IN THIS ACTIVITY, WHICH MAY INCLUDE, BUT ARE NOT LIMITED TO, PHYSICAL OR PSYCHOLOGICAL INJURY, PAIN, SUFFERING, ILLNESS (INCLUDING, BUT NOT LIMITED TO, CONTRACTING COVID-19 OR ANY OTHER COMMUNICABLE DISEASE OR VIRUS), DISFIGUREMENT, TEMPORARY OR PERMANENT DISABILITY (INCLUDING PARALYSIS), ECONOMIC OR EMOTIONAL LOSS, AND DEATH. I UNDERSTAND THAT THESE INJURIES OR OUTCOMES MAY ARISE FROM MY OWN OR OTHERS' NEGLIGENCE, CONDITIONS RELATED TO TRAVEL, OR THE CONDITION OF THE ACTIVITY LOCATION(S). NONETHELESS, I ASSUME ALL RELATED RISKS, BOTH KNOWN OR UNKNOWN TO ME, OF MY PARTICIPATION IN THIS ACTIVITY, INCLUDING TRAVEL TO, FROM AND DURING THIS ACTIVITY.

I agree to indemnify and hold harmless the SCA and their directors, officers, volunteers, representatives and agents from and against any and all claims, suits or actions of any kind whatsoever for liability, loss, damages, compensation or otherwise brought by me or anyone on my behalf, including attorney's fees and any related costs, if litigation arises pursuant to any claims made by me or by anyone else acting on my behalf. If the SCA incurs any of these types of expenses, I agree to reimburse the SCA. I acknowledge that the SCA and their directors, officers, volunteers, representatives and agents are not responsible for errors, omissions, acts or failures to act of any party or entity conducting a specific event or activity on behalf of the SCA. I agree that this obligation to indemnify and hold harmless the SCA shall survive after the end of the Activity.

I ACKNOWLEDGE THAT THIS ACTIVITY MAY INVOLVE A TEST OF A PERSON'S PHYSICAL AND MENTAL LIMITS AND MAY CARRY WITH IT THE POTENTIAL FOR DEATH, SERIOUS INJURY, AND PROPERTY LOSS. The risks may include, but are not limited to, those caused by terrain, facilities, temperature, weather, lack of hydration, condition of participants, equipment, vehicular traffic and actions of others, including but not limited to, participants, volunteers, spectators, coaches, event officials and event monitors, and/or producers of the event.

I ACKNOWLEDGE THAT I HAVE CAREFULLY READ THIS "WAIVER AND RELEASE" AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. I EXPRESSLY AGREE TO RELEASE AND DISCHARGE THE SCA AND ALL OF ITS AFFILIATES, MANAGERS, MEMBERS, AGENTS, ATTORNEYS, STAFF, VOLUNTEERS, HEIRS, REPRESENTATIVES, PREDECESSORS, SUCCESSORS AND ASSIGNS, FROM ANY AND ALL CLAIMS OR CAUSES OF ACTION AND I AGREE TO VOLUNTARILY GIVE UP OR WAIVE ANY RIGHT THAT I OTHERWISE HAVE TO BRING A LEGAL ACTION AGAINST THE SCA FOR PERSONAL INJURY OR PROPERTY DAMAGE.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of the SCA, its agents, and employees.

In the event that I should require medical care or treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

Allergies: The SCA is not responsible for any reactions, illness, injury, or other loss suffered or caused for known or unknown allergies. By signing below, you acknowledge that you have read and understand this statement and exclude the SCA from any liability.

In the event that any damage to equipment or facilities occurs as a result of my or my family's willful actions, neglect or recklessness, I acknowledge and agree to be held liable for any and all costs associated with any actions of neglect or recklessness.

This Agreement was entered into at arm's-length, without duress or coercion, and is to be interpreted as an agreement between two parties of equal bargaining strength. Both the Participant and the SCA agree that this Agreement is clear and unambiguous as to its terms, and that no other evidence will be used or admitted to alter or explain the terms of this Agreement, but that it will be interpreted based on the language in accordance with the purposes for which it is entered into.

In the event that any provision contained within this Waiver and Release of Liability shall be deemed to be severable or invalid, or if any term, condition, phrase or portion of this agreement shall be determined to be unlawful or otherwise unenforceable, the remainder of this

agreement shall remain in full force and effect, so long as the clause severed does not affect the intent of the parties. If a court should find that any provision of this agreement to be invalid or unenforceable, but that by limiting said provision it would become valid and enforceable, then said provision shall be deemed to be written, construed and enforced as so limited.

COVID-19 SAFETY PROTOCOLS: I HEREBY AGREE TO COMPLY WITH THE SCA'S STATED COVID-19 SAFETY PROTOCOLS, ALONG WITH THE APPLICABLE CDC COVID-19 GUIDELINES ADOPTED IN NEW YORK STATE, WHILE PARTICIPATING IN THE ACTIVITY. I UNDERSTAND THAT MY CONTINUED PARTICIPATION IN THE ACTIVITY IS CONDITIONED UPON MY COMPLIANCE WITH THE SCA'S STATED COVID-19 SAFETY PROTOCOLS AND ANY APPLICABLE CDC COVID-19 GUIDELINES ADOPTED IN NEW YORK STATE. I hereby acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing. I further acknowledge that the SCA has put in place preventative measures to try to reduce the spread of the Coronavirus/COVID-19. However, I further acknowledge that the SCA cannot, and does not, guarantee that I will not become infected with the Coronavirus/COVID-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, teachers and school staff and their families. I am voluntarily participating in the Activity and acknowledge that by doing so I am increasing my risk of exposure to the Coronavirus/COVID-19. I acknowledge that I must comply with all of the SCA's stated COVID-19 safety protocols to reduce the spread while participating in the Activity. I hereby attest that: (1) I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell; (2) I have not traveled internationally within the last 14 days; (3) I have not traveled to a highly impacted area within the United States of America in the last 14 days; (4) I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19; (5) I have not been diagnosed with Coronavirus/COVID-19 and not yet cleared as non-contagious by state or local public health authorities; and (6) I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19. I hereby release and agree to hold the SCA and its directors, officers, volunteers, representatives and agents harmless from, and waive on behalf of myself, my heirs, and any personal representatives any and all causes of action, claims, demands, damages, costs, expenses and compensation for damage or loss to myself and/or property that may be caused by or due to the Coronavirus/COVID-19. I understand that this release discharges SCA and its directors, officers, volunteers, representatives and agents from any liability or claim that I, my heirs, or any personal representatives may have against the SCA with respect to any bodily injury, illness, death, medical treatment, or property damage that may arise from, or in connection to, the Coronavirus/COVID-19. This liability waiver and release extends to the SCA together with its directors, officers, volunteers, representatives and agents, and shall survive after the end of the Activity.

I, the undersigned participant, affirm that I am of the age of 18 years or older, and that I am freely signing this agreement. I certify that I have read this agreement, that I fully understand its content and that this release cannot be modified orally. I am aware that this is a release of liability and a contract and that I am signing it of my own free will.

PARENT / GUARDIAN WAIVER FOR MINOR

In the event that the participant is under the age of consent (18 years of age), then this release must be signed by a parent or guardian, as follows: I hereby certify that I am the parent or guardian of _____, named above, and do hereby give my consent without reservation to the foregoing on behalf of this individual.

Parent/Guardian

Signature:

Date:

Name/Relationship to Minor: