



CBA After School Program Starts Monday Sept 26!

Runs Monday – Thursday

Student Pickup is 4:55-5:00 PM Sharp.

*5:15 PM is considered late.

Extracurricular Activities / Home Work Club Monday and Wednesday

Afternoon Healthy Snack provided by CBA

Performing Arts (Dance, Drama, Art) & other Clubs

Sept 26-Sept 29: Practice for the Sept 30th Thematic Assembly

October 3rd onwards:

Mondays:

Option 1: Performing Arts (Dance, Drama, Art)

Option 2: STEAM (an approach to learning that uses Science, Technology, Engineering, the Arts and Mathematics)

Wednesdays:

Option 1: Basket Ball

Option 2: Board games & Playing Cards

HWC (Home Work Club)

Supervised independent homework time



Tuesday & Thursday

Afternoon Healthy Snack provided by CBA

CBA Martial Arts Club

***Kempo Karate (fusion of Karate, Kickboxing, Chinese animal kung fu, Jujitsu self-defense):**

- Character Building chat (sometimes Street Smarts discussions)
- Warmup
- Karate basics (stationary punch / kick / strikes – then moving)
- Kick Boxing & Chinese animal kung fu
- Karate partner drills (punch / kick / strikes) – moving and stationary
- Karate kata & Chinese animal forms / patterns
- Conditioning & agility drills or station punch / kick / strike drills
- sometimes: self-defense (grab and release) with partners, how to fall (break falls)
- Warm down followed by guided meditation / visualization

*(Sensei Martin, the CBA Principal has designed and leads this program with Sensei Feni, from the CBA Summer Camp program!)

Sensei Martin will be presenting the students with a karate their own belt!

Friday

No Afterschool Program: Students and Staff leave early

Student Pickup is 2:00 PM Sharp.

***2:15 PM is considered late.**