



LAEF



LOS ALAMITOS EDUCATION FOUNDATION After-School Enrichment Classes at Oak

Spring 2017: January 23 – May 26 unless otherwise noted

Credentialed/highly-qualified teachers teach all classes! Classes start on Jan. 23. Visit www.LAEF4Kids.org/programs to register. Teacher bios can be found at www.LAEF4Kids.org/afterschool. *After Jan. 17 the fee will increase by \$15.*

Class:	Teacher:	Day:	No Class Days:	Time:	Fee:
Intro to Spanish 1	Silvia Chavez	Monday	2/20 & 4/17	3:05-4:05	\$195
Robotics	Morgan Martin	Tuesday	4/11 & 4/18	3:05-4:35	\$99
Girls Self Defense	Andrea Solow	Thursday	4/13 & 4/20	3:05-4:10	\$195
Yoga	Meet Sidhu	Friday	1/27, 3/3, 4/14, 4/21	3:10-4:10	\$195

Robotics

This class provides students with engaging hands-on explorations of computer science, technology, engineering and mathematical fields through the use of robots. Students will build and program real-life robotic solutions using motors, sensors, batteries, connectors, and various structural elements. Through this engaging program, students will show creativity, use teamwork, and strengthen their skills in logic, math, problem solving, and deduction.



Intro to Spanish 1

Immerse yourself in the Spanish language. Get a jumpstart on Spanish 1! Instructional focus is on building Spanish vocabulary, conversational dialogue and cultural awareness. We're going to be learning the basics and fundamentals of the Spanish language. **Mrs. Chavez is a Spanish teacher at Los Al High School!**



Girls Self Defense

Kenpo Karate with an emphasis on practical self-defense for girls as well as empowerment.

Yoga

Preparing students for a future of mindfulness – In this class students will learn to practice effectively common yogic postures like Cobra, Warrior and Bridge pose which will improve and enhance their physical strength, flexibility and self-body image. Breathing techniques like Natural and Yogic breathing will be practiced to improve concentration and awareness. Visualization and relaxation techniques will allow them to stay calm and mindful. Integrating these practices in daily life will reduce adolescent emotional distress and anxiety and positively help to manage exam stress and peer pressure.

