



# LAEF



## LOS ALAMITOS EDUCATION FOUNDATION

### Enrichment Classes at McAuliffe

Fall 2018

Credentialed/highly-qualified instructors teach all classes!

Visit [www.LAEF4Kids.org/programs](http://www.LAEF4Kids.org/programs) to register.

Class Descriptions, Teacher bios and no class dates can be found at

[www.LAEF4Kids.org/afterschool](http://www.LAEF4Kids.org/afterschool).

Day:	Grade:	Dates:	Time:	Class:	Teacher:	Fee:
Daily	6th-8th	9/4-12/21	7:55 – 8:35 AM	LAEF Fit! Nutrition, Fitness, and Yoga	Courtney Curran	\$299
Wednesday	6th-8th	9/5-12/5	2:15 – 3:15 PM	Japanese	Kathy Brubacher	\$175
Wednesday	6th-8th	9/5-12/5	2:15 – 3:15 PM	Girls Self Defense	Andrea Solow	\$175
Friday	6th-8th	9/7-12/14	3:15 – 4:15 PM	Public Speaking	Dr. Weintraub	\$175

#### Public Speaking

Do you want to become a powerful public speaker before your peers? Public speaking is designed to teach presentation skills for informative, persuasive, debate, and impromptu styles of speech delivery. It will also focus on the written aspect of speech organization, as well as how to be confident and comfortable in front of an audience. Students will learn how to research, outline, and deliver short, informal presentations as well as longer speeches.



#### Girls Self Defense

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



#### LAEF Fit! Nutrition, Fitness, and Yoga

Students will be introduced to a variety of topics that affect their immediate and long-term health. We promote a healthy and active lifestyle through discussion, high-energy workouts, followed by a yoga cool-down at the end of each class, in order to allow students to easily transition to the start of their school day. We will be covering topics including diet, exercise, good hygiene, and accessible resources in the community.



#### Japanese

Students will gain exposure and introduction to the Japanese language and culture through reading, writing, listening, and engaging in well-chosen activities according to their developmental stages, which will provide a foundation for further study.