



LAEF



LOS ALAMITOS EDUCATION FOUNDATION

Enrichment Classes at McAuliffe

Spring 2020



Credentialed/highly-qualified instructors teach all classes!

Visit www.LAEF4Kids.org/programs to register.

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

www.LAEF4Kids.org/afterschool.

The class fee is \$175 until Jan. 15, and \$190 starting Jan. 16

| Day: | Grade: | Dates: | Time: | Class: | Teacher: |
|-----------|---------|-----------|----------------|-----------------------------|----------------|
| Tuesday | 6th-8th | 1/21-4/28 | 3:15 – 4:15 PM | The Truth about Your Voice | Baron Music |
| Wednesday | 6th-8th | 1/22-4/22 | 2:10 – 3:10 PM | Girls Self Defense | Andrea Solow |
| Wednesday | 6th-8th | 1/22-4/22 | 2:10 – 3:10 PM | A Cappella | David Anderson |
| Thursday | 6th-8th | 1/23-5/7 | 3:15 – 4:15 PM | Cooking – Food Exploration* | Noemi Robles |

A Cappella

Learn how to convert your favorite songs into a *cappella gold*! This is an a cappella program for youth - helping them find their voice and providing a creative outlet for vocally oriented musicians. Students will have the ability to vote on which songs the group will sing, learn how to increase their music literacy and to be able to professionally record the finished products!



Girls Self Defense

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



Cooking – Food Exploration* (Materials Fee = \$20)

Students will learn how to cook nutritious and flavorful foods using cultural-based recipes. The class exposes students to learn how specific food items are cooked in various ways. Students will explore how different cultures utilize commonly known foods to create distinct cultural recipes. The process includes teaching students how to use basic knife skills, how to properly measure ingredients, and how to cook those ingredients together to create the recipe of the day. The students will taste their creations at the end of class. Accommodations can always be made if a student has a food allergy.

The Truth about Your Voice (Vocal Workshop)

Find a powerful, lasting connection to your voice in this intensive workshop as we deep dive into alignment, vocal production, breathing, performance psychology, body mapping, vocal technique and much, much more, all in a supportive group setting. This is a hybrid course. Each week students will have the opportunity to work in class with a qualified professional vocal coach to integrate and apply concepts to their own body and voice. During the week students will continue to explore and learn with supplementary video lessons created by master teacher Crystal Barron. Students will sing in groups, duets and solos throughout the semester and integrate concepts learned in class to vocal performance.