

# Class Descriptions

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## **Singing**

Ms. Elizabeth Podsiadlo, the Opera Singing Chef, is teaching a singing class offered to all grade levels. For the past four years, she has directed a children's choir comprised of local Mira Mesa Children called, the River Rim Children's Choir, with which she has performed and produced recordings to raise money for charity. During this class, she will teach the children many songs that involve challenging rhythms and simple harmonies.



## **Theater**

Jennifer Kvalvic directs this course which offers an introduction to acting for students from all grade levels. Short comedic plays and theatre games allow students to nurture their creativity, improve their verbal skills, and bolster their self-confidence. The class will culminate in a fun, theatrical performance for family and friends.



## **Sports**

Chastain Faulk, one of Sandburg's physical education specialists, will teach this action packed class. In this active, fun-filled class, students will participate in variety of sports related activities. The class will be structured similar to a physical education class. This class is open to all students.



## **Self Defense**

This class is for all student grades 2 and up. Mrs. Patty Bertram will lead this class which offers students basic training in self defense techniques. Mrs. Bertram has a brown belt in Karate. This class is open to students in grades 2-5.



## **Fun and Fit**

This class will be taught by Mr. Bautista, American Council for Exercise Certified Personal Trainer. This class is an enrichment program to provide active engagement through strength and aerobic activities. The basic format of the class is exercise but presented in creative ways such as a timed circuit, obstacle course, etc. Children do enjoy exercise. Even a lot of the fun activities they do enjoy, they are unaware how much it resembles exercise.



## **Cheerleading**

Kamie Ledbetter of Charlene's Dance N Cheer After-School Enrichment Program will be instructing this fun, high-energy cheer/dance class! Kamie has been teaching cheerleading, dance, and gymnastics to children of all ages for several years in the after school setting. In this class, students will learn the fundamentals of cheerleading including stretches, jumps, kicks, arm motions, cheers/chants, voice projection, sideline dances, and beginner level stunts. Students will also learn a full cheer and dance routine which will be performed along with everything else they have worked on for families on the last day of the session!