



Judson After-School Activity Program

Promoting Outstanding Work, Education, Recreation

Winter Session January 15th – February 21st, 2008

The after-school POWER Program brings out the best in students through fun and challenging activities. Offered 3 days per week, the program includes opportunities for students to learn new skills like scrap booking, bead making, playing a competitive game of foosball, reading a favorite book, watching a fun movie with friends, or getting in better shape with our Judson Challenge or Speed and Agility class.

Field trips are offered in addition to the many classes.

For more information about the program or scholarships please contact:

Linda Adams – Coordinator, 503-399-3201 or adams_linda@salkeiz.k12.or.us

POWER starts Tuesday January 15th 2008

Tuesday, Wednesday and Thursday **2:50 pm – 4:00 pm**

Bus transportation provided to Pringle, Lee and Sumpter at 4:30 pm.

Cost: \$5.00 per class. \$5.00 per field trip.

Please be prompt in picking your student up and make transportation arrangements in advance.

Parents please put your initial on the line next to each class your student would like to participate in, sign the bottom with phone number.

Tuesday Activities

Judson Challenge! – Room 309

Did you see Shaq's Challenge over the summer and wish you could participate? Join Judson's Challenge! We will motivate each other to make positive changes in our food choices, and make our bodies stronger. The class will consist of healthy snacks, applying nutrition concepts at home, a weight and exercise diary, and a progressively longer walking routine. This will be a two day class Tuesday and Thursday. Bring pencil, comfortable clothing and walking shoes. Only \$5.00 for both days. **Limit 15 students**

Instructor: Mrs. Ehrheart

Pages and Pizza – Room 213

Bring your favorite book and we'll provide your favorite pizza! Come and enjoy reading a great book, have a fun discussion with friends and munch on delicious pizza.

Instructor: Mrs. Hill

Speed, Agility and Quickness – Auxiliary Gym

Students will work on all aspects of conditioning. You will be tested on various skills, speed and strength, then work to improve those skills over the next few weeks. This is a very physically demanding class, and students are expected to be in workout clothes each day. Come ready to work hard, and get faster and stronger. Students may want to bring their own water bottles, to replace the fluids they will lose from sweating so much. This would be a great class for those getting ready to come out for track or another spring sport. This is a two day class. Tuesday and Thursday for only 1 class price.

Instructors: Mrs. Hayward and Mr. Mahi

Dodge Ball – Gym

Get ready to rumble!!! Come and join us for a fast, competitive, and fun Dodge Ball experience. The object of the game is to eliminate the opposing team. Once you are eliminated you have to rely on your teammates to return to the game. If you enjoy playing dodge ball during lunch, this is the class for you. Bring it on!!!

Instructor: Mrs. Flager

Swimming at YMCA

YMCA will transport you to their pool to have free swim for about 1 hour, then the bus will bring you back to Judson to be picked up or ride the activity bus home. Please remember your swim suit, and towel each week. **Limit 25 students**

Wednesday Activities

Fooball – Room 406

Smack! Ting! Score! No spinning allowed. That's right foosball is back! If you think you can take on Judson's best players, bring it on. We will be having practice challenge rounds for singles and team players. Tournaments will be held every other week. The names of the winners in each category will be posted in the school announcements. There's a limited number of spaces so sign up fast. **Limit 20 students.**

Instructor: Mr. Perez

Beading and Jewelry Making – Room 212

Learn how to make earrings, necklaces and bracelets. What a great way to make your own fashion statements. Instructor: Mrs. Fenderson

Volleyball – Main Gym

It's your turn **6th graders**!! Now that the 7th and 8th graders season has ended it's your turn to play. Learn how to bump, set, spike, and serve. Besides developing your skills, we will be dividing into teams for some fun matches. This is open to both boys and girls, See you there! Instructor: Mrs. Flager

Movie Club – Room 203

Watch your favorite movies with your friends while munching on snacks.

G or PG movies will be shown. Instructor: Mrs. Williams

Non-Cooking Class – Room 309

Want to learn how to make your own snack, or even dinners without having to use the stove or oven? Come and have fun learning to make these no-cook meals. It is a great class for both girls and boys.

Fishing Class – Room 200

The Angler and Aquatic Education Program integrates education and recreation, introducing beginning anglers to fishing in a safe, fun and responsible manner. The program covers basic angling skills, angler ethics and responsibilities, aquatic resources, and water safety. We will be learning about equipment, casting methods, fish identification, water regulation, catch and release. **Limit 10 students.**

Instructor: Sam Caliva from Oregon Department of Fish and Wildlife

Thursday Activities

Judson Challenge Day 2 – Room 309

If you signed up for Tuesday's Challenge, this is the second day of your class. Only pay for one class.

Speed, Agility and Quickness Day 2 – Auxiliary Gym

If you signed up for Tuesday's class, this is the second day. Only pay for one class.

Trivia and Board games – Room 402

Are you a trivia master? Do you know lots about modern music, sports, television and movies? Come join your friends for some fun games of Scene It, Cranium Pop 5, Catch Phrase, Evolution and many more to chose from. We will have a great time competing for the title of Game Master each week. Hope to see you there. **Limit 20 Students**

Instructor: Mrs. Pierson

Math Rocks – Room – 204

Ever wanted to go beyond Math class? Ever wondered why? How? Or what? Come explore the wondrous world of Math that isn't always covered in class. Take part in math activities just because math is fun, exciting and not for the faint of heart. Math X-games. Compete against other schools in Pentagames. Remember Math is NOT a spectator sport. Instructor: Mr. Copeland

Fly Tying Class – Room 200

Like the challenge of Fly Fishing? Come and learn the art of Fly Tying. You will learn to make your own, take them home and next time you go fishing you will proud as you catch that big fish using the fly that you made. **Limit 8 students.**

Instructor: Sam Caliva from Oregon Department of Fish and Wildlife

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