



LÉMAN MANHATTAN PREPARATORY SCHOOL

LÉMAN PLUS AFTERSCHOOL PROGRAM

General Information

FIRST L+ SEMESTER: Monday, September 16, 2024 – Friday, January 31, 2025

SECOND L+ SEMESTER: Monday, February 3 – Friday, June 6, 2025

NOTE: There is no AfterSchool when Léman is closed for vacation, holidays, or conferences. There is also no AfterSchool on early dismissal days or the Friday heading into Spring Break.

Each day after school, K-5th grade students may participate in Léman Plus classes (L+). Enrollment must be done via [this online form](#).

THE LÉMAN PLUS DAILY SCHEDULE

At the end of each school day, students attending L+ are escorted to afterschool by Léman faculty. They will be given a snack, assemble with the L+ instructors, and then proceed to their L+ classes.

Each L+ day consists of two class sessions. Session A classes end at 4:30 pm; Session B classes end at 5:30 pm. Students may sign up for only Session A with dismissal at 4:30 pm or enroll for both Sessions A and B with dismissal at 5:30 pm. Students can take as few as one class each week or attend daily. Students taking both Session A and B classes on any given day will receive \$100 off the Session B class (excluding Léman Clubhouse). Each semester, L+ schedules change. You must re-enroll, even if you want the same classes each semester.

AFTERSCHOOL PROGRAM FOR CECE STUDENTS IN PK2, PK3, and PK4

Léman also offers an afterschool program exclusively for PK2, PK3 and PK4 students. These families receive separate information about enrollment in that program.

ATHLETICS OPTIONS FOR 5th Graders

Fifth graders can enroll for L+ classes. Additionally, in partnership with Léman's Athletics Department, there are 5th-6th athletics and aquatics classes. These sometimes follow a different schedule than L+ as they adhere to the Athletics program seasons. Enrollment is done through L+'s online form for these sports.

LÉMAN CONSERVATORY PRIVATE MUSIC LESSONS

Private music lessons are offered through the Léman Conservatory which is overseen by our Fine Arts Department. Families receive information separately from Léman's Fine Arts Department in August, and you can express interest in private lessons via [this form](#). Sometimes it is possible to start lessons later in the school year. L+ coordinates transitions/dismissal for Conservatory students in the Lower School. Please reach out to Ryan John at r.john@lemanmanhattan.org with any questions.

L+ DISMISSAL

Dismissal from L+ is from the Ballroom after Session A (occasionally we will need to dismiss from the Main Lobby). Parents and caregivers come to the Ballroom doors at 4:30 pm to pick up from Session A. Pickup from Session B is at 5:30 pm from the Main Lobby.

QUESTIONS or MORE INFORMATION:

Steve Levin, Director of After-School Programs: 332-220-2457 or s.levin@lemanmanhattan.org.

Léman Plus AfterSchool: Winter-Spring 2025

Weekly class schedule (Class descriptions on following pages)

SESSION A CLASSES (until 4:30 pm)	SESSION B CLASSES (until 5:30 pm)
<p style="text-align: center;"><u>Mondays</u></p> <ul style="list-style-type: none"> • Chess Club (K-1st) • Fitness, Focus & Fun with Zing! (K-1st) • Swimming (K-2nd) • Stop Motion Animation (2nd-5th) • Homework Club (2nd-5th) • CrossFit Wall Street (2nd-5th) • Newspaper (4th-5th) – Continues for first semester students 	<p style="text-align: center;"><u>Mondays</u></p> <ul style="list-style-type: none"> • Léman Clubhouse (K-5th) • Chess Club (1st-5th) • Arts Extravaganza (1st-5th)
<p style="text-align: center;"><u>Tuesdays</u></p> <ul style="list-style-type: none"> • Martial Arts (K-2nd) • Ocean Explorers (K-2nd) • Brooklyn Sewing Academy (2nd-5th) • Homework Club (2nd-5th) • STEAM LAB: Brain Games (2nd-5th) • Swimming Pre-Team (3rd-5th) • Let's Get Cooking! (3rd-5th) [new students only] • Multi-Sports (5th-6th) (until 5 pm) 	<p style="text-align: center;"><u>Tuesdays</u></p> <ul style="list-style-type: none"> • Léman Clubhouse (K-5th) • Martial Arts (1st-5th) • Lift Off: The Science of Flight (2nd-5th) • Brooklyn Sewing Academy (2nd-5th)
<p style="text-align: center;"><u>Wednesdays</u></p> <ul style="list-style-type: none"> • My First Invention & Craft Biz (K-2nd) • Swimming (K-2nd) • Spectacular Sculpture & 3D Art (K-3rd) • Slime Chemistry Lab (2nd-5th) • Homework Club (2nd-5th) • Pop Hits Chorus (2nd-5th) • Swim Team (5th-6th) (until 5 pm, ends May 30) 	<p style="text-align: center;"><u>Wednesdays</u></p> <ul style="list-style-type: none"> • Léman Clubhouse (K-5th) • Spectacular Sculpture & 3D Art (1st-5th) • Finance and Investing Club (3rd-5th)
<p style="text-align: center;"><u>Thursdays</u></p> <ul style="list-style-type: none"> • Tennis with Super Duper Tennis (K-1st) • Musical Theater: Willy Wonka! (K-2nd) • Architecture, Engineering, Math (K-2nd) • Creative Arts Open Studio (2nd-5th) • CrossFit Wall Street (2nd-5th) • Homework Club (2nd-5th) • Dungeons & Dragons (3rd-5th) • Agility, Fitness & Conditioning (5th-6th) (til 5 pm, starts April 3) 	<p style="text-align: center;"><u>Thursdays</u></p> <ul style="list-style-type: none"> • Léman Clubhouse (K-5th) • Tennis with Super Duper Tennis (1st-5th) • K-Pop Dance Style (1st-5th) • Architecture, Engineering, Math (3rd-5th)
<p style="text-align: center;"><u>Fridays</u></p> <ul style="list-style-type: none"> • Soccer with Born Kickers (K-2nd) • Splat Lab (K-2nd) • Special Effects Moviemaking with CinemaKidz (2nd-5th) • Swim Team (5th-6th) (until 5 pm, ends May 30) 	<p style="text-align: center;"><u>Fridays</u></p> <ul style="list-style-type: none"> • Léman Clubhouse (K-5th)

5th-6th Grade Sports: Run until 5:00 pm (see info on last page)

- **Wednesdays & Fridays: Swim at Upper School (September 18-May 30)**
(You can enroll for Wednesdays, Fridays, or both. Mid-year enrollment is allowed. Contact Steve Levin if interested)
- **Tuesdays Multi-Sports (February 4 – June 3)**
- **Thursdays Agility, Fitness, and Conditioning (April 3-June 5)**

L+ AFTERSCHOOL COURSE DESCRIPTIONS (listed in Alphabetical order)

NOTE: Session B classes (except Clubhouse) will be discounted by \$100 if taking two classes on the same day.

Architecture, Engineering, Math with Kids in Design (K-2nd Thurs Session A; 3rd-5th Thurs Session B) \$695

We are welcoming new and continuing students into our classroom as we are fostering the inventive and imaginative thinking that produces remarkable engineers, mathematicians, and inventors. This course teaches critical skills and thinking in a cross-disciplinary spirit. We introduce students to a variety of overlapping ideas in architecture, engineering, and math. Each concept is presented via a hands-on project. The course fosters the ability to recognize complex mathematical patterns and creatively solve challenging real-world problems. Projects include recreating famous structures like the Pyramid of Giza or the Tower of Pisa, and also learning how skyscrapers can be so tall!

Arts Extravaganza with Ms. Hansen (1st-5th Monday Session B) \$695

Welcome to the 8th floor Art Room where students engage in crafts, painting, clay, collage, and other means of creativity. Inspired by looking at the works of artists from around the world and various time periods, students will gain a new appreciation for visual arts and get to explore their own creative side with a multitude of art projects.

Brooklyn Sewing Academy (2nd-5th Tuesday Session A; Tuesday Session B) \$695

Back by popular demand! Want to design and stitch your own clothing or bag? The Brooklyn Sewing Academy combines mindfulness and sewing to explore decision making, foster creativity, and build sewing technical abilities. You can create hand-sewn button pouches, pajama pants, pencil cases, tote bags, pillowcases, stuffed animals, and more! Fashion and fun are in store in this sophisticated and artistic L+ class.

Chess Club with Mr. Lenny (K-1st Monday Session A; 1st-5th Monday Session B) \$695

Children receive instruction and supervised game play from Mr. Lenny, a skilled chess master who has taught students at every level. Instruction will include piece movement, pawn promotion, castling, basic opening strategies, basic checkmate patterns, master games analysis, and basic tactics (pins, forks, discoveries). Mr. Lenny will stress good sportsmanship as well as respect for the game and other players.

Creative Arts Open Studio with Ms. Hansen (2nd-5th Thursday Session A) \$695

Artistic expression is the name of the game in this class, as students will choose their own materials under the guidance of Ms. Hansen. The Art Room becomes each student's own studio as they engage in work of their choosing: painting, drawing, collage, sculpture, scrapbook... you name it! If you can imagine it, you can create it! Partner collaborations will also be an option for those interested in working with a friend.

CrossFit Wall Street (2nd-5th Monday Session A; Thursday Session A) \$695

Back by popular demand! Piloted at Camp Léman in 2018 and added to L+ soon after, this engaging fast-paced workout class gets older students moving at a gym just one block from Léman and has become a favorite of L+ and Camp Léman. Led by a professional trainer, participants will learn effective, age-appropriate exercises to help stay fit and healthy. Students are walked to and from the gym by a CrossFit staff member.

Dungeons & Dragons with Vineyard App Camp (3rd-5th; Thursday Session A) \$695

Have you ever wanted to play the globally popular game Dungeons and Dragons? Stretch your imagination telling stories with your friends? Build useful creative skills? What about play the game they enjoy in Stranger Things? Well, this is your chance! In this class, we'll be exploring collaborative storytelling through Dungeons and Dragons. Along the way, we'll develop social and emotional skills that will serve us well outside of the Role-Playing Game (RPG).

Finance and Investing Club with Spark Business Academy (3rd-5th Wednesday Session B) \$695

Learn how to manage your money in this program promoting essential life skills! Set your financial goals, develop a budget from scratch, shop for a credit card and calculate the monthly cost of your dream car. Students learn about FICO scores, taxes and the dangers of piling up debt. Students also learn to start investing at a young age! Build your own \$100,000 stock portfolio and trade stocks like Apple, Nike or Amazon with a cool investing simulation tool. This innovative experience empowers students with the tools and mindset to face financial and future investment decisions with confidence!

Fitness, Focus and Fun with Zing! (K-1st Monday Session A) \$695

After debuting at L+ this past spring and getting campers moving this summer at Camp Léman, a Zing coach will engage students and keep them fit in this action-packed and exhilarating fitness class. Through various warmups, exercises, and workout routines, young students will learn that staying fit can be fun!

Homework Club (2nd-5th Monday, Tuesday, Wednesday, or Thursday Session A) \$400

L+ staff ensure a quiet and conducive environment in which students can complete their homework. Students are expected to work independently and do their daily reading if they finish their written homework. Students must come prepared to focus on getting their homework completed so that all can enjoy some game time at the end of the hour!

K-Pop Dance Style with DramaZone (1st-5th Thursday Session B) \$695

This popular returning L+ class became an instant hit at L+ last year and is a favorite at Léman again this year! A cutting-edge K-Pop class with lots of great moves will get your whole body in motion. Learn favorite K-Pop style dancing based on the original choreography we all know and love. Starting with a proper studio warm up, students get right into the action, and they will choreograph numerous dances to perform at the end of the semester for families. There will be new songs and dances this semester, so returning and first-time participants are all welcome!

Léman Clubhouse (K-5th Monday-Friday Session B) \$350

Students enjoy games, books, art materials, block building, and other activities in a supervised room to end their day at school. Weather permitting, they may also enjoy play time on the rooftop.

Let's Get Cooking with Léman Café Chef (3rd-5th Tuesday Session A) \$695 (New students only)

NOTE: Due to popular demand, we are only allowing new students who were not enrolled for first semester this year.
Welcome to the Léman Café, the source of sweet aromas and delicious culinary creations. Students will work with Léman's culinary professionals on cooking both sweet and savory treats to enjoy each week. We will share the recipes so that they can make them at home, and perhaps add their own personal touch as they develop their own kitchen skills.

Lift Off! The Science of Flight with iCamp (2nd-5th Tuesday Session B) \$695

Welcome to the soaring world of flight and engineering! The wonders of aviation and the principles of engineering will surely thrill students whose favorite part of vacation is the flight there. In this course, students will embark on a journey through the history of flight, from the Wright brothers' first plane to modern-day spacecraft. Hands-on activities, including building and testing paper airplanes, will provide a fun and interactive way for students to grasp fundamental engineering concepts, fostering creativity and problem-solving skills. By the end of the course, these young aviation enthusiasts will soar with a newfound appreciation for the science and engineering behind the magic of flight!

Martial Arts with Mr. G (K-2nd Tuesday Session A; 1st-5th Tuesday Session B) \$695

In the modern world of phones and tablets, a refreshment of mind and body are necessary to maintain good health. This martial arts class provides that opportunity! Through cardio, strength training, boxing, and stretching, your child will have an action-packed experience to look forward to each week. Each class is formulated to bring out the absolute best qualities in your child. Learning self-defense maintains confidence, rigorous physical training teaches discipline, and the relationship between teacher and pupil instills them with eternal wisdom. These classes are the perfect balance between traditionalism and modernism, which will be FUN, but also a serious introduction to what it means to be a young martial artist. New and returning students are all encouraged to enroll!

Musical Theater: Willy Wonka! with DramaZone (K-2nd Thursday Session A) \$695

Come join Charlie, Violet, Veruca and the Oompa Loompas in this exciting and imaginary world about candy and all our possibilities. This fun class combines singing, dancing and acting in preparation for a show for family and friends! Children spend each class rehearsing while learning age-appropriate choreography, songs and a script. Group numbers are emphasized, and no experience is necessary. Come experience pure imagination!

My First Invention & Craft Biz (K-2nd) with Spark Business Academy (K-2nd Wednesday Session A) \$695

Young entrepreneurs will create handmade items to "sell" at their very own craft and invention fair! In this program, students will learn about fairs and the ingenuity and creativity of the small business entrepreneur. They will produce goods and learn to create appealing advertising and displays. Other related topics will be discussed such as counting currency, budgeting, profit margins, buying and selling and assessing the quality of goods.

Ocean Explorers with iCamp (K-2nd Tuesday Session A) \$695

Venture to the depths of the ocean without a submarine in this underwater science class, where young minds embark on an aquatic adventure of discovery! In this engaging learning environment, marine biologists delve into the wonders of the ocean, exploring marine life, ecosystems, and the secrets hidden beneath the waves. Through hands-on activities, captivating stories, and interactive experiments, these budding scientists not only learn about diverse sea creatures but also develop a deep appreciation for the importance of ocean conservation. With colorful displays and marine-themed crafts, this class creates a dynamic space where curiosity flourishes, and the mysteries of the ocean come to life.

Pop Hits Chorus (2nd-5th Wednesday Session A) \$695

Pop Hits Chorus is an opportunity for students to sing the songs that they know and love as part of a chorus. The class emphasizes collaboration and celebrates the joy that comes from making music as an ensemble. The class is intended for students with any levels of musical experience, with the intention that all students will gain musicianship, ear training skills and learn to sing both the melody and the harmony of different songs. Students will perform for their families at the end of the semester. New and returning students are encouraged to join!

Slime Chemistry Lab with iCamp (2nd-5th Wednesday Session A) \$695

Welcome to the weird world of slime in this chemistry-themed science class! In this exciting course, young scientists will delve into the fascinating properties of slime, discovering its stretchiness, gooey texture, and mesmerizing colors. Through hands-on experiments and playful activities, students will uncover the science behind slime, learning about polymers and the unique combination of ingredients that create this captivating substance. Get ready for a messy and memorable journey as we dive into the slime-filled wonders of chemistry and sensory exploration!

Soccer with Born Kickers (K-2nd Friday Session A) \$695

Born Kickers FC is again bringing the Kickers Soccer program to Léman after many years of coaching at Camp Léman and L+. The program focuses on basic skills with the ball, footwork, and physical agility. Players develop their game with the right balance between engagement and fun under the instruction of fantastic soccer coaches from around the world.

Special Effects Moviemaking with CinemaKidz (2nd-5th Friday Session A) \$695

Become a special effects pro with CinemaKidz! Learn how to create amazing visual effects, awesome make-up looks, prosthetics, props, and costumes to use in an original sci-fi, fantasy, or adventure film. Kids will get creative as they try their hand at various special effects techniques: building prosthetics and masks, combining claymation and live-action videos, experimenting with the potential of green screens, practicing various camera tricks, utilizing stock videos, video filters, and much more! Participants will learn how to make movies from start to finish as they plan, write, film, and edit one awesome SFX-inspired project, utilizing professional software for post-production.

Spectacular Sculpture & 3D Art with Ms. Hansen (K-3rd Wednesday Session A; 1st-5th Weds Session B) \$695

Students will have the opportunity to make amazing clay creations, cardboard constructions, and other mixed media projects in this hour of artistic expression! Using ceramic clay, students will be able to create pottery, animals, and much more. With cardboard and recycled products, they will design buildings, monsters, and more. Come let your creative juices flow in the art room with other artistic spirits.

Splat Lab (K-2nd Friday Session A) \$695

New class for 2025! Splat Lab is a unique and highly engaging class that mixes play, art, STEM, and creativity all into one magical experience. Each class offers 4 different stations every week. We always have cool new projects so kids will always have something new to look forward to! We open the session with a welcome circle before participants can move in and out of varied activity stations. The “main splat” stations include fun things like rainbow snow, splat silly puddy and moon sand. “Open Splats” include activities like spider puppets, dot snakes, magnetic rods and balls, and cup castles. We end with a closing circle to reflect on the fun and give shout-outs.

STEAM LAB: Brain Games (2nd-5th Tuesday Session A) \$695

Level up your mind with STEAMLab: Brain Games! Using brain teasers, classic games, puzzles, and STEAM-based projects, students will be stimulated and engaged, while improving their logical thinking, math, and deductive reasoning skills. Have fun, give your brain a workout, and engage in friendly competition among friends in this engaging new L+ class!

Stop Motion Animation with Ms. Hansen (2nd-5th Monday Session A) \$695

Young artists will learn how to make their very own claymation films! Students will work together to conceptualize stories and bring their characters to life. Artists will learn every step of the animation process, from character design to background to audio! The semester will culminate with their very own short film!

Swimming with Léman Aquatics (K-2nd Monday Session A; Wednesday Session A) \$695

Whether dealing with a child’s first experiences in the pool or teaching advanced stroke technique, we create aquatic classrooms where fear turns to joy, and a lifetime love of swimming is nurtured. Low teacher-to-student ratios ensure that each student will improve their skills with differentiated instruction.

Swimming Pre-Team with Léman Aquatics (3rd-5th Tuesday Session A) \$695

The Pre-Team is intended for skilled swimmers who are proficient at freestyle and backstroke, can swim 4 laps of freestyle, and are excited to practice and be part of a team-style practice. Lap swimming, advanced stroke technique, and racing skills are all a part of the pre-team practices that will be led by Léman's Aquatic Staff. This serves as an excellent prep for our Upper School swim teams! 5th graders are also eligible to join the 5th-6th swim team which practices year-long on Wednesdays and Fridays.

Tennis with Super Duper Tennis (K-1st Thursday Session A; 1st-5th Thursday Session B) \$695

The Broad Street Gym is converted into tennis courts with popup nets to teach the skills and fundamentals of tennis to Léman's lucky students! Tennis is a lifelong sport that is great exercise and develops hand-eye coordination that is sure to engage our students. Low ratios will ensure differentiated instruction, and all equipment will be provided. Take a swing; this class is a sure winner!

Sports Classes for 5th-6th Grades (until 5:00 pm)

In partnership with Léman's Athletics Department, L+ offers sports classes for 5th and 6th graders to help prepare students for Léman's Athletics Teams which start in 7th grade. Participants enjoy instruction and friendly scrimmages against their Léman peers. Gym sports (volleyball, futsal, basketball, multi-sports) are held at 41 Broad Street with dismissal from the Broad Street Lobby at 5:00 pm. Swim Team (which lasts the full year) is at 25 Greenwich Street (the Upper School Pool) on Wednesdays and Fridays with pick up at 5:00 pm from the 25 Greenwich entrance.

Agility, Fitness, and Conditioning (5th-6th Thursday until 5:00 pm, starting April 3) \$495

Positive work habits are one key to success in all sports. We will work on proper techniques for warming up and stretching, do agility and quickness exercises, and learn about other keys to success in sports. We will go outside to Battery Park for sprints and occasional longer runs as we work on strength, conditioning, and cardio.

Multi-Sports with Coach Nobles (5th-6th Tuesday until 5 pm) \$695

This class will rotate through a number of different sports and activities over the course of the semester. Indoor Soccer (Futsal), Basketball, Volleyball, Kickball, Cooperative Games, and more will be played. Fundamentals and sportsmanship will be emphasized, and players of all levels are encouraged to participate.

Swimming Team (5th-6th Wednesday and/or Friday until 5 pm) \$895 (\$595 one day)

Although this 5th-6th swim team is a year-long program, we now invite students to join for the second half of the year. (Those already enrolled should NOT register again). Swimmers can attend all Wednesday practices, all Friday practices, or both days. Stroke technique, starts, flip turns, and general endurance training are the focus. This will prepare students to join Léman's competitive swim team starting in 7th grade. Note: This is held at the Upper School Pool at 25 Greenwich Street. 5th graders will be escorted to Upper School at the end of the school day, and they must be picked up from 25 Greenwich Street at 5:00 pm. *Ends on May 30.*



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Each student, future prepared.