

# NFSSE FALL 2020 CLUBS - sign up on [MySchoolBucks: Friday, 9/18 @ 12 PM](#)

The cost of each club session is \$100. **All clubs have limited space and are available on a first come, first serve basis.**

All clubs end at 4:45pm and students must be picked up at this time. Please arrange JTA pick-up no later than 5:00pm, if applicable.

Elementary clubs will be capped at 6 students. All other clubs will have a 10-12 student maximum.

	CLUB	DESCRIPTION	GRADEBAND*	TEACHER
<b>TUESDAY</b> [Oct. 6, 13, 20, 27; Nov. 3, 10, 17; Dec. 1, 8, 15]	<b>Art</b>	Students will get the opportunity to explore various types of media. This will include drawing, painting, sculpture, mixed media and more!	Intermediate	Haley Moran
	<b>FitClub</b>	We will pump you up! Students will work out focusing on endurance, strengthening, and conditioning using state of the art equipment, while having fun!	Intermediate	Angela Fountain
	<b>Cardio Drumming</b>	Students will use drumsticks in a cardio-based drumming program that combines physical activity with brain fitness.	Intermediate	Roberta Cooley
	<b>Virtual 5K</b>	Students will train for a virtual 5k. This club is open to walkers and all running ability levels. (*does not include race fee)	Secondary/Transition/Postgrads	Blair Putz
	<b>Yoga</b>	Students will practice moving their bodies with intentional purpose and learn basic yoga poses that increase flexibility, strength, and deep breathing.	Secondary/Transition/Postgrads	Michelle Onorato
	<b>Karaoke</b>	Come sing your hearts out! Students will take turns choosing and singing and dancing to their favorite songs.	Secondary/Transition/Postgrads	Ingrid Fabianova
	<b>Music Technology</b>	Students will learn about equipment for live performances as well as software and production techniques for studio production.	Secondary/Transition/Postgrads	Ciaran Sontag
	<b>THURSDAY</b> [Oct. 8, 15, 22, 29; Nov. 5, 12, 19; Dec. 3, 10, 17]	<b>Cardio Drumming</b>	Students will use drumsticks in a cardio-based drumming program that combines physical activity with brain fitness.	Elementary 3/4 + Elementary 5
<b>Karaoke</b>		Come sing your hearts out! Students will take turns choosing and singing and dancing to their favorite songs.	Intermediate	Haley Moran
<b>Group Games</b>		Students will play different group games such as kickball, dodgeball, etc. Playing groups games will help students practice sportsmanship and social interactions.	Intermediate	Amy Hunt
<b>Bible Study</b>		Students will dive into a weekly bible study and enjoy fellowship with others.	Secondary/Transition/Postgrads	Christy Iglesias
<b>Dance</b>		Come get your groove on! Students will learn routines set to trendy music & explore free dance. Students will also explore different genres that correspond to their interests.	Secondary/Transition/Postgrads	Ingrid Fabianova
<b>FitClub</b>		We will pump you up! Students will work out focusing on endurance, strengthening, and conditioning using state of the art equipment, while having fun!	Secondary/Transition/Postgrads	Angela Fountain

**\*Please register for clubs ONLY designated for your student's Gradeband. We are minimizing exposure across buildings.\***

Club Contact – Rina Park

[rpark@northfloridaschool.org](mailto:rpark@northfloridaschool.org)