



**CARTOONING    Grades 2–5    10 classes    \$175.00**

Learn to draw your favorite cartoon characters, such as Spider-man, Cat-woman, Batman, Ironman, Manga, or your own originals! Learn the fundamentals of how to take the ideas in your head and get them on to paper. You will give your characters a starring role in their own comic strips and have a colorful portfolio to take home at the end of the session! **Price includes a materials fee.**

**CERAMICS 1**

**Grades K–3**

**10 classes**

**\$175.00**

**CERAMICS 2**

**Grades 4–8**

**10 classes**

**\$175.00**

Create your own projects to keep as keepsakes or give away as awesome gifts! All projects will be fired and returned to you on the final class of the session. You will make a Mother's Day project as well as many other projects such as candy dishes, jewelry boxes, frames, self-portraits and many more! **Price includes a materials fee.**

**CHEER, DANCE, & TUMBLING**

**Grades K–3**

**10 classes**

**\$150.00**

Learn cheer motions and dance steps. Learn the fundamentals of tumbling - somersaults, cartwheels, back bends, walkovers and jumps. Pick team names and create banners and posters. Write words to cheers and perform to music. Each week children will learn a new cheer, dance, tumbling or stunting technique to finish with a final performance at the end of class. This is a fun, energetic way to learn teamwork skills.

**COOKING WITH MRS. MALIN**

**Grades 6–8**

**10 classes**

**\$175.00**

Come have fun and practice your cooking skills. This class will be an exploration of the cooking techniques you have learned, applied to new recipes from various cultures. Each week we will prepare a fun recipe and explore where it came from. Then we will enjoy the "fruits of our labor" and share the results. Join a class that will be fun and informative, giving ideas to share at home! **Price includes a \$25.00 materials fee.**

**DANCE COMBINATION**

**Grades 3–5**

**10 classes**

**\$150.00**

So you think you can dance? Jazz it up in this combo performance class. Every three weeks try a different style of dance; from the super fly bboy moves of Hip Hop to the interpretive styles of Modern dance to the sassy styles of Salsa. This specially designed trio of classes allows the student the opportunity to be creative while never getting bored. Instruction will consist of proper stretching techniques, isolations and basic movements that will later be used to build upon in choreography. This is a beginning level class. No prior dance experience required.

**FIT N' FUNKY**

**Grades K–2**

**10 classes**

**\$150.00**

Bring your best moves and be prepared to have lots of fun! This class offers each student the opportunity to learn different stretching techniques as well as get a great cardio workout. They will play dance games, learn simple choreography as well as create their own moves in an encouraging and comfortable setting. **\*\*Required attire: comfortable loose fitting clothing and tennis shoes.**

**FLAG FOOTBALL**

**Grades 2–5**

**10 classes**

**\$150.00**

Come join us for one of the fastest growing sports. We will teach all of the fundamentals needed to play and enjoy this great American sport. Pass patterns, blocking, defense and flag pulling will be covered. This session will also feature the first annual Hesby Super Bowl.

**GUITAR 1**

**Grades 1–2**

**10 classes**

**\$220.00**

**GUITAR 2**

**Grades 3–5**

**10 classes**

**\$220.00**

**GUITAR 3**

**Grades 6–8**

**10 classes**

**\$220.00**

RockSTAR Music Education is proud to announce that we are now offering semi-private guitar lessons. RockSTAR's guitar lessons allow a maximum of three students per class. This is to ensure that children receive the individual attention needed to further their musical ability. Each class session will run 10 classes and each class will run approximately 40 minutes. Guitars and materials will be provided, and no previous experience is required.

**JUNIOR ROCKSTAR**

**Grades K–1**

**10 classes**

**\$220.00**

This class will put your child on the fast track of learning the fundamentals of music. Harnessing the cognitive, social and creative benefits of music, RockSTAR teaches the music in a fun, easy to learn format. Incorporating basic rhythm, melody, listening, and teamwork activities, your child will grasp the important essentials of musicality at the perfect age. This class will prepare them for the cumulative progression of the RockSTAR classes to follow, giving them the extra preparation needed to truly rock! **\*Note: Instruments are provided.**

**KARATE****Grades K–3****10 classes****\$150.00**

This class introduces your child to the exciting adventure of Martial Arts in a fun and creative way. Karate emphasizes self-control, coordination, balance, flexibility, strength, stamina and discipline in a safe, supportive and noncompetitive atmosphere. Children learn blocks, kicks and other karate techniques. *Children learn and practice moves without any contact to each other.* This program is designed to help build confidence and self-esteem. Optional Karate uniform can be purchased for \$40.00, please bring check directly to instructor payable to Karate 4 Kids.

**KATIE'S COOKING 1****Grades K–2****10 classes****\$200.00****KATIE'S COOKING 2****Grades 3–5****10 classes****\$200.00**

Instructors from Katie's Cooking School will teach recipes from their regular curriculum. The first group of eight classes will include mostly Greek and Chinese dishes. Each week the recipe will be sent home. The kids are encouraged to start building their own cookbooks. The goal is to give kids comfort and confidence in the kitchen, so they can make these recipes at home with a parent. Price includes a materials fee.

**MAGIC OF THEATRE****Grades K–3****9 classes****\$135.00**

This fun class is a great introduction to the Magic of Theatre! The young actor explores acting through Story Telling, Animal Exercises, Fairy Tales, Theatre Games and Improvisation. Students will learn to express themselves through Voice and Movement. This is a wonderful class to build the younger actor's self esteem by helping them learn to trust their own imagination.

**MAT PILATES 1****Grades 2–5****10 classes****\$150.00****MAT PILATES 2****Grades 5–8****10 classes****\$150.00**

This course uses Pilates as a way to stretch, tone and strengthen your body. We will focus on strengthening your body's core. Mat Pilates uses your own body weight as resistant training to lengthen and build lean muscle with out bulk. Taught by a Hesby mom. Be ready to sweat to some good music and have fun! **Parents and Hesby staff are invited to participate in either class. The cost to an adult is \$15.00 a class—payable to HIP the day of attendance.**

**MIND/BODY/FITNESS****Grades 5–8****10 classes****\$150.00**

This class introduces children to the basic principles of cardiovascular conditioning, martial arts, yoga and blends the power of positive thinking with movements. It teaches them awareness that what they think and say about themselves and others can shape the outcome of their lives. This class will leave your child feeling GREAT and ready to conquer life's challenges. This class is being offered by Dee Slade, a Hesby mom of 3, who has been a fitness trainer for over 25 years!

**ON CAMERA ACTING:****Grades 4–8****10 classes****\$150.00**

This exciting class features theatre games, improvisation, & On-Camera Acting! Students work on scripts from stage and screen including scenes from Disney and Nickelodeon. Students learn to use their unique personalities to act. This class includes video play back, so students can view themselves on film. **NOTE: This class starts the week of March 22<sup>nd</sup>.**

**RockSTAR****Grades 2–5****13 classes****\$266.00**

RockSTAR Music Education is the most sought out after school rock and roll education program in Los Angeles. In this program children turn their rock n' roll dreams into a reality. RockSTAR teaches first through fifth-grade students how to play guitar, bass, drums, keyboards, compose their own songs, and perform classic Rock n' Roll hits. RockSTAR harnesses the cognitive, social and creative benefits of music education in a fun and exciting format. This program is for ANYONE, because no previous experience is required! We have celebrity support from Slash, Santana, Rod Stewart, BB King, and Gene Simmons. **Note:** Instruments are provided and class size is limited to 7 students ONLY!! Sign up ASAP to secure your child a spot in this amazing program. **This class runs 13 weeks and ends with a weekend performance at the 5<sup>th</sup> Annual Battle of the Bands at the House of Blues in June.**

**SKATEBOARD DESIGN 1****Grades 3–5****10 classes****\$200.00****SKATEBOARD DESIGN 2****Grades 6–8****10 classes****\$200.00**

Customize your very own skateboard as you design and build it from start to finish! Draw, sand, and paint your own designs onto a skateboard then use specialized skate tools to attach the necessary hardware. Finish your board by adding and designing custom grip tape. Learn skateboarding history and culture from your pro instructor who will also show you step-by-step how to perform some cool skateboarding moves like ollies and kick-flips once you've taken your board home. Visiting skateboard stars will drop in throughout the session to teach you even more about boarding. Class ends with a skateboard exhibit when your families can come to see your awesome creations! **NOTE: The cost of the class includes a materials fee.**

**T-BALL****Grades K–1****10 classes****\$150.00**

Come learn all the fundamental skills of baseball and T-Ball. We will focus on throwing, catching, hitting, and base running.