



Fall 2026 Enrichment Offerings

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 Popsicle Registration (Registration opens on August 10th, 2026)

You can register for all [extended care](#) and enrichment classes through our enrollment platform, [Popsicle](#)!

POPSICLE HELP ARTICLES

[How Parents Register](#)

[Parent Registration for Aftercare/Drop In](#)

[Parent Registration Troubleshooting](#)

 Cancellation Policy

Classes with low enrollment may be canceled. If you have signed up for a class that is canceled due to low enrollment, your payment will be refunded in full and is NOT subject to the refund policy.

If an enrichment class is canceled on any given day due to an instructor's absence or weather-related closure, the make-up date will be used.

 Refunds - IMPORTANT!

In order to ensure we have the appropriate staffing and resources for our enrichment programs, it's essential that we adhere to our refund policy as follows:

Withdrawal before Aug 24th:	100% refund
Withdrawal Aug 24th - Sep 3rd:	50% refund*
Withdrawal after Sep 3rd:	No refund

**If Manitou or the individual is able to recruit a replacement for their spot in class, a full refund will be issued.*

Please note that all refunds exclude a \$25 administrative processing fee.

NOTE: These policies will apply to all enrichment-based programs at the Manitou School, unless stated otherwise in the program description and or informational/promotional materials. We understand there may be special situations that need extra consideration, and we attempt to accommodate everyone fairly and evaluate these situations on a case-by-case basis. If you have any questions or concerns, please contact aftercare@manitouschool.org.

Private Lessons / Tutoring

Manitou partners with independent instructors and tutors to offer private lessons in academic subjects and music. **Registration and payment for private lessons are coordinated directly through the instructor.**

If you're interested in arranging private lessons for your child, please contact us at aftercare@manitouschool.org!

Private lessons are available in:

- Spanish
- Reading / Writing
- Math
- Test Prep

Private music lessons are available in:

- Piano
- Violin
- Guitar
- Loop pedal
- Singing/Voice
- Percussion Songwriter/Composition
- Music Production

Since these lessons are not a part of our enrichment program (and are billed separately through the instructor), **students attending private lessons do not receive complimentary aftercare.** Here's how it works:

- If your child is sent from their classroom to aftercare, it triggers an automatic \$10 aftercare administration charge.
- In addition to the \$10 aftercare administration fee, the cost of aftercare will be assessed at \$10 per hour (prior to the start of the private lesson).
- If a child is not picked up immediately after their lesson ends, the full \$39 aftercare charge will be applied.

The exception to this policy is that if your child has a school-sponsored enrichment activity either before or after their lesson, the aftercare cost does not apply.

MONDAYS



Rivers and Lakes Around The World

Mondays @ 3:15-4:15 PM

Available to students ages 5-8

INSTRUCTOR: Sandy Nash

Pack your imagination because we're setting off on a watery adventure around the world! Join Ms. Sandy to discover some of Earth's most fascinating rivers and lakes, from the mighty Amazon and its incredible wildlife to the ancient Nile River flowing beneath the pyramids of Egypt. We'll even explore our very own Hudson River and learn why it's so important. Along the way, we'll visit amazing places like Australia's bubblegum-pink Lake MacDonnell and Russia's icy Lake Baikal, the deepest lake on Earth. Through stories, hands-on activities, and creative crafts, students will learn about the precious 1% of Earth's

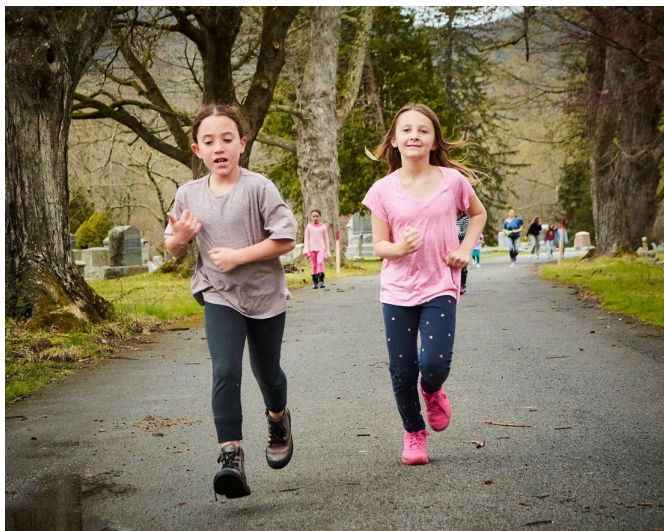
water that is fresh and available to support life. Each week, children will create a themed craft to bring home, and at the end of the session they'll receive a special keepsake booklet filled with everything they've discovered during their journey around the world's rivers and lakes.

This class is being taught on both Mondays and Tuesdays.

\$260 / 10 week session

Mondays: 9/14, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Make-up class if a class is canceled: 12/14



Heel to Heart Running Club

Mondays @ 3:15-4:30 PM

Available to 3rd-8th graders

INSTRUCTOR: Allie Abetti / Dawn Miller

Manitou's own Heel to Heart Running Club is open to all children in grades 3-8. Heel to Heart is so much more than a track team; we are a full social-emotional experience. Each week, we will spend time forming a bond as a team, exploring our character, building our self-esteem, and motivating ourselves and each other through many different activities. After our social-emotional sessions, we will get outside and run! As we build our stamina and endurance throughout the weeks, we will be preparing our kiddos to run in a Fall 5K (date and information TBA). If

you enjoy running and/or if you're looking to make some incredible connections, Heel to Heart has a place for you!

Students may opt to join once or twice a week. (Mondays with Ms. Allie and Ms. Dawn and Thursdays with Ms. Nicole and Ms. Allie)

\$80 Supplies Fee

(Use discount code 'HEEL2HEART' to pay this fee just once if you're registering for both days!)

Mondays: 9/14, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16

Make-up class if a class is canceled: 11/23



Dungeons & Dragons

Mondays @ 3:15-5:15 PM

Available to students ages 11-14

INSTRUCTOR: Conor Austin

Dungeons and Dragons is a collaborative, role-playing, storytelling game in which players take on the role of a character in a fantasy world, and use dice rolls to determine the outcome of certain tasks. Guided through the world by talented Dungeon Master, Mr. Conor, these heroes work together to solve the

mysteries of the world around them. No experience is needed to join the game! Players enrolled in the Fall 2026 class will be able to continue their game in the winter season. New students can enroll if a spot opens up.

\$290 / 10 week session

Mondays: 9/14, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Make-up class if a class is canceled: 12/14



Brick By Brick Building With Lego

Mondays @ 3:15-4:15 PM

Available to students ages 4-7

INSTRUCTOR: Scherrie Donaldson

Your child will explore their creative potential through engaging building challenges and themed projects, learning to bring their ideas to life one brick at a time. We will focus on developing fine motor skills and spatial awareness while introducing basic engineering and problem-solving concepts in a playful, interactive way while also encouraging teamwork and communication, allowing young learners to make new friends while working together on their amazing creations.

\$250 / 10 week session

Mondays: 9/14, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Make-up class if a class is canceled: 12/14



Choir

Mondays @ 3:15-4:30 PM

Available to students ages 9-14

INSTRUCTOR: Gina Samardge

Calling all music makers! This year's after-school choir will run from mid-October to mid-March. Each week we'll warm up our voices, paying attention to breath, posture, and technique. We'll learn some basics in reading music, solfege, and performance through games, singing, and light

percussion. We might even throw in some song Mad Libs and song parody writing for fun. Our course will culminate in a concert in March where students will perform some songs selected by Gina and others they chose. This event is a chance for students to showcase their progress and have fun performing for family and friends. After spring break, there will be a short choir session from April through early June, culminating in a karaoke party for students in place of a concert.

\$50 Supplies Fee

Mondays: 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Make-up class if a class is canceled: 12/14



Dance Party!

Mondays @ 3:15-4:15 PM

Available to 1st-8th graders

INSTRUCTOR: Erin Mahollitz

Dance is one of the happiest ways to express ourselves. Each week we'll spend an hour shimmying and shaking to fun music, learning dances together, and celebrating the joy of movement.

Whether you're a seasoned dancer or just love to wiggle, everyone is welcome. Come ready to laugh, move your body, and have fun!

\$240 / 10 week session

Mondays: 9/14, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Make-up class if a class is canceled: 12/14



Art/Sensory Play

Mondays @ 3:15-4:00 PM

Available to students ages 5-9

INSTRUCTOR: Brenna Wassil

In this class, your child will explore their creativity through art and sensory play with much-loved licensed occupational therapist, Brenna Wassil. Children will be encouraged to use a wide range of materials including paint, clay, crayons, sand and other textures. Each week children will engage in multi-step activities to promote fine motor skills, self-confidence, independence and imagination through the use of sensory materials. This class provides an amazing opportunity for your child to strengthen their fine motor skills while having fun!

\$300 / 10 week session

Mondays: 9/14, 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23, 12/7

Make-up class if a class is canceled: 12/14

TUESDAYS



Outdoor Volleyball

Tuesdays @ 3:15-4:15 PM or 4:15-5:15 PM

Available to students ages 7-10 or 11-14

INSTRUCTOR: Eric Rios

Whether you're new to the sport or looking to sharpen your skills, our Volleyball program is the perfect place to grow. Led by Coach Eric Rios, who brings years of coaching experience and a passion for developing young athletes, this class teaches essential fundamentals including passing (bumping), setting, serving, and hitting through fun, energetic drills and team-building activities. Join us and build confidence, coordination, and a love for the game. Knee pads are strongly encouraged! This class will take place outside every

day, rain or shine.

Depending on how many students are interested, we may combine these offerings into one class.

\$195 / 7 week session

Tuesdays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27

Make-up class if a class is canceled: 11/10



Rivers and Lakes Around The World

Tuesdays @ 3:15-4:15 PM

Available to students ages 5-8

INSTRUCTOR: Sandy Nash

Pack your imagination because we're setting off on a watery adventure around the world! Join Ms. Sandy to discover some of Earth's most fascinating rivers and lakes, from the mighty Amazon and its incredible wildlife to the ancient Nile River flowing beneath the pyramids of Egypt. We'll even explore our very own Hudson River and learn why it's so important. Along the way, we'll visit amazing places like Australia's bubblegum-pink Lake MacDonnell and Russia's icy Lake Baikal, the

deepest lake on Earth. Through stories, hands-on activities, and creative crafts, students will learn about the precious 1% of Earth's water that is fresh and available to support life. Each week, children will create a themed craft to bring home, and at the end of the session they'll receive a special keepsake booklet filled with everything they've discovered during their journey around the world's rivers and lakes.

This class is being taught on both Mondays and Tuesdays.

\$310 / 12 week session

Tuesdays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/10, 11/17, 11/24, 12/1, 12/8

Make-up class if a class is canceled: 12/15



Love “Club”

Tuesdays @ 3:15-4:15 PM

Available to students ages 5-8

INSTRUCTOR: Shira Newmark

Love Club is a compassion-led practice and community where young change-makers explore the power of their hearts through playful arts, drama, music, movement and mindfulness. Guided by breakthrough neuroscience and compassion research, Love Club’s programs are designed to enrich children’s emotional, cognitive, physical and interpersonal skills and to catalyze kindness, togetherness, and warm-heartedness. When a child is engaged in love-in-action, their wellbeing across all domains shifts, including their

confidence, relationships, involvement in school and impact in and on the world around them. Love Club’s young leaders of love are empowered as co-creators of its ripple effect around the world — through sharing their art, activating around their solutions, and putting their ideas for community impact into action.

\$300 / 12 week session

Tuesdays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/10, 11/17, 11/24, 12/1, 12/8

Make-up class if a class is canceled: 12/15



Capoeira

Tuesdays @ 3:15-4:00 PM or 4:15-5:15 PM

Available to students ages 4-6 or 7-14

INSTRUCTOR: Cai Na Capoeira

Capoeira is a Brazilian art form that combines fight, dance, rhythm, and movement. Students will learn about all facets of this beautiful martial art: history, games, dance, drums, and more. Led by the lively Rafael Cabecao,

children will learn to move their bodies in a new way, while playing and learning about the environment this art form originated in. Please dress the children in comfortable clothing for movement in the class. We will work towards having a graduation ceremony or performance, for those interested in participating, at the end of the school year.

\$335 / 12 week session

Tuesdays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/10, 11/17, 11/24, 12/1, 12/8

Make-up class if a class is canceled: 12/15



Little Books, Little Treasures

Tuesdays @ 3:15-4:15 PM

Available to students ages 5-9

INSTRUCTOR: Christina Di Marco

Join Christina Di Marco in designing all types of books. Bookmakers will be generating ideas and creating books for collecting items, carrying keepsakes, and drawing your inspirations. You will sew, collage, print and glue using various media to produce your unique book. Makers will bring their books home periodically to share with friends and family and inspire others to delve into the world of bookmaking.

\$270 / 12 week session

Tuesdays: 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/10, 11/17, 11/24, 12/1, 12/8

Make-up class if a class is canceled: 12/15

WEDNESDAYS



Movement Class (SCHOOL DAY)

Wednesdays @ 11:00-11:30 AM

Available to students ages 3-5

INSTRUCTOR: Brenna Wassil

These small group classes are run by much-loved, licensed occupational therapist Brenna Wassil, who will work on improving your child's strength, endurance, and flexibility. There are many benefits to improving your child's core strength, including better sitting/attention in the classroom, improved motor planning and body awareness in motor play, better balance/coordination, and overall self-confidence. Children will participate in activities including yoga, obstacle courses, and therapeutic exercises. This class will be held during the

school day to allow children a movement break and work on these skills.

\$300 / 11 week session

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16



Drama Club

Wednesdays @ 3:15-5:15 PM

Available to middle school students (grades 5-8)

INSTRUCTORS: Eric Saiset & Tom Butler

Step into the adventurous world of our after-school drama club, tailored for students in 5th-8th grade. This year Mr. Eric and Mr. Tom will direct Shakespeare's comedy *Twelfth Night*. Mr. Tom will adapt the play, mixing modern language with Shakespeare's verse. Come, join us in a raucous realm where music is the food of love and mayhem reigns until the disguised and deluded reveal their true selves. It's silly, fun, and everyone lives happily ever after!

There will be a full production in March. Enrollment in the winter enrichment session will be required, and added rehearsal times in the weeks leading up to the performances will be discussed and scheduled TBD. **Sign up on the open wait list** — priority will be given to previous Drama Club members.

\$100 Supplies Fee

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16



Play Chess

Wednesdays @ 3:15-4:15 PM or 4:15-5:15 PM

Available to students ages 5-8 or 9-14

INSTRUCTOR: Rudolf Van Dommele

Our chess classes focus on having fun and allow students to develop important skills that they can apply to other areas of their life. Chess is a mentally rewarding game of skill that enhances cognitive development in children while providing a stimulating challenge. Mr. Rudolf's love and experience of the game is contagious!

If these classes do not fill up, they will be combined into one class.

\$310 / 11 week session

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16



Karate

Wednesdays @ 3:15-3:45 PM

Available to students ages 3½-6

INSTRUCTOR: Go No Sen Karate

Manitou is excited to be partnering again with Go No Sen Karate to bring Karate to Cold Spring! Karate builds confidence, strength, stamina, balance, coordination, discipline, focus and so much more. Students will have fun while mastering techniques and working through belt levels. Belt tests and uniforms are a big part of the fun! Uniforms are required for belt tests and are required for participating in the enrichment class. Via your registration in this class you can purchase a uniform that your child can wear for many seasons.

Uniforms are \$50 and are required for everyone who does not already have one; you can select this at registration. Belt promotions, which include the cost of the belt and the test, are an additional \$35 and are paid directly to Go No Sen.

\$310 / 11 week session

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16



Peaceful Watercolors

Wednesdays @ 3:15-4:15 PM

Available to 1st-8th graders

INSTRUCTOR: Erin Mahollitz

Join us for a peaceful hour of painting, where art meets mindfulness. In this class, we will learn the basics of watercolor by creating a new design each week. We'll start by practicing and studying a model painting, then make it our own with color, texture, and imagination. Gentle music, delightful projects, and a calm atmosphere make this class a soothing space to unwind after a busy day. Perfect for artists of all levels, this is a chance to slow down, get creative,

and let watercolor magic flow. Our final class will culminate in a gallery-style exhibition, celebrating each child's favorite watercolor creations.

\$310 / 11 week session

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16



Yoga For Little Learners

Wednesdays @ 3:15-4:00 PM or 4:15-5:00 PM

Available to students ages 3-4 or ages 5-7 (grades K-2)

INSTRUCTOR: Lyndsay Roy

Combining movement, music, and games, this fun and interactive yoga class is designed just for these ages. Your little learner will explore the creative side of yoga as we combine the powers of our mind, breath, and body in fun and imaginative ways. Students embody the foundations of the yoga mindset – openness, curiosity, resilience, and a love for learning through practice. It is a joy to watch them grow, increasing body awareness, self-regulation,

confidence, and more as they develop foundational skills for life-long learning. Come learn and grow with us this fall!

\$260 / 11 week session

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16



Tummy Talks: Learning Feelings Through Food

Wednesdays @ 3:15-4:15 PM

Available to students ages 6-10

INSTRUCTOR: Jennifer Sterling

Tummy Talks is a structured, hands-on cooking class where children learn to make simple, delicious recipes together while learning about their feelings, helping children build skills related to daily living, communication, and social interaction. Led by Creative Arts Therapist Jennifer Sterling, your kids will mix and measure to create a dish from start to finish, while learning how feelings show up in our bodies and how to work through them. Children practice following multi-step directions, measuring and mixing ingredients, using safe kitchen tools, and completing simple food-preparation tasks with increasing independence. Tummy Talks helps children build emotional awareness, teamwork skills, and pride in creating something with their own

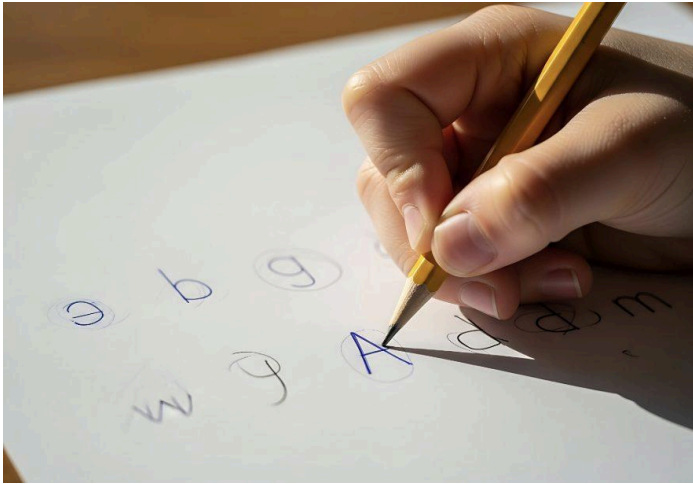
hands in a supportive, engaging environment. Each session includes a movement warm-up, hands-on cooking, a weekly feelings theme, a short story or activity, and time to enjoy the food we create together. Tummy Talks provides a supportive, inclusive environment where children can learn and practice functional skills that promote independence, confidence, and participation at home and in the community. You can read the full description of this course [here](#).

\$310 / 11 week session

Wednesdays: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9

Make-up class if a class is canceled: 12/16

THURSDAYS



writers book to foster their creativity and writing.

Handwriting & Storytelling Class

Thursdays @ 3:15-4:00 PM

Available to students ages 6-10

INSTRUCTOR: Brenna Wassil

Seeking to improve your child's handwriting and storytelling abilities? Join our much-loved occupational therapist Brenna Wassil in these fun skill-based classes designed to improve handwriting skills.

This class will use Learning Without Tears, a program that uses clear and systematic instruction to streamline the writing process through multisensory activities. Each child's level will be assessed and they will be given a building

\$390 / 13 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

Make-up class if a class is canceled: 12/17



Photography Class

Thursdays @ 3:15-4:15 PM

Available to 7th and 8th graders

INSTRUCTOR: Olaya Barr

Join Manitou's Photo Class with Ms. Olaya! Get to know the historical and sociological impact of photography, how it has been used to oppress and uplift people around the world, and how YOU can use it to tell a story, share your point of view, and develop your creativity. In this class, you will be introduced to popular and lesser known artists, and learn how to analyze and critique an image. You will also learn about composition, the classic elements of photography, and portraiture to create your own stunning images. Students can

use iPhone cameras, digital cameras, or film cameras. (Having your own camera is highly recommended, but Ms. Olaya can provide one if needed.) In 2024, Ms. Olaya received a grant through Fund for Teachers to research photo programming in Mexico City, and this class will specifically honor the Mexican and Latin American photographers and history she studied.

THIS CLASS IS INTENDED FOR NEW STUDENTS! Students who have already done the class should sign up for the waitlist. They will be allowed to participate if there is still space available.

\$240 / 10 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

Make-up class if a class is canceled: 11/19



¡Vamos! Spanish Adventure Club

Thursdays @ 3:15-4:15 PM

Available to students ages 8-11

INSTRUCTOR: Erica Costalonga

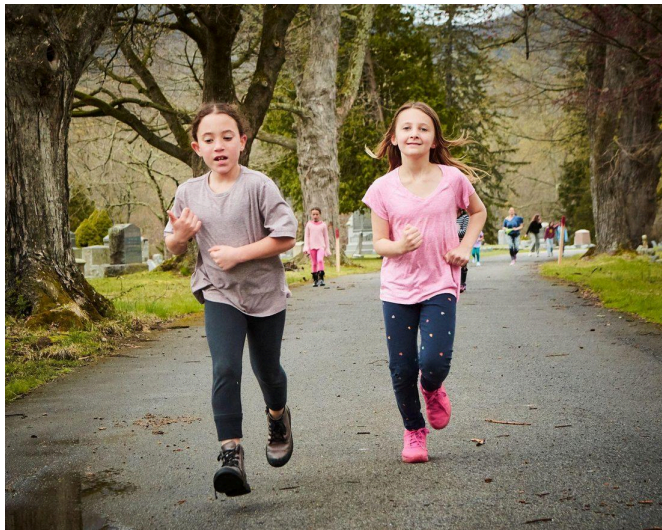
In this club, Spanish comes alive through play. Students will explore the language through games, teamwork, mystery challenges, scavenger hunts, and creative adventures that make speaking Spanish feel natural and fun. Instead of sitting and memorizing, children learn by doing – laughing, moving, solving, and connecting with friends along the way. Each week brings something new to discover, and Spanish becomes part of the game rather than something separate from it. Students gently build confidence as they use the language in relaxed, supportive ways that feel more like

play than practice. This club is designed for students with some Spanish experience who are ready to grow their skills while having fun together. We're so lucky to have Ms. Erica as part of our Spanish team. She brings warmth, creativity, and a true love of language to everything she does.

\$310 / 13 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

Make-up class if a class is canceled: 12/17



Heel to Heart Running Club

Thursdays @ 3:15-4:30 PM

Available to 3rd-8th graders

INSTRUCTOR: Allie Abetti / Nicole Rowley

Manitou's own Heel to Heart Running Club is open to all children in grades 3-8. Heel to Heart is so much more than a track team; we are a full social-emotional experience. Each week, we will spend time forming a bond as a team, exploring our character, building our self-esteem, and motivating ourselves and each other through many different activities. After our social-emotional sessions, we will get outside and run! As we build our stamina and endurance throughout the weeks, we will be preparing our kiddos to run in a Fall 5K (date and information TBA). If

you enjoy running and/or if you're looking to make some incredible connections, Heel to Heart has a place for you!

Students may opt to join once or twice a week. (Mondays with Ms. Allie and Ms. Dawn and Thursdays with Ms. Nicole and Ms. Allie)

\$80 Supplies Fee

(Use discount code 'HEEL2HEART' to pay this fee just once if you're registering for both days!)

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19

Make-up class if a class is canceled: 12/3



Riding & Horsemanship

Thursdays @ 3:15-4:15 PM

Available to students ages 6-9 - OFF CAMPUS - TRANSPORTATION NOT PROVIDED

INSTRUCTOR: Stonewall Stables

We are so excited to partner with Stonewall Stables again to offer this exceptional program. The beautiful outdoor facility is located just a few miles from the school. The Stonewall Stables staff is dedicated to ensuring a safe space for the physical, emotional, and educational growth of their students. The curriculum is designed to learn many aspects of riding through patterns and games while building teamwork and social skills with peers and the herd. Students will learn the essentials including horse care, handling, feeding, grooming, bathing, and upkeep in a farm setting.

FOR BEGINNER STUDENTS ONLY. Families will be required to fill out a **liability waiver** in order to participate and must arrange their own transportation to Stonewall Stables. **NOTE:** If this class fills up, we encourage you to sign up for the waitlist! If there is enough interest we may be able to open up a second class.

\$460/ 8 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29

Make-up class if a class is canceled: 11/5



Show Me A Story

Thursdays @ 3:15-4:15 PM

Available to students ages 4-8

INSTRUCTOR: Scherrie Donaldson

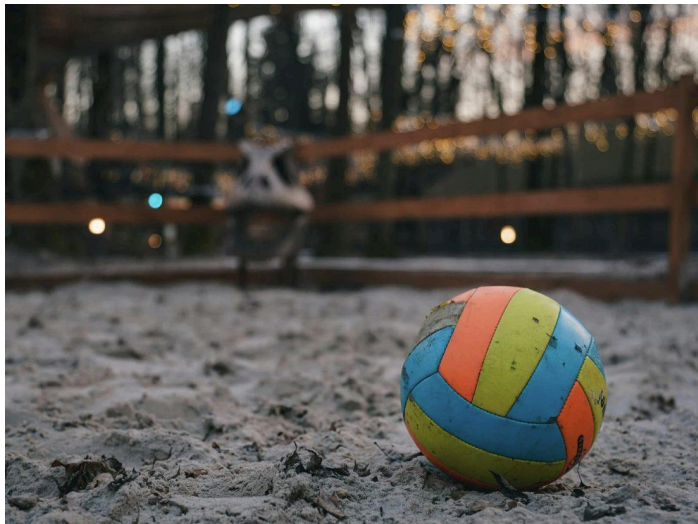
Show Me A Story is an enriching class designed for young minds. This unique program combines the magic of storytelling with the joy of hands-on art and craft activities. The selection of books is carefully curated to introduce children to diverse cultures, fostering empathy and understanding. In each session, students will engage with enchanting multicultural stories and spark their creativity through art and craft projects inspired by the readings. After the

storytelling, it's time to get creative! Children will engage in a hands-on art or craft activity inspired by the story they've just heard. Whether it's drawing their favorite character or crafting a unique piece of art, this activity helps to cement their understanding and interpretation of the narrative. The skills targeted are literary engagement, creative expression, cultural awareness and critical thinking.

\$325 / 13 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

Make-up class if a class is canceled: 12/17



Volleyball

Thursdays @ 3:15-5:15 PM

Available to students ages 11-14

INSTRUCTOR: Eric Rios

Whether you're new to the sport or looking to sharpen your skills, our Volleyball program is the perfect place to grow. Led by Coach Eric Rios, who brings years of coaching experience and a passion for developing young athletes, this class teaches essential fundamentals including passing (bumping), setting, serving, and hitting through fun, energetic drills and team-building activities. Join us and build confidence, coordination, and a love for the game. Knee pads are strongly encouraged!

\$485 / 13 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

Make-up class if a class is canceled: 12/17



The Cardboard Creators

Thursdays @ 3:15-4:15 PM

Available to students ages 5-8

INSTRUCTOR: Jennifer Sterling

Does your child find sharing, taking turns, or joining in at playdates a little tricky? The Cardboard Creators Club turns these challenges into fun by teaching social skills through building, taping, and imagining together. Highly experienced Creative Art Therapist Jennifer Sterling will guide the group to play collaboratively, transforming humble cardboard into robots, trains, cities, and so much more! As we build, children will learn important social skills, like negotiation, problem solving, and inclusion. They'll also increase their resilience

by learning to manage their emotions when towers fall or creations turn out differently than expected. This is a space for messy, creative fun where social confidence grows as naturally as the structures do.

\$360 / 13 week session

Thursdays: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10

Make-up class if a class is canceled: 12/17



FRIDAYS



Urban Explorers

Fridays @ 3:15-7:00 PM

Available to 7th and 8th graders

INSTRUCTOR: Christi O'Donnell

Join Ms. Christi for a one-of-a-kind adventure program for 7th and 8th grade students who enjoy exploring, hiking, and uncovering the hidden stories of the Hudson Valley. Together, we'll visit abandoned sites and discover the forgotten history all around us. Each two-week cycle begins with an hour-long interactive classroom session (Week A) where students learn about an upcoming destination, explore its human and natural history, and create a

collaborative scavenger hunt before setting out on their own real-world expedition with Ms. Christi and Ms. Kim (Week B). Urban Explorers offers an exciting, hands-on experience that combines curiosity, teamwork, and outdoor adventure. Each travel week will be different as we set out to explore Camp Bluefields in Blauvelt; Doodletown in Bear Mountain; The Mohegan Quarry in Mohegan Lake and Letchworth Village in Thiells. Exact return times will vary on travel weeks and there will be ongoing communication about each trip. Hikes are in the 2-3 mile range with plenty of time to take photographs and explore. Students who participate in Urban Explorers should be comfortable hiking this distance while carrying a water bottle and optional snack, and should be able to follow safety expectations and exercise good judgment in an outdoor environment. Transportation will be provided by Manitou teachers and/or parent volunteers. All sites are free and open to the public! Please reach out to Ms. Christi with questions at christio@manitouschool.org. An additional waiver will be required for students participating in this class.

\$365 / 8 week session

Fridays: 9/11, 9/25, 10/2, 10/9, 10/16, 10/23, 11/6, 11/13

Anticipated travel weeks are italicized; trips will return between 6 and 7 PM

Make-up class if a class is canceled: 11/20



Manitou Cup Soccer

Fridays @ 3:15-4:15 PM

Available to 3rd graders and up

INSTRUCTOR: Vernon Derby

The World Cup was amazing, and we're bringing that excitement to Manitou. In this playful soccer club, students will run, move, and learn the game together through fun drills, small-sided games, and team play. Along the way, they'll practice passing, dribbling, spacing, and teamwork, but it will always feel like play first, with learning naturally woven in. There's a big focus on joy, effort, and being part of a team where everyone is encouraged, included, and supported. Led by Mr. Vernon, who brings real energy, patience, and a love of soccer that makes kids feel excited to get on the field and give it a try.

\$260 / 10 week session

Fridays: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20

Make-up class if a class is canceled: 12/4



Hudson River Field Lab

Fridays @ 3:15-4:15 PM

Available to 4th graders and up

INSTRUCTOR: Nicole Rowley

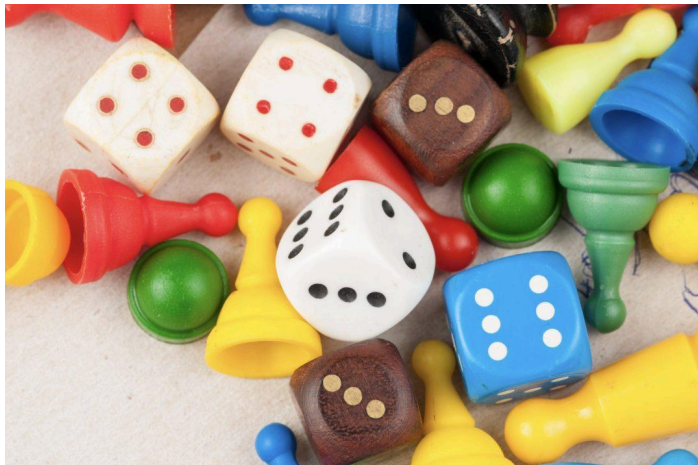
In this hands-on science experience, students step into the role of real field scientists exploring the Hudson River. Over a series of Fridays, students will collect and analyze data, conduct simple experiments, and learn how scientists study water, ecosystems, and environmental change. Their work contributes to real Hudson River research used by scientists throughout the year. The program builds toward an unforgettable culminating field

experience on the Hudson River on October 6th, where students will see their science come alive in the environment they've been studying. Led by Ms. Nicole Rowley, whose passion for hands-on, real-world science brings curiosity, care, and excitement into every lesson, this program invites students to think like scientists and experience discovery firsthand.

\$145 / 5 week session

Fridays: 9/11, 9/18, 10/2, 10/9, 10/16

Make-up class if a class is canceled: 10/23



Board Gamers

Fridays @ 3:15-4:15 PM

Available to students ages 4-7

INSTRUCTOR: Scherrie Donaldson

The Board Gamers enrichment class revolves around engaging board games that are not only fun but also educational. Each session is tailored to enhance various essential skills while ensuring that your child has a great time. The class features a variety of board games carefully selected for young children. These games are designed to be age-appropriate and enjoyable, encouraging active participation and teamwork. Here's what your child will experience: interactive

board games, group play and team challenges, and fun-filled learning sessions! Key skills we focus on include logic and spatial reasoning, critical thinking, sportsmanship, problem solving, sequencing and more.

\$260 / 10 week session

Fridays: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20

Make-up class if a class is canceled: 12/4



Kayaking

Fridays @ 3:15-5:45 PM

Available to students ages 11-14

INSTRUCTOR: Hudson River Expeditions

This month-long series of classes gets your kids outdoors and on the water. The Hudson Highlands Expedition team has highly experienced, ACA-certified kayak and paddleboard instructors who will use play-based instruction methods to teach kayaking skills, safety, and environmental stewardship. We will use games and team-building strategies to create a fun and safe environment. Our experienced, certified instructor will work on basic strokes, safety, and rescue skills.

Families will be required to complete a Hudson River Expeditions kayaking liability waiver before the first class in order to participate. Students will be picked up at

3:15 PM at the school by the HRE shuttle van, and must be picked up at 14 Market Street at 5:45 PM.

\$350 / 5 week session

Fridays: 9/11, 9/18, 9/25, 10/2, 10/9

Make-up class if a class is canceled: 10/16



Basketball Madness

Fridays @ 3:15-4:15 PM

Available to students ages 10-14

INSTRUCTOR: Zachary Wyskida

Join us after school for a fun, energetic basketball program led by our fabulous middle school teacher, Mr Zack. Students will build confidence while learning essential skills such as dribbling, passing, shooting, footwork, and teamwork. Mr Zack brings a warm, encouraging style that helps players of all levels grow at their own pace. Each session blends skill-building drills with small games and active play, making it a great way to stay moving, make friends, and develop a love for the game.

\$260 / 10 week session

Fridays: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20

Make-up class if a class is canceled: 12/4



Confident Movers

Fridays @ 3:15-4:15 PM

Available to students ages 7-10

INSTRUCTOR: Jennifer Sterling

In Confident Movers, children ages 7-10 discover the joy of moving their bodies without worrying about how they look. We trade mirrors for music and steps for stories, creating a space where every child feels strong, capable, and free.

Through playful games and creative movement, kids learn to trust their bodies. They celebrate their speed, balance, and strength. When feelings get big, they use movement to find calm; when playing with friends, they learn to cheer each other on instead of comparing themselves. This supportive group is led by

Dance/Movement Therapist Jennifer Sterling who ensures every child feels safe

to explore. The class is open to all skill levels. No prior experience is needed, just a willingness to move.

\$240 / 10 week session

Fridays: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 11/6, 11/13, 11/20

Make-up class if a class is canceled: 12/4