

St. Michael's After School Co-Curriculars 2016-2017

In addition to these School activities, St. Michael's offers a [Lower School Core Extended Day](#) program until 6:00 p.m. Details on the [core program](#) as well as enrichment programs can be found at: stmschool.net/admissions/extending-the-day

Click on each individual activity to register. All activities are co-ed unless noted.

Activity	Coach/Director	Grades	Dates-Times	Equipment Needed	Cost
Fall (August 31 to November 11)					
Art	Meg Foster (ArtHaus)	K-5	Mondays, 3:15-4:30 p.m.	None	\$170
Chess	Brian Garbera (Championship Chess)	K-5	Wednesdays 3:15-4:15pm	None	\$118
LEGO Engineering (Tuesday) (Thursday)	Ian Phillips (Play Well)	2-5 K-2	Tuesdays 3:15-4:45pm Thursdays 3:15-4:45pm	None	\$149
Tennis (FULL)	Davis Toombs (Bon Air Community Association)	K-2 3-5	Tuesdays 3:15-4:30pm Thursdays 3:15-4:30pm	Racket	\$155
Fishing	Tee Clarkson (VA Fishing Adventures)	1-5	Fridays 3:15-5:15pm	None	\$120
Field Hockey, Intramural*	Katherine Martin	3-5	Fridays, 3:15-5:00pm	Stick, mouth & shin guards, goggles	\$80
Soccer, Intramural*	Wally Kern	3-5	Tuesdays, 3:15-4:15pm	Shin guards	\$40
Band (LS click here) (MS click here)	Brian Rollins (Trinity)	5-8	Practice 2/week, dates/times TBD. Performances in December & May.	Musical instrument(s)	\$80 (for the year)
LEGO Robotics, (LS click here) (MS click here)	Michael Jones, parent volunteers	5-8	Practice 1/week, 3:15-5:15pm. Competition = a mid-Nov. Saturday	None	\$80
Mountain Biking*	Ben Hayward	6-8	Sessions Mon & Wed, 3:00-5:00pm. Parent day at end of season.	Mountain bike and helmet	\$240
Baseball Clinic*	Michael Turner	6-8	Fridays, 3:00-5:00pm	Glove, bat, helmet	\$0
Cross Country, Interscholastic*	Neal Fleenor	6-8	Practice Mon-Fri, 3:00-4:30pm. Meets ≈ 1/week	Running shoes	\$80
Field Hockey, Interscholastic*	Katherine Martin	6-8	Practice Mon-Thu, 3:00-4:30pm. Games = 1 to 2 /week	Stick, mouth & shin guards, goggles	\$80
Boys' Lacrosse Clinic*	Pete Waldbauer	6-8	Wednesdays, 5:30-6:30pm	Stick and mouthpiece	\$0
Soccer, Interscholastic*	John Mills	6-8	Practice Tues. and Thurs. 4:30-6:00pm	Cleats, shin guards	\$80

*Students must have a current Athletic Participation Form on file before participating in sports.

After-School Activities 2016-2017 (cont.)

Winter (November 14 to February 26)					
Interscholastic Swimming*	Philip Tickle	6-8	Sunday afternoons at St. Catherine's. Meets ≈ 1/week	Swimsuit, goggles	\$80
Theater Production	Jan Guarino	6-8	Practice 2-3/ week, 90min. Performances week of March 2nd	None	\$0
Band	Brian Rollins	5-8	Practice 2/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$80 (for the year)
Interscholastic Boys Basketball*	Christian Hansen, Wally Kern, Michael Turner	5-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Gym clothes and basketball shoes	\$80
Interscholastic Girls Basketball*	Sam Futrell, Tony Moore, Bryce Rowe	5-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Gym clothes and basketball shoes	\$80
Intramural (SMBA) Basketball*	Alumni and parent volunteers	4-8	One 1-hr. practice once per week. Games = Saturday mornings	Gym clothes and basketball shoes	\$80
Art	Meg Foster (ArtHaus)	K-5	Mondays 3:00-4:30pm	None	TBD
Uke N' Roll group Ukulele class	Samson Trinh (Uke n' Roll/GRSM)	6-8 2-5	Mondays 2:55-4:00pm (gr. 6-8) Wednesdays 3:00-4:00pm (gr. 2-5)	Ukulele	\$162 (plus uke rental)
LEGO Engineering	Ian Phillips (Play Well)	K-5	Tuesdays (gr 2-5) 3:05-4:05pm Thursdays (gr K-1) 3:05-4:05pm	None	\$149
Spring (February 27 to May 19)					
Boys Lacrosse*	Pete Waldbauer	6-8	Practice 2/ week, 90min. evenings Games = 1 or 2 /week	Stick, helmet, gloves, shoulder pads, and mouthguard	\$80
Girls Lacrosse*	Katherine Martin	6-8	Practice 2/ week, 90min. Games = 1 or 2 /week	Stick, goggles, and mouth guard	\$80
Track*	Phillip Tickle	6-8	Practices 2/3 per week	Running shoes	\$80
Golf*	David Jennings	6-8	Tues., Wed. or Thurs., 3:30-5:30 p.m. at Willow Oaks CC, plus matches	Bag, balls, clubs, shoes	\$80
Band	Brian Rollins	5-8	Practice 2/week @ Trinity Performances at LS & MS in Dec & May	Musical instrument(s)	\$80 (for the year)
Fun & Games*	Wally Kern	3-5	Tuesdays, 3-4:15pm	Gym clothes, sneakers	\$40
Fishing	Tee Clarkson (VA Fish. Adventures)	1-5	Fridays 3:00-5:00pm	None	\$120
Outdoor Adventures	Tee Clarkson (VA Outside)	1-5	Wednesdays, 3:00-5:00pm	Helmet (optional)	\$120
Tree-Climbing	Riverside Outfitters	K-5	Mondays (group 1) 3:00-4:15pm Tuesdays (group 2) 3:00-4:15pm	None	\$70
LEGO Engineering	Ian Phillips (Play-Well)	K-5	Tuesdays (gr. 2-5) 3:05-4:35pm	None	\$149

After-School Activities 2016-2017 (cont.)

Thursdays (gr. K-1) 3:05-4:35pm					
Art	Meg Foster/ArtHaus	K-5	Mondays 3:15-4:30pm *No class on 3/6 or 4/17	None	\$170
Tennis	Davis Toombs (BACA)	K-5	Tuesdays (gr. 4-5) 3:15-4:15pm Wednesdays (gr. 2-3) 3:15-4:15pm Thursdays (gr. K-1) 3:15-4:15pm	Racket	\$150 (BACA members) \$155 (non-members)
Yoga	Jenny Courain -Mindfulasana	K-8	Tuesdays (gr. K-2) 3:00-4:00pm Wednesdays (gr. 6-8) 3:00-4:00pm Thursdays (gr. 3-5) 3:00-4:00pm	Mat (optional)	\$100
Jump-roping	JumpStarz	K-5	Fridays 3:00-4:00pm	None	\$80