

WESTLAND AFTER SCHOOL ACTIVITY PROGRAM

How to register:

Use the form in the back of this brochure or print it from the website at
<http://montgomeryschoolsmd.org/schools/westlandms/>

Drop it off at the front office or register during lunchtime **9/8-9/12**

Or register on Back To School Night, **September 11, from 5-7 pm**

Free Bus Service for After School Classes Provided

Bus Schedule Available on Westland MS Website, "Activities"

New this year: An after school bus on Wednesdays!! Provided by Montgomery County Recreation Department

The PTA and Westland are eager to have all students participate - cost should not be a consideration.

If your child needs a scholarship, contact Ms. Nachman at 301-320-6525 or Jessica_R_Nachman@mcpsmd.org

All requests will be kept confidential.

Fall Session: 9/16-12/9

Winter Session: 1/13-3/19

Spring Session: 3/24 - 6/9

(Some classes start or end on different dates - please note!)

Please join the Westland net so that you may receive class updates, or last minute cancellations. We rely on the Westland net to get this important information to you. You can join the net by following the directions on the Westland PTA website (the link for the PTA is on the Westland School Home Page).

Brochure and registration forms also available on Westland MS Website, Look under "Activities"

This year we will hold one registration for the entire year that will allow you *to sign up for classes* held in *Fall, Winter and Spring*. There is a **ONE TIME REGISTRATION FEE of \$5** for all activities except academic support classes. Some vendor-led classes have an additional class fee. Students will be able to add classes throughout the year IF spaces are available, but we cannot guarantee that there will be openings, so it's best to plan ahead and sign up now. A registration and waiver form is included at the back of this brochure. *You can register 3 ways:* drop off your registration form, waiver form, and check at the front office, OR sign up at lunchtime on 9/8 – 9/12, OR sign up on Back to School Night on September 11 starting at 5:00 pm.

Registration:

Missy Reingruber mreingruber@verizon.net

Brochure:

Dianne Spellberg dianne.spellberg@usdoj.gov

Registration:

Wendy Hocking

Maggie Fairbrother

Communications:

Amy Ballard-Eid ballard_eid@yahoo.com

ASAP Westland Staff Contact:

Jill Shultz jill_shultz@mcpsmd.org

(301) 320-6515

ASAP Policies and Procedures

Cancellations: Sometimes outdoor classes are cancelled due to weather conditions. Students must listen to the announcements and have a back-up plan for that afternoon. Sometimes we must cancel vendor-led classes due to lack of enrollment. You will be notified and your money refunded.

Registration: Deadline for all forms and checks is September 15, 2008. Students may register for a class that is already in session (on a space available basis), but fees will not necessarily be prorated.

Refunds: To obtain a refund, parents may cancel by contacting Missy Reingruber at mreingruber@verizon.net or 301-652-6365 no later than **9/12** for the fall session, **1/9** for the winter session, and **4/3** for the spring session.

Drop-in: students may drop in at any point during the school year to any club that is not fee-based or does not have a student maximum. Teacher approval may be required; registration is not required.

Class Minimum/Maximum: You will be notified if minimum registration is not reached, and your money refunded. Class may be cancelled at teacher's discretion. If maximum is reached we will notify you and put your name on a waiting list.

**** PLEASE JOIN THE WESTLAND NET - ALL CLASS CANCELLATIONS AND UPDATES WILL BE POSTED ON THE NET GO TO THE WESTLAND PTA WEBSITE (LINK IS ON THE WESTLAND HOME PAGE) TO JOIN THE NET!**

Scholarships are available: contact Jessica Nachman at (301) 320-6515
or by email at jessica_r_nachman@mcpsmd.org

<p>A-01. Art Club: Yearlong and Drop in Focus is on a monthly theme! No fee, but students may need to bring in certain supplies. Sept - drawing with chalk and charcoal; Oct - photography; Nov - scratchboard; Dec - printmaking; Jan - chinese brush painting; Feb - collage; Mar - oil pastels; Apr - computer art; May - needlework</p>	<p>Dates: Tuesdays, starting September 16, through the end of May Fee: none Contact: Fontaine Rodgers elizabeth_f_rodgers@mcpsmd.org Location: Art Room</p>
<p>B-01. Babysitting Essentials: Fall B-02. Babysitting Essentials: Winter B-03. Babysitting Essentials: Spring 6 sessions each season Facilitated by Suburban Hospital's Safe Sitter Program. Learn about behavior management techniques, infant rescue breathing, even how to run your own sitting business! This is a great program that will give you and your employer confidence in your babysitting skills.</p>	<p>Fall Dates: Tuesdays 9/16, 9/23, 10/7, 10/14, 10/21, 10/28 Winter Dates: Tuesdays 1/13, 1/20, 1/27, 2/3, 2/10, 2/17 Spring Dates: Tuesdays 3/24, 4/14, 4/21, 4/28, 5/5, 5/12 Fee: \$95 per season Maximum # of students: 16 Contact: Eleni Antzoulatos eantzoulatos@suburbanhospital.org Location: TBA</p>
<p>B-04. Basketball Shootout: Fall Countywide competition of shooting skills for all grade levels, boys and girls. In the 2006 competition, a 6th grader finished 2nd in free-throws.</p>	<p>Dates: Starts on Thursday 9/18 (runs through mid-October) Fee: None Location : Gym Contact: Dana Coleman dana_m_coleman@mcpsmd.org</p>
<p>B-05. Basketball: Fall - Drop in Fun and casual 3 on 3 basketball. Teams are limited to 4 members. A great opportunity for 6th, 7th and 8th graders who like sports.</p>	<p>Dates: Tuesdays, starting 9/16 Fee: None Contact: Kent Kariya Kent_S_Kariya@mcpsmd.org Location : Gym</p>
<p>B-06. Basketball: Spring - Drop in Fun and casual 3 on 3 basketball.</p>	<p>Dates: Tuesdays 3/24, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 6/2 Fee: None Contact: Kent Kariya Kent_S_Kariya@mcpsmd.org Location: Gym</p>
<p>B-07. Bay Savers Club: Yearlong/ Drop in Take action to improve the environmental surroundings in the Westland community! This club is not just for students who love science. Come, play games, have discussions and go on fabulous field trips.</p>	<p>Dates: Thursdays 9/18, 9/25, 10/2, 10/23, 11/6, 11/13, 11/20, 12/4 Fee: None Contact: Stephanie Lee stephanie_lee2@mcpsmd.org Location: TBA</p>
<p>B-08. Book Club: Yearlong - Every other Thursday Westland's very own Book Club!! Students will analyze a variety of texts by participating in group discussions and completing writing assignments that will explore the meaning behind the literature. There will be social reading events, movies and much more!</p>	<p>Fall Dates: TBA Winter Dates: TBA Spring Dates: TBA Fee: \$65 Snacks included and teachers host semester-end celebration. Contact: 6th Grade-Jolie La Flamme jolie_l_laflamme@mcpsmd.org 7th Grade-Jenelle Peterson; 8th Grade-Rachel Johns Location: TBA</p>

<p>C-01. Cartooning: Fall (This is a MCRD Rec Extra Club!) A new and creative class! Students will draw different characters and situations to create comic strip sequences. No previous art experience necessary. Watch for the Montgomery County Rec Dept. Brochure for more info about this class.</p>	<p>Dates: TBA Fee: None Contact: TBA Location: Art room Class Maximum: 14</p>
<p>C-02. Chamber Chorus: Yearlong The Chamber Chorus is an ensemble open to all Westland students in 7th and 8th grade by audition only. This ensemble was created to allow students to participate in an advanced choral group. The members are required to attend Wednesday after school rehearsals and additional dates will be added closer to the Fall and Spring shows. Auditions will be held on (TBA). Important Dates: Winter concert (TBA); Adjudication (TBA); Spring concert (TBA).</p>	<p>Dates: Wednesdays, starting 10/1 Fee: None Contact: Jacqueline Serratore Jacqueline_serratore@mcpsmd.org Location: Chorus room</p>
<p>C-03. Intro to Cheerleading/Poms Perfect for those who want to try-out in high school! Focus will be on fundamental skills along with dance, gymnastics, and stunts. Learn cheers, dance routines - come join the squad!!</p>	<p>Dates: TBA Fee: None Contact: TBA Location: TBA</p>
<p>C-04. Chess Club Did you know that Westland used to be the Maryland state champion in chess? Help us regain that title! Taught by a chess master from the Victor Sherman Chess School. No need to be an expert chess player - beginners welcome!</p>	<p>Dates: Tuesdays Fee: Contact: Location: Room 116</p>
<p>C-05. Cooking: Fall C-06. Cooking: Winter C-07. Cooking Spring Do you like to eat? We'll help you learn how to prepare your food just the way you want it – and have fun at the same time. Explore some simple cooking and baking techniques and learn your way around the kitchen. No previous experience is required! (Extra Bonus: You get to eat what you make!) Fee includes materials and supplies, recipe book, and t-shirt.</p>	<p>Fall Dates: TBA Winter Dates: TBA Spring Dates: TBA 8 sessions Fee: Min. # of students 8; Max 20 Contact: Location: Room 218</p>
<p>C-08. Conditioning - Winter Students can exercise on aerobic equipment or weight train. Run by Westland teacher Mr. Jeff Walker.</p>	<p>Dates: Thursdays TBA Fee: None Contact: Jeff Walker Jeff_T_Walker@mcpsmd.org Location: Weight room</p>

<p>D-01. Dance Team: Yearlong Starts in the Fall. Look for sign-up sheet in cafeteria on 10/1. Learn dance routines from Westland's own Ms. Cosby. Guest choreographers will also teach their hottest dance routines. Students in all grades have a chance to enhance motor and coordination skills through dance, and will benefit from the team work and esprit de corps that result from learning exciting jazz, hip hop and ballet dance routines.</p>	<p>Dates: Starting in October Fee: None Contact: Sherion Cosby Sherion_A_Cosby@mcpsmd.org Location: Cafeteria</p>
<p>D-02. Debate Club Do you like to express yourself, voice your opinion? Are you interested in current events? Join Westland's new debate team and develop your voice. The team will participate in weekend tournaments. More information about this club will be added to the brochure soon!</p>	<p>Dates: Wednesdays 9/17, 9/24, 10/1, 10/15, 10/22, 10/29, 11/5, 11/19 8 sessions Fee: \$55 Min. # of students: 8 Contact: Sarah Kass Sarah_W_Kass@mcpsmd.org Location: TBA</p>
<p>D-03. Drama-Westland Theatre: Fall and Spring Westland usually puts on a Fall and a Spring play. Listen for announcements for auditions. Speaking or singing parts available or work on scene and set design.</p>	<p>Dates: Listen for an announcement! Fee: None Contact: Sherion Cosby Sherion_A_Cosby@mcpsmd.org Location: Cafeteria</p>
<p>F-01. Field Hockey: Fall Girl's Clinic Did you know that BCC High School has won 13 State Championships and holds the NATIONAL record with 9 consecutive state championships? Get ready for this incredible team by learning basic skills and techniques from BCC's assistant coach (and Westbrook teacher!) Kate Finn. 6th, 7th and 8th grade girls are welcome. Sticks and balls will be provided.</p>	<p>Dates: Tuesdays 9/16, 9/23, 10/7, 10/14, 10/21, 10/28 6 sessions (Rain date 11/8) Fee: \$60 Contact: Kate Finn, Kathleen_C_Finn@mcpsmd.org Location: Meet on blacktop</p>
<p>F-02. Field Hockey: Spring Girl's Clinic Free clinic taught by girls from BCC field hockey team. A great opportunity to try out the sport and get to know the team.</p>	<p>Dates: Thursdays 3/26, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 8 sessions Fee: None Contact: Laura Hambleton Location: Meet on blacktop</p>
<p>F-03. Flag Football: Fall - Drop-In This super popular drop-in club is open to everyone. This year we will create a football league, the "Westland NFL". Taught by Jeff Walker.</p>	<p>Dates: Thursdays 9/18, 9/25, 10/2, 10/23, 11/6, 11/13, 11/20, 12/4 Fee: None Contact: Jeff Walker, Jeff_T_Walker@mcpsmd.org Location: Field</p>
<p>G-01. Girls on Track (This is a MCRD Rec Extra Club!)</p>	<p>Dates: TBA Fee: Contact: Location:</p>

<p>I-01. CANCELLED -International Club: Yearlong/Drop-In</p>	<p>Dates: TBA Fee: None Contact: Location: TBA</p>
<p>I-02. Investment Club: Yearlong/Drop-In Learn how the Stock Market works and how to make millions with savvy investment strategies.</p>	<p>Dates : TBA Fee: None Contact: Kent S_Kariya@mcpsmd.org Location: Room 213</p>
<p>J-01. Jazz Ensemble – Yearlong/Drop-In Designed for 7th and 8th grade students who want to learn the basics of jazz harmonies, articulations, and improvisations. All students must audition and be able to read music. Must purchase a \$15 book and need to be committed to the ensemble. See Ms. Garay.</p>	<p>Dates: Listen for an announcement! Fee: None Contact: Mary_Garay@mcpsmd.org Location: Band room</p>
<p>K-01. Kayaking: Fall- Tuesdays- Beginner/Introductory K-02. Kayaking:Fall- Wednesdays- Intermediate Sponsored by Tom McEwan of Liquid Adventures (Tom is formerly of Calleva and Valley Mill camps.) Basic kayak lessons on flatwater, and a little current exploring of the Potomac River. Check out the website for more info: www.liquidadventures.org. 6 classes held on Thursday afternoons from 2:45 - 6:15 pm. The first session starts early, on 9/6. Bus service is provided from Westland to the Potomac River (Old Angler's Inn) and back to Westland by 6:15 pm. There is no transportation home.</p>	<p>Dates: Tuesdays 9/9, 9/16, 9/23, 10/7, 10/14, 10/21 Dates: Wednesdays 9/10, 9/17, 9/24, 10/1, 10/8, 10/15 6 sessions Fee: \$150 Min. # students: 8; Max: 12 Contact: Tom McEwan www.liquidadventures.org Location: Potomac River. Bus picks up at Westland and returns to Westland after each session. There is no transportation home.</p>
<p>K-03. Kayaking: Winter Basic kayak roll lessons in a local pool. Rolling is a critical aspect of kayaking and winter is a great time to master this skill! Check out the website for more info: www.liquidadventures.org. 6 classes held on Thursday afternoon from 2:45 - 6:15 p.m. Bus service is provided from Westland to the pool, and back to Westland by 6:15. There is no transportation home.</p>	<p>Dates: Dates: Once a week for 6 weeks during the months of March and April. Exact dates TBA - 6 sessions Fee: \$150 Min. # students: 4, Max: 8 Contact: Tom McEwan www.liquidadventures.org Location: Local swimming pool. Bus picks up at Westland and returns to Westland after each session. There is no transportation home</p>
<p>K-04. Kayaking: Spring Sponsored by Tom McEwan of Liquid Adventures (Tom is formerly of Calleva and Valley Mill camps.) Basic kayak lessons on flatwater, and a little current exploring of the Potomac River. Check out the website for more info: www.liquidadventures.org. 6 classes held on Thursday afternoon from 2:45 - 6:15 p.m. Bus service is provided from Westland to the Potomac River (Old Angler's Inn) and back to Westland by 6:15 pm. There is no transportation home.</p>	<p>Dates: TBA 6 sessions Fee: \$150 Min. # students: 8; Max: 12 Contact: Tom McEwan www.liquidadventures.org Location: Potomac River. Bus picks up at Westland and returns to Westland after each session. There is no transportation home.</p>

L-01. Leave No Trace: Fall

L-02. Leave No Trace: Winter

Leave No Trace (LNT) trainer course teaches the seven principles of LNT:

1. plan ahead and prepare; 2. travel and camp on durable surfaces;
3. dispose of waste properly; 4. leave what you find; 5. minimize campfire impacts;
6. respect wildlife; and 7. be considerate of other users. Students will learn survival skills that incorporate the LNT principles through activities and games. Facilitated by Calleva staff.

Fall Dates: Thursdays 9/18, 9/25, 10/2, 10/23, 11/6, 11/13, 11/20, 12/4
Winter Dates: Thursdays 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/5
8 sessions/season
Fee: \$120 per season
Min. # of students 5; Max 25
Contact: David Ritter, ritter@calleva.org
Location: TBA

M-01. Math Team: Yearlong

Listen to announcements for start date. Great opportunity to be part of Westland's dynamic team and compete in area-wide math competitions. The Math Team goes to MCPS Middle School Math Competitions, the Maryland Mathalon in Fort Meade, MD, and the chapter MATHCOUNTS competition at the Univ of MD College Park. If the team does well -- which it has during the last 7 of 9 years -- it qualifies to go to the state MATHCOUNTS competition which was held at Johns Hopkins in Baltimore last year. Open to 7th and 8th graders and 6th grade IM students.

Dates: TBA
Fee: None
Contact: Alyssa_C_Walstein@mcpsmd.org
Location: TBA

M-02. CANCELLED - Model United Nations

Dates:
Fee: none
Contact:
Location: TBA

M-03. Photoworks Documentary Photography Class: Fall

Photoworks introduces an exciting and very different kind of photography class. Students will use their cameras to explore and document their lives. Instructor Rebecca Drobis will cover digital photography techniques, as well as the fundamentals of photojournalism. Students will work on individual projects depicting the world through their eyes, learn how to edit, and will work to construct a photo essay. The course will culminate in an exhibition at Westland Middle School. Each student should have their own digital camera (point and shoot camera or 35 mm) and will be responsible for making 5-10 prints outside of class for the exhibition. Photoworks is a photography studio and teaching facility located in Glen Echo Park, MD. For more information about Photoworks, visit www.glenechoparkphotoworks.org

Dates: Thursdays 9/18, 9/25, 10/2, 10/23, 11/6, 11/13
6 sessions
Fee: \$75
Min. # of students: 11

<p>R-01. Rock Climbing: Fall R-02. Rock Climbing: Winter R-03. Rock Climbing: Spring 6 sessions each season Facilitated by Suburban Hospital's Safe Sitter Program. Climbing is a great form of exercise and a fun way to build strength. Calleva will provide all gear (helmet, harness, shoe ropes, belay devices) and transportation. Calleva's American Mountain guides certified staff will instruct students in rock climbing, including basic rock movement, rope management, knots and belay techniques. Bus service is provided from Westland at 2:40 and back to Westland at 6:30 pm. There is no transportation home. Calleva also has an indoor rock climbing gym, so bad weather days are not a problem. We will circulate the class list after registration so parents may organize a carpool.</p>	<p>Fall Dates: Tuesdays 9/16, 9/23, 10/7, 10/14, 10/21, 10/28, 11/18, 12/2 Winter Dates: Tuesdays 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3 Spring Dates: Tuesdays 3/24, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 6/2 8 sessions each season Fee: \$225 per session Maximum # of students: 25, Min. 5 Contact: David Ritter, ritter@calleva.org Location: Calleva's campus in Poolesville. Bus picks up at Westland and returns to Westland after each session. There is no transportation home.</p>
<p>R-04. Rocket Building: Fall R-05. Rocket Building: Spring Rocket building is safe, fun, and exciting. Students will build a rocket launcher that uses air power from a bike pump or air compressor. The rockets will be built out of two-liter soda bottles and can fly 300 feet high and 400 feet in distance. All students will take their rockets and launcher home to keep. Taught by Calleva experts at Westland.</p>	<p>Fall Dates: Wednesdays 9/17, 9/24, 10/1, 10/5, 10/22, 10/29, 11/5, 11/19 Spring Dates: Wednesdays 3/25, 4/1, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 8 sessions each season Fee: \$150 per season Max. # of students: 25; Min. 5 Contact: David Ritter, ritter@calleva.org Location: Blacktop</p>
<p>R-06. Running Club: Spring/Drop-In Get in shape! The Running Club is looking for students who want to have fun running while working up to 2-3 miles. The club runs on campus and on the beautiful Capitol Crescent Trail. It's a wonderful opportunity to make new friends while exercising. The club is a great opportunity to stay in shape for the third Annual Westland race! Parental permission required.</p>	<p>Dates: TBA Listen for an announcement! Fee: None Contact: Alyssa_C._Walstein@mcpsmd.org Location: Field</p>
<p>S-01. Squash Team: Fall S-02. Squash Team: Winter S-03. Squash Team: Spring Connie Barnes (Squash coach at Pyle and BCC) is continuing the Westland Squash Team. The team will train Tuesdays 4:30 - 5:30 during Fall and Spring; 4-5 during the Winter, at Bethesda Sport and Health. Equipment and non-marking shoes can be purchased from Connie. Friendly competitive matches will be played against other local schools. There is no activity bus available to Bethesda Sport and Health. We will circulate the class list after registration so parents may organize a carpool.</p>	<p>Fall Dates: Tuesdays 9/16, 9/23, 10/7, 10/14, 10/21, 10/28, 11/8, 12/2, 12/9 Winter Dates: Tuesdays 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10 Spring Dates: Tuesdays 3/24, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 6/2, 6/9 9 sessions Time: 4:00-5:00 Winter 4:30-5:30 Fall and Spring Fee: \$189 Contact: Connie Barnes rodandcon@comcast.net Location: off-site, Bethesda Sport and Health</p>
<p>S-04. Step Club: Yearlong Listen for announcements in the fall. Learn step routines! Those who join Wildcat Step Club will perform at the Westland Talent show and during the half time of ballgames. Students in all grades have a chance to enhance motor and coordination skills through dance, and will benefit from the team work and esprit de corps that result for learning exciting step routines. Even if you miss the 9/16 start date, come by the gym and talk to Ms. Coleman.</p>	<p>Dates: Tuesdays and Thursdays starting 9/16 Fee: None Contact: Dana_M_Coleman@mcpsmd.org Location: Main gym</p>

<p>S-05. Student Government Association - Yearlong SGA enables students to participate in an effective and flexible governing system. It provides opportunities to discuss policies, create projects, and make recommendations to promote school spirit and positive peer interaction at Westland. Open to all students, grades 6 - 8. SGA officers are elected by the student body; must be in good academic and disciplinary standing.</p>	<p>Dates: TBA Fee: None Contact: Janae_C_Eicher@mcpsmd.org Dyanna_Lambe@mcpsmd.org Location: Room 223</p>
<p>T-01. Tennis: Fall - Tuesdays- Intermediate/Advanced Learn the fundamentals of tennis: basic strokes, rules of the game, and strategy, with an emphasis on fun. Facilitated by Nima Ossareh who played for San Diego State and was the #1 player at Whitman.</p>	<p>Dates: Tuesdays 9/16, 9/23, 10/7, 10/14, 10/21, 10/28 6 sessions (Rain date 11/18) Fee: \$120 Contact: Mitch Henkin's TenniStar Location: Tennis courts</p>
<p>T-02. Tennis: Fall - Wednesdays- Intermediate/Advanced Learn the fundamentals of tennis: basic strokes, rules of the game, and strategy, with an emphasis on fun. Facilitated by Nima Ossareh who played for San Diego State and was the #1 player at Whitman.</p>	<p>Dates: Wednesdays 9/10, 9/17, 9/24, 10/1, 10/15, 10/22 6 sessions Fee: \$120 (Rain date 10/29) Contact: Mitch Henkin's TenniStar Location: Tennis courts</p>
<p>T-03. Tennis: Fall- Thursdays- Beginner/Advanced Beginner Learn the fundamentals of tennis: basic strokes, rules of the game, and strategy, with an emphasis on fun. Facilitated by Nima Ossareh who played for San Diego State and was the #1 player at Whitman.</p>	<p>Dates: Thursdays 9/18, 9/25, 10/2, 10/23, 11/6, 11/13 6 sessions (Rain date 11/20) Fee: \$120 Contact: Mitch Henkin's TenniStar Location: Tennis courts</p>
<p>T-04. Tennis - Spring Thursday tennis sessions with Nima Ossareh.</p>	<p>Dates: TBA 6 sessions Fee: \$120 Contact: Mitch Henkin's TenniStar Location: Tennis courts</p>
<p>V-01. Variety Show - Spring Each spring Ms. Cosby sponsors a Variety Show featuring talented students who perform for the Westland community. Start preparing for auditions in January. Open to everyone.</p>	<p>Dates: TBA Listen for an announcement! Fee: None Contact: Sherion_A_Cosby@mcpsmd.org</p>
<p>Y-01. Y.E.A.H. (Youth Education on Athletics and Health) Certified trainers teach a comprehensive health, nutrition and exercise program that will help develop a life-long model for fitness while having fun. . For more information visit www.yeahprogram.com</p>	<p>Dates: Tuesdays 9/16, 9/23, 10/7, 10/14, 10/21, 10/28 8 sessions Fee: \$160 Contact: anthony.russo22@gmail.com Location: Westland</p>

<p>Y-02. Yearbook Club - Yearbook Work with photos, essays, illustrations and layout to help create this year's memorable yearbook.</p>	<p>Dates: Meets every other Thursday; starts 9/25 Fee: None Contact: Rachel Johns rachel_l_johns@mcpsmd.org Location: 114</p>
<p>Y-03. Yoga - Fall This class will stress athletic conditioning and flexibility, while providing stress management techniques. Music brought in by our teacher and the students keeps the class upbeat and fun. Activities such as aroma therapy are practiced as well. See www.yogatales.com for more information.</p>	<p>Dates: TBA Fee: \$0 Max. # of students: 15; Min. 6 Contact: Location: TBA</p>
<p>Y-04. Yoga - Winter This class will stress athletic conditioning and flexibility, while providing stress management techniques. Music brought in by our teacher and the students keeps the class upbeat and fun. Activities such as aroma therapy are practiced as well. See www.yogatales.com for more information.</p>	<p>Dates: TBA Fee: Max. # students: 15; Min. 6 Contact: Location: TBA</p>
<p>Y-05. Yoga - Spring This class will stress athletic conditioning and flexibility, while providing stress management techniques. Music brought in by our teacher and the students keeps the class upbeat and fun. Activities such as aroma therapy are practiced as well. See www.yogatales.com for more information.</p>	<p>Dates: TBA Fee: Max. # students: 15; Min. 6 Contact: Location:</p>

Homework Club

Don't forget these all-important classes taught by Westland teachers. A great way to catch up or speed ahead!

There is no \$5 registration fee for these classes. They are drop-in and yearlong
NO NEED TO REGISTER. Listen to the announcements for the start dates and room numbers.
Contact the teacher directly if you have questions.

ESOL Help

Yearlong/Drop-in. Thursdays 2:45 – 4:00 pm. Westland staff available after school
to help with homework and provide tutoring to ESOL students.

Contact: Laura_R_Bernard-Sanchez@mcpsmd.org **Location:** Room 117

Writing and Research Support

Yearlong/Drop-in. Tuesdays, Wednesdays and Thursdays 2:45 – 4:00 pm.

Contacts: Jeff_T_Walker@mcpsmd.org; Helene_George@mcpsmd.org **Location:** Room 107 (Computer Lab)

Math Support

Yearlong/Drop-in. Thursdays 2:45 – 4:00 pm. **Contact:** Dyanna_Lambe@mcpsmd.org **Room:** 110

English/Humanities Support

Yearlong/Drop-in. Tuesdays 2:45 – 4:00 pm **Contact:** Erin Clark **Room:** 106

Media Center Support

Yearlong/Drop-in. Use Westland computers to browse, read, research, or do your homework.

Contact: Kathy_M_Royster@mcpsmd.org **Location:** Media Center

Interscholastic Sports Teams

Contact: Timothy_J_Crane@mcpsmd.org

Softball, Basketball, Soccer and Cross Country. These teams are open to 7th and 8th grade boys and girls only.

The tryouts for Cross Country (coach Alyssa Walstein, Alyssa_C_Walstein@mcpsmd.org) and Softball (girls coach Nick Arnone, Samuel_Arnone@mcpsmd.org; boys coach TBA) take place the week of September 1st.

Listen to announcements for tryouts for Winter and Spring sports later in the year.

Rec Club

Listen for announcements and hand outs. Westland's ever-popular Friday night Rec Club dances provide a chance for students to get together with friends and classmates to enjoy good music, games and good times. Trips to Kings Dominion and Six Flags remain some of the students' favorite trips. The winter months find the Rec Club members taking to the slopes. Skiing and snowboarding are very popular activities at Westland. Students range from beginners to experts and the trips are designed with all ability levels in mind. **Contact:** Jean Emery, Jean_M_Emery@mcpsmd.org

Registration Form

Student Name: _____
Address: _____
Phone and Emergency Contact info: _____
Email address (very important, please print legibly): _____

Class Number and Name	Session (Fall, Winter or Spring)	Fee:

Add One Time Registration Fee for all activities EXCEPT Homework Club : _____ \$5.00

Tax Deductible Donation for Scholarships: _____

TOTAL: _____

Please make checks out to Westland PTA!

Cancellations: Sometimes outdoor classes are cancelled due to weather conditions. Students must listen to the announcements and have back-up plan for that afternoon. Sometimes we must cancel vendor-led classes due to lack of enrollment. You will be notified and your money your money refunded.

Refund Policy: In order to obtain a refund, parents must email mreingruber@verizon.net or call Missy at 301-652-6365 no later than **9/12** for the fall session, **1/9** for the winter session, and **4/3** for the spring session.

(No registration or fee required for ESOL Help, Writing and Research Support, Math Support, English/Humanities Support or Media Center Support.)

**** Scholarship Funds Are Available. Please Contact Guidance Counselor Jessica Nachman at jessica_r_nachman@mcpsmd.org, 301-320-6515**

Please keep a copy for your records.

Class Number and Name	Session (Fall, Winter or Spring)	Fee
-----------------------	----------------------------------	-----

After School Activities Waiver

** This form must be signed by a parent/guardian before a student can attend any club associated with the Westland PTA's After School Activity Program (ASAP).

The parent or guardian of participant _____ assumes on behalf of themselves and all heirs and assignees all risks associated with participation in the ASAP. The members of the ASAP Committee, Westland Middle School staff, the Westland PTA and/or the County assume no liability for injury or damages arising from participation in the program. Many activities involve inherent risks of death or serious bodily injury to the eye, head or other sensitive parts of the body. Participants expressly assume the responsibility for obtaining and correctly using appropriate protective gear for all activities. Such protective gear may include eye protection, mouthpieces, helmets or other equipment designed to mitigate the risk of injury inherent to a particular activity. The participant consents to emergency treatment if deemed necessary. Neither the club instructor, the Westland PTA, Westland Middle School and/or members of the ASAP Committee are responsible for the students once they have departed the school property after the scheduled activity whether they are walking or being transported by automobile. Due to the strenuous nature of some activities, each participant is encouraged to consult his or her physician concerning fitness to participate in the program. The participant also consents to Westland Middle School's use of any photographs taken or video made of the program.

Parent/Guardian Signature

Print Name

Date