



## OPTIONAL PROGRAMS

### *Flexible Scheduling Options*

Optional Childcare from 7:00 AM – 9:00 AM and 2:45 PM– 4:30 PM

Optional Lunch – “Lunch Bunch” is from 11:20 AM to 12:20 PM. Your child will bring a delicious lunch from home. Students eat with friends from 11:20 AM – 12:00 PM, recess from 12:00 PM – 12:20 PM. Language blooms during this important part of the day, while good manners and friendship grow.

**EXTENDED DAY:** C.A.S.Y. Preschool’s Extended Day Program runs daily from 12:20 PM to 2:45 PM and was designed to give students a quality preschool experience in a structured environment similar to our morning program. Low ratios provide for close supervision. Daily activities include academics, phonics, math, science, story time, craft projects, art, puzzles, building, housekeeping, and more. Many of the activities reinforce what goes on in the mornings. In addition to our structured afternoons, we allow for supervised free-play during our Extended Day Program, as we recognize that less structured free-play encourages creativity, cooperative learning, listening and communication skills, too. Supervision and activities are directed by regular CASY Preschool Teachers.

Extended Day Program Activities Include:

- **Mondays: Yoga** Downward dog, flamingo pose, half-moon, bridge, and cobra poses – children love to move their bodies and will enjoy our thirty-minute yoga sessions. We will practice fun-filled yoga poses and learn how to focus through proper breathing techniques all while conducting appropriate safe poses. Yoga helps students develop physical strength, flexibility, calm minds, open hearts, self-confidence, relaxation, and concentration. Taught by Ms. Michelle, this is a great afternoon activity and children will learn to love the art of yoga! Namaste!
- **Tuesdays: Team Building Games** As the saying goes, teamwork makes the dream work! Join Ms. Terri every Tuesday to build, create, brainstorm, imagine, learn, and socialize with one another as the class works towards a common goal. Our uniquely developed program is designed to teach important life skills, such as problem solving, listening, leadership, and creative thinking. Nurturing teamwork skills also develops higher levels of self-confidence, self-esteem, empathy, and compassion.
- **Wednesdays: Spanish** Hola amigos! When an individual begins to learn a language at a younger age, greater proficiency is acquired. Since language learning requires a great deal of practice and application, starting early is a great advantage. Our Ms. Amber adds fun to the day emphasizing colors, numbers, names of body parts, songs, and practice common phrases. The students also enjoy reading Spanish books as a group!

- **Thursdays: Gymnastics** Students enjoy fantastic gymnastics fun when Ms. Shelby leads our class! Classes incorporate basic gymnastic moves. Strength, balance, and flexibility are emphasized.
- **Fridays: Science Explorers** Development of the curious mind might be the greatest gift we can give a preschooler. Our science explorers will improve their logic, ability to predict, vocabulary and observation skills while having fun with science.

**CLUBHOUSE:** Clubhouse Program 2:45 PM – 4:30 PM C.A.S.Y.'s Clubhouse is less-structured and generally more relaxed than our other programs. However, children do enjoy some teacher-directed activities and projects, snack and free play in a safe and well supervised environment. Music has played an important role in every culture throughout the recorded history. Brain research confirms that musical activity improves thinking and actually creates physical changes in the brain that no other activity can duplicate.

**SUMMER:** We are pleased to carry on the traditions started when C.A.S.Y. Preschool first opened in 1985. In 2017, we have enhanced our atmosphere and programs when we moved to our McDowell Mountain Ranch location. The perfect blend of academics, arts, and fun make our camps your best choice for summer. Student testing confirms that much academic progress is lost over the summer months. Our summer program is designed to continue your student's growth in academics (always with fun activities) in a fun camp-like atmosphere. Thematic Explorations Our approach reinforces all the learning that occurs during the school year. In each session, we will immerse our campers in one or two high interest themes. Themes will be somewhat flexible, based on the interests of students attending each session.