



## 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 session. We practice relaxation, discover dynamic stretches, and belly 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 for children to move their body and find their center. Namaste.
- **Tuesdays: Spanish**  
Hola amigos! Our Ms. Amber adds fun to the day, teaching a foundation of Spanish. She emphasizes colors, numbers, names of body parts, songs, and practice common phrases. The students also enjoy reading Spanish books as a group! Since language learning requires a great deal of practice and application, starting early is a great advantage.
- **Wednesdays: Karate Zoo**  
Join Sensei Connie every Wednesday as she transforms our classroom into a dojo! Using age-appropriate curriculum designed for children ages 3-6, this high-energy class teaches the fundamentals of martial arts combined with important life skills. Students will practice and perform two skills in each class to progress and conquer new goals.
- **Thursdays: Little Artists**  
Let’s get inspired! Ms. Brittany and Ms. Morgen’s Little Artists class will explore the wonderful world of art through fun, hands-on, and creative activities while using various art mediums. This

unique learning experience places emphasis on having fun while tapping into each student's creativity! The benefits of art for children extend far beyond the classroom and will stay with a child well into adulthood. This class will not only enhance students' creative abilities, but it will also encourage imagination, build fine motor skills, boost self-esteem, and improve communication skills

- **Fridays: Science Explorers**

Fostering a curious mind might be the greatest gift we can give a preschooler. Ms. Mouna helps our science explorers improve their logic, ability to predict, vocabulary and observation skills while having fun with science. This interactive class puts our students to creativity to the test and gives them new perspective on problem solving.

**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.