# Our Lady of Lourdes Parish School



# join us

boys & girls ages 4-12
PK3 may register for the Spring semester \*except TaeKwon Do
Spring semester: Jan- May
3pm-4pm

# After school Program

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## Pricing Discounts

Club Reg. Fee \$30 (includes t-shirt) \$40 off 2 Clubs \$300/club \$50 off 3 Clubs 12 wk semester Tae Kwon Do Reg Fee \$60 (includes uniform) \$w/2 clubs or more

# register at: www.SpiritFireProgram.com



#### **Pickleball- Mondays**

Intro to Pickleball program that fosters hand-eye coordination, teamwork, mental and physical well being in a safe & fun environment.



#### **Arts n Crafts Club- Tuesdays**

Seasonal projects that stimulate the creative mind. Design, create, paint, bead and craft as we learn about a variety of art techniques.



### **Cheer & Dance Club- Wednesdays**

Beginning cheer program that encourages girl kindness & empowerment, while promoting team bulding, health awareness, cheer & dance skills



#### **Tool Time- Wednesdays**

Hands-on tool exploration that fosters higher order thinking skills in Math & Engineering and promotes respect & leadership



#### Zumba Cultural Fun- Thursdays

Develop coordination & balance while exercising to the rhythm of ethnic music and exploring cultural dances.



#### Tae Kwon Do Club- Fridays

Focuses on the core principles of the discipline, including respect, focus & perseverance, while learning martial arts techniques in a positive atmosphere.