

2019 Screen Free Week

Activity Descriptions:



Monday, April 22

Ben's Bubble Show at Central Gym- 3:00-4:00 Central Gym

Open to All Students with a signed Permission Slip.

We are kicking off the week with an after-school Bubble Show assembly that will 'blow' our students away! Our students will be treated to the art, science, and touch of magic that Ben includes in every show. To learn more about the show, visit Ben's Bubble Show link: <https://bensbubbleshow.biz>

For your child to attend, a signed permission slip must be turned in ahead of time (no later than the morning of April 22nd) to the Central Office. The permission slip is attached to this email. Please feel free to join younger children for this event! Adults should use their discretion with older students.

Tuesday, April 23

Basketball- 3:00-4:00 Central School Gym

Open to All Grades; class limit is 20

Join Riverside Parks & Recreation Department staff to work on your basketball fundamentals while playing a game or two of hoops with your fellow Roadrunners!

Soccer for Upper Grades- 3:00-4:00 Hauser Field

Open to grades 3-5; class limit is 20

Grab your gym shoes and join your friends to improve your soccer skills. Kids will run a few introductory drills and then play a game. No cleats. Please bring a water bottle. This activity is kindly hosted by Rachel Schrier.

Obstacle Course- 3:00-4:00 Big Ball Park

Open to Grades K-2, class limit is 25

Test your agility, speed, and ninja skills on our fun outdoor obstacle course. Dress ready for some dirt! [Note that an obstacle course event for older students will be held on Friday.] This activity is bravely hosted by Zach Edmonson.

Model Magic Creations- 3:00-4:00 Central Art Room

Open to all grades, class limit is 12

Join talented art teacher, Summer Rio, for an afternoon of creative play with Model Magic clay. Your hands will stay busy as you learn to sculpt your own 2D and 3D creations.

STEM Projects at the Library- 3:00-5:00, Riverside Public Library

Open to all grades; No registration required

Our wonderful local librarians want you to experience the many new STEM kits they have available for check out. All ages are welcome in this drop-in event in the lower level of the library. No registration is necessary, but transportation and supervision are not provided.

Wednesday, April 24th

Hip Hop Dance- 3:00-4:00, Central School Gym

Open to grades 3-5; class limit is 25

Get ready to step outside the box! Dancers will learn some basic hip hop moves, then combine it with their own personality in a short routine. Dancers in this class will have the option to perform the routine together for the talent show. This popular class is taught by Marisa Kirsch.

Kickball- 3:00-4:00, Hauser Field

Open to grades K-2; class limit is 20

Is it soccer? Is it baseball? It's both! Kids will enjoy an hour of kickball fun in this high energy event. This activity is kindly run by Greg Miller.

Flag Football- 3:00-4:00, Big Ball Park

Open to All Grades; class limit is 26

Join the Riverside Parks & Recreation Department as you use your speed and skills to compete in a lively game of flag football. This event is generously hosted by Riverside Parks and Recreation.

Crafty Kids- 3:00-4:00, Central Art Room

Open to grades K-3; class limit is 18

If you love crafting, this is the class for you! Join your friends for an hour of creativity and fun while making a project of your own. All materials are provided. This class is kindly run by Chrissy Guastella.

LEGO Challenge- 3:00-4:00, Central Classroom (TBD)

Open to All Grades; class limit is 20

Calling all LEGO lovers! It's time to get creative and think outside the "blocks" as we design, race, and experiment with LEGOs. If you've got a good imagination and a love for LEGOs, this challenge is for you! No need to bring anything, just your imagination. This class is led by Missy Strobel.

After School Drop In DIY Project at the Library- 3:45-4:45, Riverside Public Library

Open to all grades; No registration required

Stop in to see what project the librarians have in store for you. The DIY projects will be ready for your creativity in the lower level of the Riverside Public Library. No registration is necessary, but transportation and supervision are not provided.

Thursday, April 25th

Dancing Fun- 3:00-4:00, Central School Gym

Open to grades K-2; class limit is 25

Come dance your Thursday away in this fun introduction to dance. The kids will learn some basic dance steps, then put them together for a fun routine. This class is taught by the talented Marisa Kirsch.

Soccer- 3:00-4:00, Hauser Field

Open to grades K-2; class limit is 20

Grab your gym shoes and join your friends to learn some basic soccer skills. The kids will run a few introductory drills, then play a game. No cleats, but please bring a water bottle. This class is run by Coach Rachel Schrier.

Kickball for Upper Grades- 3:00-4:00, Big Ball Park

Open to grades 3-5; class limit is 20

Bring your "A" game to Big Ball Park and have some fun in a competitive game of Kickball with your fellow Roadrunners. Bring your water bottle, because things are likely to get heated! This event is generously run by Riverside Parks and Recreation.

Kids' Yoga, Upper Grades- 3:00-4:00, Central Classroom TBA

Open to grades 3-5; class limit is 12

Calm your mind, move your body, and build strength during this yoga class targeted for 3rd-5th graders. Bring a mat if you have one (extras will be on hand if you don't have one), wear comfortable clothes, and prepare your mind for a fantastic hour. This class is instructed by the expert Yogi, Brooke Woodham.

Mad Hatter Tea Party- 3:45-4:45, Riverside Public Library

Open to grades K-3; Contact the Riverside Public Library to register

Enjoy an Alice in Wonderland themed tea party, complete with tea sized treats and party games. This event is hosted and run by the public library, so parent supervision is required.

Friday, April 26th

Get Your Act Together! Talent Show practice time- 3:00-4:00, Central Gym

Open to all grades, class limit is 40 kids

If you and your friends have an idea for the talent show, but need some time and space to practice with your group, this is the session for you! An adult helper will be on hand for guidance, but please come with your act idea in mind.

Note that this is completely optional- you do not need to attend this session in order to perform in the talent show.

Reach out to Missy Strobel (mjstrobel@gmail.com) or Marisa Kirsch (marisalynnkirsch@gmail.com) if you have questions about this session.

Obstacle Course- Upper Grades- 3:00-4:00, Big Ball Park

Open to Grades 3-5; class limit is 25

Test your agility and speed on our ninja obstacle course. Come dressed to jump, run, and crawl! (Note that an obstacle course event for younger students is being held on Tuesday.) This course is run by the fearless Zach Edmonson.

Sew much Fun!- 3:00-4:00, Central Art Room

Open to grades 2-5, class limit is 10

Whether you love to sew or would love to learn how, come give sewing a try! Learn the basics of hand sewing while completing a beginners project to take home. All materials and tools are provided. This class is taught by the oh-sew-talented, Beth Brouwer.

Kids' Yoga, Lower Grades- 3:00-4:00, Central Classroom TBA

Open to grades K-2; class limit is 12

Calling all little yogis! Come celebrate Friday by clearing your mind and stretching that body! Enjoy an hour of zen with friends and learn the basics of yoga from the talented yogi, Mandi Altepeter. Bring a mat if you have one, but extras will be provided.

Saturday, April 27th

Open Gym at Flipside-1:00-2:00, Flipside Academy of Movement,7918 26th St, North Riverside

Open to all grades; class limit is 25

**** Please note that though this is highly discounted thanks to the generosity of Flipside and the Central PTO, there is still a \$5 fee for each participant. Please only sign up if you are certain you are able to attend and pay, as limited spots are available. Thank you!**

Join your fellow Roadrunners at Flipside for an hour of climbing, jumping, and challenging your strength on Flipside's many obstacles. A waiver must be signed upon checking in to Flipside.

Screen Free with Mr. T- 12:00-1:00, Riverside Art Center, 32 East Quincy

Open to all grades; class limit is 12

Channel all that screen-free energy into art with the famous Mr. T! Students will explore and create with found-object art sculptures in this popular class.