



Fulmar Road Elementary PTO Mini-Workshops Fall 2018

THERE'S A NEW WORKSHOP! SEE DESCRIPTION BELOW!

The **Fulmar Road PTO** is offering 8 weeks of mini-workshops this spring, taking place at the school from October 9 - December 7, either 8 - 9 AM or 3:20 - 4:20 PM.

TO REGISTER:

1. Complete one registration form for each child even if siblings are attending the same workshop or register online using the link. If you register online the waivers are part of the registration and a hard copy is not necessary. If you send in paper registration please continue onto steps 2 and 3.
2. Sign the waiver of liability on the registration form.
3. Send in the form and cash or check, made payable to **Fulmar Road PTO**, in an envelope marked "**PTO Mini-Workshops.**" Please send separate checks for each workshop and each child.

PLEASE NOTE:

- ❖ Class sizes are limited. If there is an over enrollment in any class, students will be selected by lottery.
- ❖ Insufficient enrollment will result in the cancellation of the class.
- ❖ Refunds will not be given after the first class.
- ❖ There is a \$10 fee for all returned checks.
- ❖ A \$10 late registration fee will be charged after October 5, 2018.
- ❖ If there is a cancellation for any reason, your child will be sent home at dismissal on his or her regular bus.
- ❖ The school district does not provide late buses.
- ❖ To register students for any after school activity, the family must be a member of the PTO and have paid the annual \$10 dues. Applications are available at school or on the website.

For additional information, contact Dawn McCormilla at fulmarminis@gmail.com



Fulmar Road Elementary PTO Mini-Workshops Fall 2018

Morning Fun Club with Mrs. Shea (Grades 1-2)

Offered to Students in Grades: 1 - 2

Instructor(s): Mrs. Shea

Day of the Week: Wednesday Mornings

Dates: October 10, 17, 24, 31

November 7, 14, 28

December 5

Time: 8 - 9 AM

Minimum Enrollment: 8 students

Maximum Enrollment: 16 students

Location: Room 203

Description: Come play games, do activities, dance, and make crafts and edible projects with Mrs. Shea on Wednesday mornings! Please note that breakfast will not be served during this workshop.

Cost: \$110 per student

Registration: [http://events.constantcontact.com/register/event?
llr=4o9zlpvab&oeidk=a07efpazfgi7b6cf798](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpazfgi7b6cf798)

Morning Fun Club with Mrs. Shea (Grades 3-4)

Offered to Students in Grades: 3 - 4

Instructor(s): Mrs. Shea

Day of the Week: Friday Mornings

Dates: October 12, 19, 26

November 2, 9, 16, 30

December 7

Time: 8 - 9 AM

Minimum Enrollment: 8 students

Maximum Enrollment: 16 students

Location: Room 203

Description: Come play games, do activities, dance, and make crafts and edible projects with Mrs. Shea on Wednesday mornings! Please note that breakfast will not be served during this workshop.

Cost: \$110 per student

Registration: [http://events.constantcontact.com/register/event?
llr=4o9zlpvab&oeidk=a07efpeelld2e449f4b](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpeelld2e449f4b)



Fulmar Road Elementary PTO Mini-Workshops Fall 2018

Girls Lacrosse (Grades K-2)

Offered to Students in Grades: K - 2

Instructor(s): Ms. D'Amore

Day of the Week: Monday Afternoons

Dates: October 15, 22, 29

November 5, 12, 19, 26

December 3

Time: 3:20 - 4:20 PM

Minimum Enrollment: 12 students

Maximum Enrollment: 25 students

Location: Back Field / Cafeteria in the Event of Inclement Weather

Description: The girls will learn basic lacrosse skills, play games, and have fun!

Cost: \$90 per student

Register: [http://events.constantcontact.com/register/event?](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpefl9s305d2be8)

[llr=4o9zlpvab&oeidk=a07efpefl9s305d2be8](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpefl9s305d2be8)

Girls Lacrosse (Grades 3-5)

Offered to Students in Grades: 3 - 5

Instructor(s): Ms. D'Amore

Day of the Week: Tuesday Afternoons

Dates: October 9, 16, 23, 30

November 13, 20, 27

December 4

Time: 3:20 - 4:20 PM

Minimum Enrollment: 12 students

Maximum Enrollment: 25 students

Location: Back Field / Gym in the Event of Inclement Weather

Description: The girls will learn basic lacrosse skills, play games, and have fun!

Cost: \$90 per student

Register: [http://events.constantcontact.com/register/event?](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpekxle8f088c95)

[llr=4o9zlpvab&oeidk=a07efpekxle8f088c95](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpekxle8f088c95)



Fulmar Road Elementary PTO Mini-Workshops Fall 2018

Paper-Crafting

Offered to Students in Grades: K - 5

Instructor(s): Ms. Ardizzone

Day of the Week: Tuesday Afternoons

Dates: October 9, 16, 23, 30 at 8 - 9 AM (Please note this is a morning session.)*
November 5 (Monday), 13, 20, 27

Time: 3:20 - 4:20 PM

Maximum Enrollment: 8 students

Location: Room 213

Description: Students will create fun crafts with paper including gift tags, invitations, awards, sports memorabilia, pictures frames, keepsakes, and more!

Cost: \$70 per student

Registration: <http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpen99u20fafc5e>

Yoga & Mindfulness for Kids

Offered to Students in Grades: K - 5

Instructor(s): Stacy Goodman, Registered Yoga Instructor

Day of the Week: Tuesday Afternoons

Dates: October 9, 16, 23, 30
November 13, 20, 27

December 5 (Please note this is a Wednesday)

Time: 3:20 - 4:20 PM

Minimum Enrollment: 10 students

Maximum Enrollment: 15 students

Location: Room 113

Description: Yoga & Mindfulness for kids includes the practice of asanas (postures), pranayama (breathing techniques), games and guided meditation to develop a balance of strength and flexibility in the body, calm and focus in the mind, and encouragement in the heart!

Cost: \$75 per student

Registration: <http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efq5ftoc24826fef>



Fulmar Road Elementary PTO Mini-Workshops Fall 2018

Run for Fun

Offered to Students in Grades: K - 5

Instructor(s): Mrs. Jones and Ms. Czuy

Day of the Week: Tuesday and Thursday Mornings

Dates: October 23, 24, 30

November 1, 5 (Monday), 8, 13, 15, 19 (Monday), 20, 27, 29

December 11, 13, 18, 20

Time: 8 - 9 AM

Minimum Enrollment: 35 students

Maximum Enrollment: 60 students

Location: Gym or Upper Parking Lot Weather Permitting

Description: The club encourages healthy choices while instilling a joy of movement through running, games and relays! We also set the tone for the school day with a quick meditation prior to sending the children off to class. The children leave feeling great about the choice they have made to exercise!

Cost: \$130 per student

Registration: [http://events.constantcontact.com/register/event?
llr=4o9zlpvab&oeidk=a07efpeky4qa07db38f](http://events.constantcontact.com/register/event?llr=4o9zlpvab&oeidk=a07efpeky4qa07db38f)



Fulmar Road Elementary PTO Mini-Workshops Fall 2018

Student Name: _____

Grade: _____

Classroom Teacher: _____

Address: _____

Phone: _____ Email Address: _____

Parent/Guardian: _____ Work/Cell Phone: _____

Parent/Guardian: _____ Work/Cell Phone: _____

Emergency Contact: _____ Contact Number: _____

Workshop

- | | |
|--|-----------------------------------|
| _____ Morning Fun Club with Mrs. Shea (1-2) | _____ Girls Lacrosse (K-2) |
| _____ Morning Fun Club with Mrs. Shea (3-4) | _____ Girls Lacrosse (3-4) |
| _____ Paper-Crafting | _____ Yoga & Mindfulness for Kids |
| _____ Run for Fun: Please Indicate Shirt Size: YS YM YL AS AM AL AXL | |

Medical Alert

Please specifically list any pertinent information or conditions. Use back for additional space. Please mark as "N/A" if there are no medical and / or allergy concerns.

Waiver of Liability

I have discussed this activity with my child and understand when and where the activity will occur. I give my consent for my child to attend this activity. I hereby agree to release and hold harmless the Mahopac Central School District, its Board of Education, officers, administrators, employees and agents, from and against any and all claims, causes of action, suites, judgements, liabilities, losses, etc. for bodily injury(ies) and/or property damage(s) that my child may sustain or suffer as a result of and/or arising from his or her participation in this(these) activity(ies), except to the extent that such claims, causes of action, suits, judgements, liabilities, losses, etc., are caused by the negligence of the Mahopac Central School District, its officers, administrators, employees and agents.

Parent/Guardian Signature: _____ Date: _____