

# EXPLORATIONS

extended learning at oak hill school

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## MINI-CLASS SCHEDULE

Session 3: April 1 - May 6

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### LEGO Robotics

- Grades:** PreK - 1  
**When:** Mondays  
**Time:** 3:30 p.m. - 4:30 p.m.  
**Cost:** \$185, 7 weeks  
**Snack:** Will be provided

Challenge aspects of your child's creativity and intellect while he or she learns the basics of engineering and physics. Students are given new and different projects every week to build, test and modify as they graduate to the next level of engineering comprehension.

### YOGA AND MINDFULNESS

- Grades:** PreK - 3  
**When:** Wednesdays  
**Time:** 3:30 p.m. - 4:30 p.m.  
**Cost:** \$175, 7 weeks  
**Snack:** Will be provided



Does your child have trouble focusing, get upset easily, have a lot of extra energy or have trouble falling asleep? In this fun and playful course, we will practice building the skill sets of mindfulness, social emotional learning (SEL) and self-regulation that will translate directly into the classroom and at home. Through yoga, breath work, mindfulness exercises and group games, we will focus on fully paying attention to the present moment, giving each child an outlet to feel into the body, acknowledge his or her emotions, and tap into a calm and focused awareness.

## GUITAR OR PIANO LESSONS

- Grades:** PreK - 6  
**When:** Mondays - Thursdays  
**Time:** 30-minute sessions, based on availability  
**Cost:** \$200, 7 weeks  
**Snack:** Will be provided



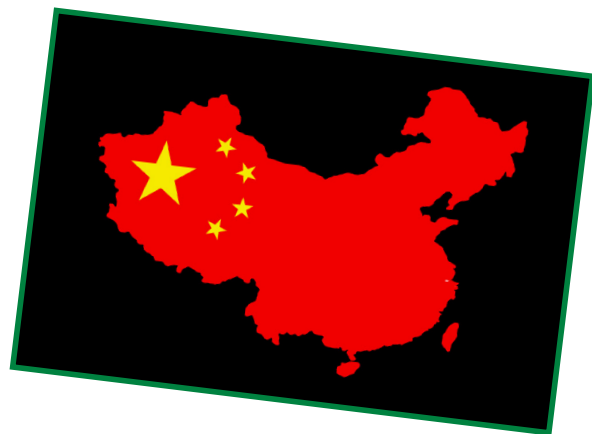
30-minute private guitar or piano lessons with musician and teacher Cory Bishop and musician and Oak Hill parent EJ Ford. Students will need to purchase their own guitar and instruction booklet before their first lesson.

Beginning his fifth year as a piano and guitar teacher at Oak Hill's Explorations, Cory's passion for music extends well beyond his own musical endeavors. Although he is the principle songwriter, guitarist and singer for his touring band, The New Schematics, Cory is also passionate about sharing and investing his talent in the next generation of young musicians. With a degree from Belmont University and work substitute teaching in both the public school system and at Oak Hill, Cory combines his experience and abilities in these areas to help hone the potential of up-and-coming guitarists and pianists at OHS.

Erskine Ford, Jr., or "E.J." as he is known, displayed musical talents early in life, beginning piano lessons at the age of 5. For the next several years he earned his stripes playing piano in numerous churches in his hometown, Birmingham, AL, and other neighboring cities. He honed his abilities in school learning to play other instruments, including bass guitar and percussion. Today he continues his pursuit of musical excellence with the same formula that has brought him to this level. Teaching for 3 years, he instructs private piano and guitar lessons at Oak Hill School in Nashville and at The School of Rock in Franklin. He serves his church as music director, performs regularly with blues, soul, r & b and funk bands, and is the band leader for the up and coming alt-country band Koriander. Most recently, he has been a part of the cast of the new television series "Nashville Unleashed", which airs in the United States, Europe and New Zealand.

## CHINESE

- Grades:** K - 3  
**When:** Tuesdays  
**Time:** 3:30 p.m. - 4:30 p.m.  
**Cost:** \$175, 7 weeks  
**Snack:** Will be provided



Students will jumpstart learning a new language with this fun and engaging introduction to Chinese. During the course of eight weeks, students will practice Chinese introductions and greetings, learn to count and even discover traditions and holidays from other parts of the world!

## TAEKWON-DO (Beginner and Advanced)

- Grades:** Kindergarten - 6
- When:** Mondays and Wednesdays
- Time:** 3:20 p.m. - 4:05 p.m. (beginner)  
4:10 p.m. - 5:10 p.m. (advanced)
- Cost:** \$240, 7 weeks (14 classes)  
\$40 required uniform, payable directly to instructor  
Additional testing fee will apply
- Snack:** Will be provided



In Taekwon-Do, students will develop self-defense, confidence, concentration, respect, character and fitness. Beginner and advanced classes are available, and students in the program will have the opportunity to test for their belts at Oak Hill School.

Taekwon-Do at Oak Hill is led by Master Frank Primm, head instructor and co-owner of Primm's Taekwon-Do. Master Primm is a certified 7th Degree Black Belt and a member of both the International Taekwon-Do Federation (ITF) and the American Tae Kwon-Do International, Inc. (ATFI). He has over 30 years of teaching experience with both adults and children, including 11 years of studio ownership in Lebanon, TN and more than 15 years in the Mt. Juliet Schools. Master Primm has been teaching at Oak Hill School for 3 years. He is fortunate to have been taught by an instructor who learned directly from the founder of Tae Kwon-Do, General Choi Hong Hi. Master Primm was honored to represent Tennessee in state championships earlier in his career and he holds a gold medal for both sparring and forms in the middle-weight division.

All new parents must call or email Master Primm or Lisa Primm, at 679-0448 or [primmstkd@gmail.com](mailto:primmstkd@gmail.com) to get more information before enrolling.



## DRAWING

- Grades:** K - 4
- When:** Tuesdays
- Time:** 3:30 p.m. - 4:15 p.m. (K - 1)  
4:30 p.m. - 5:30 p.m. (2 - 4)
- Cost:** \$205, 7 weeks
- Snack:** Will be provided

Basing classes on the Monart Method of art instruction, Janet Garner believes anyone can draw given the resources and tools. Classes incorporate a structured drawing program using an alphabet of shapes to teach students to analyze and break down what they see. Each class consists of hand-outs for drawing and then students add color using a variety of artists' materials. Each class is designed to be a packed hour of learning and FUN!

## MY GYM AT OAK HILL SCHOOL

- Grades:** PreK - 1  
**When:** Thursdays  
**Time:** 3:30 p.m. - 4:30 p.m.  
**Cost:** \$160, 6 weeks  
**Snack:** Will be provided



My Gym is coming to Oak Hill School. Students will work on developing gross motor skills such as tumbling, jumping, hopping and skipping at this fun and exciting class. During this 1-hour program, skilled instructors maintain a positive, supportive and noncompetitive atmosphere to help participants build strength, balance, agility, flexibility and coordination.

## CHESS AT THREE

- Grades:** PreK - 3  
**When:** Thursdays  
**Time:** 3:30 p.m. - 4:30 p.m.  
**Cost:** \$130, 6 weeks  
**Snack:** Will be provided



Chess at Three helps children develop a love of chess through fun, interactive stories that develop characters to explain the way the pieces move. As children learn and get comfortable with the characters and piece movement, stories branch into larger adventures that introduce strategy, the importance of fair play and many other aspects of the game. If students engage in chess at an early age, even if they choose not to continue into competitive chess, they will gain enjoyment of a game that they can play for the rest of their lives.