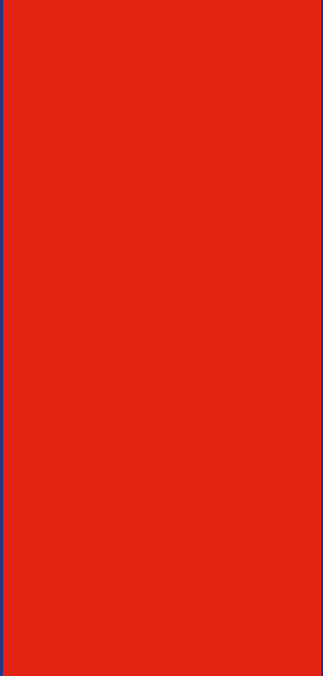




PANTHERS
EARJ



EARJ AFTER SCHOOL ACTIVITIES PROGRAM

BARRA CAMPUS | 2023-2024
SEMESTER 2



**ESCOLA
AMERICANA
DO RIO
DE JANEIRO**

FIND YOUR PATH

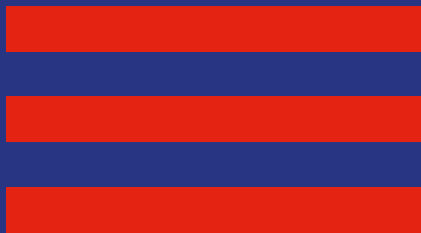
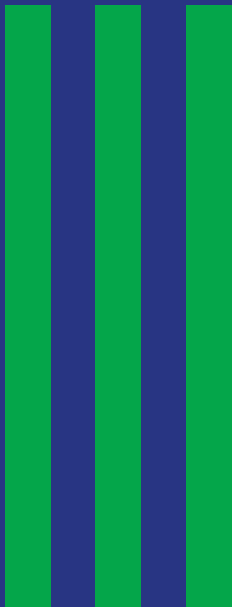




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WELCOME TO PANTHERS AFTER SCHOOL PROGRAM!



The After School Activities (A.S.A.) program is designed to develop and complement EARJ's academic program, for students in grades N-12, Monday through Friday, from 3:40 to 4:40 p.m.

Taught by a mix of EARJ faculty and outside specialists, our After School program offers students the opportunity to take a deep dive into a specialized area of study, explore big ideas and new skills.

We offer a wide range of activities offered every semester, which includes soccer, basketball, volleyball, gymnastics, cheerleading, jiu-jitsu, guitar, computer programming, Lego robotics, cooking, band, drama, jazz, ballet, rock climbing, Capoeira, art, crafts, entrepreneurship, literacy programs for kids, and much more!

We look forward to welcoming your child to our After School program.

Sincerely,

Claudia Araya | Athletic and Activities Director

LOWER SCHOOL AFTER SCHOOL PROGRAM



AEROBIC GYMNASTICS

Aerobics Gymnastics is a discipline that mixes various features of other gymnastics. It prioritizes strength work, balance, flexibility, rhythm, coordination and confidence. Dynamic choreographies are created with current and exciting songs where students unwittingly develop self-confidence. The class can be for a maximum of 20 students. Who we are: Ms. Luamar Martin, three times Brazilian Champion and choreographer of World medalists.

GRADE LEVEL

Nursery to 5th

DAYS

Once Week: Tuesday

COST

R\$ 280,00

CONTACT

Ms. Luamar Martin - luamar.martin@gmail.com



COOKING CLUB

In our **cooking club** children learn through hands on, interactive classes that foster their curiosity, independent thinking, and build confidence through progress. Our fun-filled Kids Cooking Club sessions are a fantastic way to learn a variety of new culinary skills and easy recipes.

GRADE LEVEL	DAYS	COST
Nursery to 1st 2nd to 5th	Once a week: Tuesday and Thursday. Nursery to 1st - Tuesday 2nd to 5th - Thursday	R\$ 400,00 Materials Fee - once a semester = R\$ 350,00

CONTACT

Ms. Daniele Loureiro - dloureiro@earj.com.br



BALLET

The class goal is to introduce classical **ballet** techniques to the students. MOVE's proposal targets the development of focus, discipline, sociability, self-knowledge, creativity and psychomotor development. With playful classes, students are taught values that in addition to help with the child's development, it also contributes to their training as a global citizen.

GRADE LEVEL	DAYS	COST
Nursery to 1st	Once a week: Monday and Wednesday	Once Week: R\$ 280,00 Twice a Week: R\$ 380,00



JAZZ DANCE

As a development program, we offer a complete work to encourage self-esteem, self-confidence, creativity, sociability, teamwork and culture to our students. Activities that will take students beyond the classroom, enabling integration, knowledge and learning. Students will be able to develop their talents, test their skills and discover different ways of studying, going beyond what is foreseen in the regular curriculum.

GRADE LEVEL	DAYS	COST
1st to 5th	Once a week: Tuesday and Thursday	Once Week: R\$ 280,00 Twice a Week: R\$ 380,00

FOR BALLET AND JAZZ CONTACT

Ms. Bruna Nogueira - contato@moveespacodocorpo.com.br



ART STUDIO

The **Art Studio** program is specially designed for students from Preschool to 5th Grade. In a colorful and beautiful art room, all the kids will have the chance to work on hands on, age appropriate, relaxing and funny activities. The purpose of our program is to help the students to spark creativity, improve technical artistic abilities, expand self-confidence and express themselves artistically.

GRADE LEVEL	DAYS	COST
1st to 5th	Once a week: Mondays and/ or Thursdays	Once Week: R\$ 400,00 Twice a week: R\$ 700,00 Materials Fee - once a semester = R\$ 700,00

CONTACT

Ms. Marcia Vicentini - mvicentini@earj.com.br



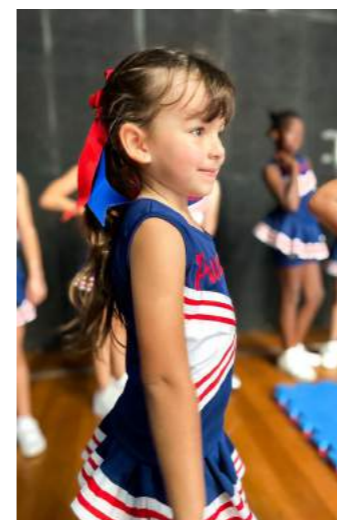
CHEERLEADING LITTLE PANTHERS

The **Little Panthers Cheerleading** class is designed to teach children basic skills needed to participate in a cheerleading routine. Children will learn cheers and how to perform them. With guidance, they will practice arm motions and all the elements of cheer, developing proper posture and voice. Cheerleading is a fun and safe way to develop confidence, coordination, and teamwork skills.

GRADE LEVEL	DAYS	COST
1st to 5th	Once a week: Friday	R\$ 280,00

CONTACT

Ms. Heine Araujo & Ms. Fernanda Hopkin - earj.gymcheer@gmail.com



GYMNASTICS - LITTLE GYMNASTS PANTHERS

Artistic Gymnastics (Little Gymnasts Program) is a sport that involves movements and exercises using specific gymnastics equipments, like parallel bars, beam, vault, trampoline, tumble track and floor tumbling which are used in a fun and safe environment, working also with the proper technique and physical ability of every child. Gymnastics is a great sport for kids of all ages. It develops self-esteem, works on their coordination and strength. We hope that the children find the program a fun and exciting way to explore the wonderful world of gymnastics!

GRADE LEVEL	DAYS	COST
Nursery/PK to 1st & 1st to 5th	Monday & Wednesday (3:40 to 4:40 pm) - 1st to 5th Thursday (3:40 to 4:40 pm) - Nursery/PK to 1st	Once a week: R\$ 280,00 Twice a week: R\$ 380,00

CONTACT

Ms. Heine Araujo & Ms. Fernanda Hopkin - earj.gymcheer@gmail.com



SOCCER LITTLE PANTHERS

The EARJ after school **soccer program** is designed to give our Lower School students an opportunity to experience the sport developing its specific skills and a variety of social and emotional abilities; such as respecting differences among peers, accepting new challenges, dealing with frustration in a positive way, developing leadership and character through positive competition. The program is intensively aligned with EARJ athletics and PYP philosophies preparing our young athletes to grow from being a Little Panther (Lower School) to be a part of our US sports teams in the years to come.

GRADE LEVEL

Nursery to 5th

DAYS

Tuesday, Wednesday & Thursday - PK to 5th
Wednesday - Nursery

COST

Once a Week: R\$ 280,00
Twice a Week: R\$ 380,00
Three times a week: R\$ 480,00

CONTACT

Mr. Rick Marques - rmarques@earj.com.br



BASKETBALL LITTLE PANTHERS

The EARJ after school **basketball program** is designed to give our Lower School students an opportunity to experience the sport developing its specific skills and a variety of social and emotional abilities; such as respecting differences among peers, accepting new challenges, dealing with frustration in a positive way, developing leadership and character through positive competition. The program is intensively aligned with EARJ athletics philosophy preparing our young athletes to grow from being a Little Panther (Lower School) to be a part of our US sports teams in the years to come.

GRADE LEVEL

Kinder to 5th

DAYS

Monday & Friday

COST

Once a Week: R\$ 280,00
Twice a Week: R\$ 380,00

CONTACT

Mr. Bernardo Pedro - bpedro@earj.com.br



VOLLEYBALL LITTLE PANTHERS

The EARJ after school **volleyball** program is designed to give our Lower School students an opportunity to experience the sport, developing its specific skills and a variety of social and emotional abilities; such as respecting differences among peers, accepting new challenges, dealing with frustration in a positive way, developing leadership and character through positive competition. The program is intensively aligned with EARJ athletics philosophy preparing our young athletes to grow from being a Little Panther (Lower School) to be a part of our US sports teams in the years to come.

GRADE LEVEL	DAYS	COST
3rd to 5th	Tuesday	Once a Week: R\$ 280,00 Twice a Week: R\$ 380,00

CONTACT

Mr. Rodrigo Lourenço - rodrigojsantos@earj.com.br



SELF DEFENSE AND JIU JITSU

Gracie Kore is different! Returning to the values of **Jiu Jitsu** and understanding that it goes beyond. Beyond sports, beyond martial art, beyond the fighter. RESPECT, HONOR AND PERSISTENCE! It is self-knowledge, determination, balance of body and mind. It's a lifestyle. IT IS EVOLUTION, IMPROVEMENT AND TECHNIQUE OVER STRENGTH. It is keeping this legacy alive by learning from the past and teaching new generations.

GRADE LEVEL	DAYS	COST
Nursery/PK to 5th	Monday, Wednesday & Friday	Once a Week: R\$ 300,00 Twice a Week: R\$ 450,00

CONTACT

Gracie Kore - dirceujr@graciekore.com.br



Gracie Kore Kimono is mandatory. Sizes: M0 to M3 (5 to 11 years) = R\$ 298,00; M4 (12 to 13 years) = R\$ 360,00. Estimated ages, size may vary*.

* There is an additional/optional fee (R\$400,00 once a semester) to be paid, if you choose to attend the graduation ceremony. The costs will cover a graduation KIT provided by Gracie Kore.



AMERICAN FOOTBALL

The objective is to develop physical talents to their fullest potential. Engage in competitive activities, while promoting a health lifestyle and physical fitness in a safe environment. Exemplify good conduct as a way of learning good citizenship. Learn how to appropriately deal with both success and failure in an educational environment. The main goal is all about teaching Teamwork and giving the students of EARJ an opportunity to study abroad with a football scholarship.

GRADE LEVEL	DAYS	COST
1st to 5th	Once a Week: Monday	R\$ 220,00

CONTACT

Mr. Patrick Dutton - riofootballcamp@gmail.com



PARKOUR AND ACROBATICS

Parkour is a dynamic discipline where students will develop confidence, resilience, and creative problem-solving, while improving their overall physical abilities through running, jumping, climbing, and rolling.

In addition to these skills, your child will also have the exciting opportunity to learn and master acrobatic movements such as front flips, back flips, and side flips, further enhancing their physical development and movement repertoire.

GRADE LEVEL	DAYS	COST
Pre-K to 5th	Once a Week: Monday	R\$ 300,00

CONTACT

Mr. Guilherme Moraes. - guilherme.moraesr@gmail.com



CODING & GAME DEVELOPMENT

Let's teach kids to **code** throughout a simple visual interface that allows students to create digital stories, games, and animations. This course developed by code4all promotes computational thinking and problem solving skills; creative teaching and learning; self-expression and collaboration; and equity in computing. At the end of the course, students will have developed their own games, and be able to share with colleagues, families and promote game jams!

Benefits: Reinforces logical and math concepts | Promotes creativity | Coding is the new universal language

GRADE LEVEL

Kinder to 5th

DAYS

Once a Week: Monday

COST

R\$ 300,00

CONTACT



Mr. Marcello Pinho - marcellopinho63@gmail.com



MAKER ROBOTICS

In this course developed for kids by Code4all, students will be inspired to develop an interest in science, technology, engineering and math (STEM), by creating multiple and easy projects from scratch, from mechanical Building, drawing interpretation, and finally learn to code in a simple drag-and-drop platform. This activity will also inspire students how to apply technology for a better Society - environment, social, inclusive aspects. We also ensure a lot of fun!

Benefits: Creative thinking | Enhances attention span | Logical thinking and math reinforcement | Problem-solving skills and Teamwork development

GRADE LEVEL

Kinder to 5th

DAYS

Once a week: Friday

COST

R\$ 330,00

CONTACT



Mr. Marcello Pinho - marcellopinho63@gmail.com



THE FUN SCIENCE

The **Fun Science** program is designed to give children the opportunity to explore the world through different perspectives. With hands on experiments, kids will not only gain a basic knowledge in scientific concepts and thinking, but also have opportunities to develop and practice different skills and attributes such as communication and collaborative skills, team working and perseverance, as well as analytical, reasoning and problem-solving skills.

GRADE LEVEL	DAYS	COST
1st to 5th	Once a Week: Thursday	R\$ 350,00 Materials Fee - once a semester = R\$ 250,00

CONTACT

Ms. Maria Cavalcanti - mcavalcanti@earj.com.br



PHOTOGRAPHY

To promote **photography** as a means of expression and art, to teach students take better photos, to show different perspectives about photography.

GRADE LEVEL	DAYS	COST
2nd to 5th	Once or Twice a Week: Monday and/or Friday	Once a Week: R\$ 250,00 Twice a week: R\$ 350,00

CONTACT

Mr. Guilherme and Ms. Isabel. - isherrill@earj.com.br



NYPO (ENTREPRENEURSHIP AND FINANCIAL EDUCATION)

NYPO (Next Young Presidents of Organizations) is a program highly focused on real-world skills. This is an innovative course designed for elementary school children, structured with a totally child-friendly approach. Through scenario building, case studies, basic concepts and lots of hands-on activities, we aim to inspire not only new leaders, but significant members of the local and global communities.

GRADE LEVEL	DAYS	COST
3rd to 5th	Once a Week: Tuesday	R\$ 400,00

CONTACT

Ms. Priscilla Ozorio - pozorio@earj.com.br



NYPO

Next Young President of Organizations



GUITAR JAM

In **Guitar Jam**, students will learn how to play the guitar and read guitar tablature. The benefits of learning the guitar and playing in a group are: teamwork, connecting with other people, improving concentration skills, improving fine motor skills and stress relief. It's a really fun activity!

GRADE LEVEL	DAYS	COST
2nd to 5th	Once a Week: Monday	R\$ 400,00

CONTACT

Mr. Leo Peçanha - lpecanha@earj.com.br



CHESS

Chess is a game that involves an intense intellectual challenge that is very good for brain health.

Chess develops:

- Memory
- Elevates your creativity
- Build self confidence
- Ability to see from someone else's perspective
- Learn how to make fast decisions
- Cognitive Skills
- Helps you focus
- Problem-Solving Skills
- To be Calm Under Pressure

GRADE LEVEL	DAYS	COST
1st to 5th	Monday and Friday	Once a Week: R\$ 250,00 Twice a week: 350,00

CONTACT

Ms. Tatiana Cruz and Isabela Sá - tcruz@earj.com.br | isa@earj.com.br



BOARD GAMES CLUB

At the **Board Games Club**, students will have access to a variety of high-quality games with a wide variety of themes. The games don't rely on any previous skills or expertise. Most importantly of all, the games emphasise strategy over luck and conflict. The Club will also offer "co-operative" games, in which everyone wins or everyone loses. Expert help and assistance will be provided.

Why play Board Games? Members of the Club will develop life skills such as vision, planning, prioritization, observation, communication and self-evaluation.....and most important of all, will have fun!

GRADE LEVEL	DAYS	COST
3rd to 5th	Once a Week: Monday	R\$ 275,00

CONTACT

James Rimmer - james@mancala.com.br



RACKET SPORTS

The EARJ after school **Racket sports** program is designed to give our Lower School students an opportunity to experience different racket sports like: Table tennis, Mini-tennis, and racquetball. The program will: improve hand-eye coordination, improve reflexes, keep the brain sharp, and develop a variety of social and emotional abilities; such as respecting differences among peers, accepting new challenges, dealing with frustration in a positive way, developing leadership and character through positive competition. The program is intensively aligned with EARJ athletics philosophy. Racket sports are for everyone! Our new activity will be a great addition to our after school program and our coaches are excited for launching racket sports for the first time ever at EARJ.

GRADE LEVEL

1st to 5th

DAYS

Once a Week: Monday

COST

R\$ 360,00

CONTACT

Ms. Ricardo Marques - rmarques@earj.com.br



PSYCHOMOTOR LEARNING

Fine and gross motor activities for Nursery - 1st Grade children through arts, sensory play, and fun outdoor activities. Each day we will also include a story session to help develop language!

GRADE LEVEL

Nursery to 1st

DAYS

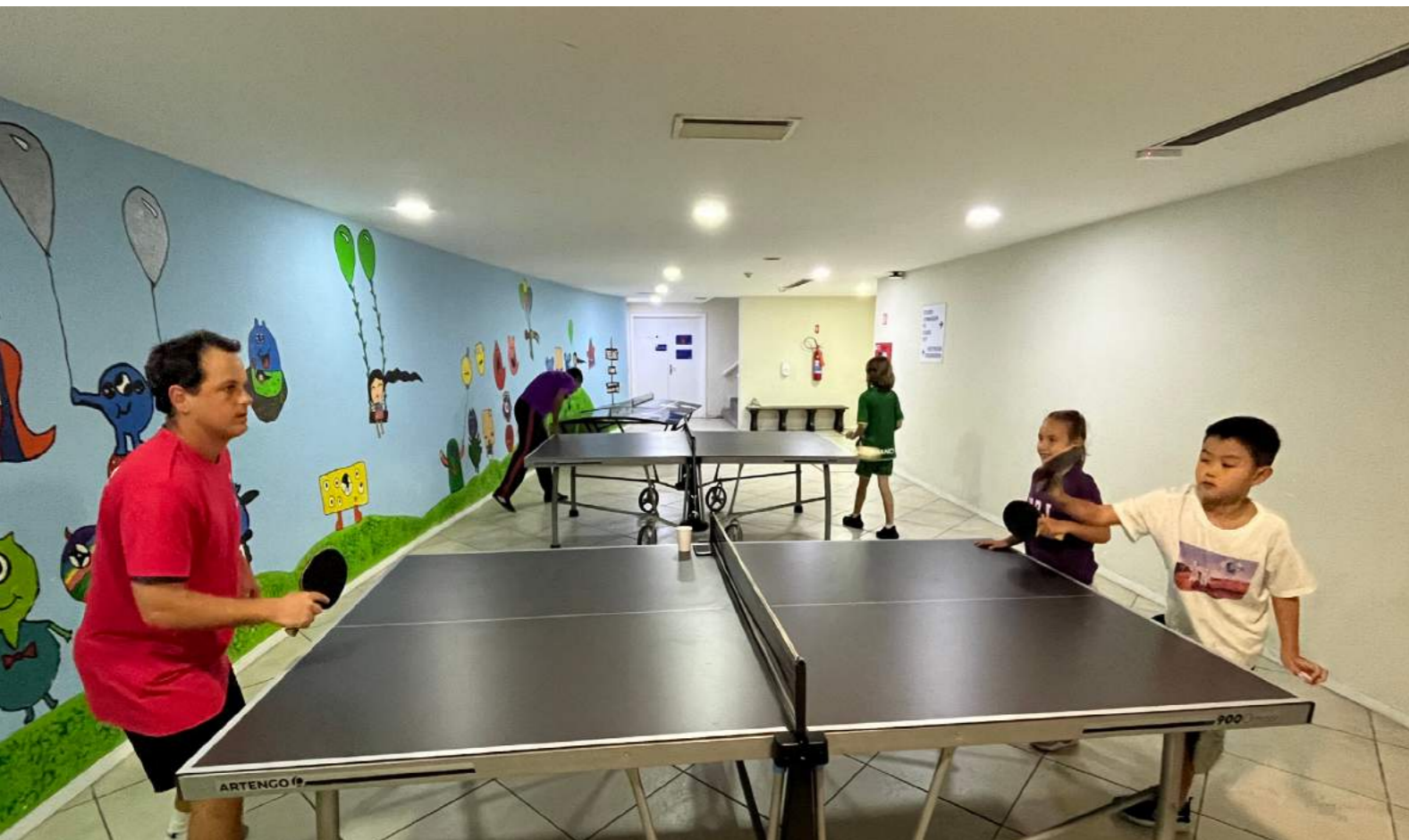
Once a Week: Monday

COST

R\$ 300,00
Materials Fee - once a semester = R\$ 150,00

CONTACT

Ms. Mariane Maia and Ms. Rafaela Borella - mmaia@earj.com.br



MYSTERY DETECTIVES

Our general goals for **'Mystery Detectives'** is to develop and enhance students' specific skills related to clue-gathering, puzzle solving techniques, code breaking, and puzzle design.

Our Learning Outcomes will be the development of critical thinking skills related to observation, analysis, inference, communication and problem-solving.

Parents will be able to explore students' development of the learning outcomes through an Instagram account specifically created for 'Mystery Detectives'.

GRADE LEVEL

3rd to 5th

DAYS

Once a Week: Thursday

COST

R\$ 300,00

CONTACT

Ms. Sara Bueno and Ms. Alessandra Oliveira - sbueno@earj.com.br | aoliveira@earj.com.br



DRAMA CLUB

The After School **Drama Class** aims to provide the opportunity to develop and apply dramatic techniques by participating in a variety of theatrical activities, such as building scenes, improvisations, creating characters and reading/writing scripts.

One of the main focuses of the program is to enhance students' body awareness. This includes aspects such as posture, laterality, locomotion, breathing, tone, and relaxation. By becoming more attuned to their bodies, students will be able to express themselves physically and create more compelling scenes.

Vocal expressiveness is another vital aspect covered in the program. Students will learn exercises to improve articulation, projection, diction, intonation, and voice modulation. These skills will be practiced in conjunction with respiratory movements and diaphragmatic breathing, enabling students to effectively project their voices and convey emotions.

GRADE LEVEL

2nd to 5th

DAYS

Once a Week: Thursday

COST

R\$ 300,00

CONTACT

Ms. Raphaela Reis - rhreis@earj.com.br



CREATIVE YOGA

Kids will learn through art activities where yoga came from and how it imitates nature to enhance our best ways, being kind, gentle and grateful. Each class has a different theme and I mix different exercises, such as breathing, humming and relaxation. Games like hopscotch, freeze, partner yoga, bingo and many more are part of the program. This way they are always engaged and practicing yoga while having fun! Imaginative play, while doing yoga poses improves creativity, lowers anxiety, increases the process of learning and promotes safe, stable and nurturing relationships, decreasing disruptive behaviors. Relaxing time at the end of each class is a way to connect with their bodies and send positive and loving thoughts to the world.

GRADE LEVEL

Pre-K to 5th

DAYS

Once a Week: Monday

COST

R\$ 180

CONTACT

Ms. Manoela - manoelabowles@gmail.com



UPPER SCHOOL AFTER SCHOOL PROGRAM



GYMNASTICS FOR CHEERLEADERS

This program was created to teach our EARJ **cheerleaders** the tumbling **gymnastics** skills such as cartwheels, aerials, round offs, front and back handsprings. Necessary tumbling that must be included in any Cheerleading routine.

GRADE LEVEL	DAYS	COST
6th to 12th	Once Week: Thursday - 5pm - 6pm	R\$ 280,00

CONTACT



Ms. Heine Araujo - earj.gymcheer@gmail.com



AMERICAN FOOTBALL

The objective is to develop physical talents to their fullest potential. Engage in competitive activities, while promoting a health lifestyle and physical fitness in a safe environment. Exemplify good conduct as a way of learning good citizenship. Learn how to appropriately deal with both success and failure in an educational environment. The main goal is all about teaching Teamwork and giving the students of EARJ an opportunity to study abroad with a football scholarship.

GRADE LEVEL	DAYS	COST
6th to 12th	Once a Week: Monday	R\$ 220,00

CONTACT



Mr. Patrick Dutton - riofootballcamp@gmail.com



BOARD GAMES CLUB

At the **Board Games Club**, students will have access to a variety of high-quality games with a wide variety of themes. The games don't rely on any previous skills or expertise. Most importantly of all, the games emphasise strategy over luck and conflict. The Club will also offer "co-operative" games, in which everyone wins or everyone loses. Expert help and assistance will be provided.

Why play Board Games? Members of the Club will develop life skills such as vision, planning, prioritization, observation, communication and self-evaluation.....and most important of all, will have fun!

GRADE LEVEL	DAYS	COST
6th to 12th	Once a Week: Monday	R\$ 275,00

CONTACT

James Rimmer - james@mancala.com.br



POTTERY

In this class students will learn the technical skills, vocabulary, processes and materials related to using clay as an art material for making **pottery and sculpture**. They will experience hand-building techniques including pinch pots, coil, slab building and wheel throwing.

Each student will receive an appropriate set of pottery tools.

GRADE LEVEL	DAYS	COST
6th to 12th	Once a Week: Monday	Cost: R\$ 350,00 Materials Fee - once a semester = R\$ 400,00

CONTACT

Ms. Camila Pimenta- cpimenta@earj.com.br

DRAMA CLUB

The After School **Drama Class** aims to provide the opportunity to develop and apply dramatic techniques by participating in a variety of theatrical activities, such as building scenes, improvisations, creating characters and reading/writing scripts.

One of the main focuses of the program is to enhance students' body awareness. This includes aspects such as posture, laterality, locomotion, breathing, tone, and relaxation. By becoming more attuned to their bodies, students will be able to express themselves physically and create more compelling scenes.

Vocal expressiveness is another vital aspect covered in the program. Students will learn exercises to improve articulation, projection, diction, intonation, and voice modulation. These skills will be practiced in conjunction with respiratory movements and diaphragmatic breathing, enabling students to effectively project their voices and convey emotions.

GRADE LEVEL	DAYS	COST
6th to 12th	Once a Week: Monday	R\$ 300,00

CONTACT

Ms. Raphaela Reis - rhreis@earj.com.br



PHOTOGRAPHY

In our **photography club** kids will know how to take amazing photos that impress your family and friends using manual settings in different scenarios like family portraits, landscapes, aerial, product, wildlife, and much more! They will know how to compose images beautifully with basic photography rules, how to light your subjects with flash and natural lighting and how to edit their photos like a professional! In this club, students will also have the chance to learn technical photography vocabulary and have a lot of fun!

GRADE LEVEL	DAYS	COST
6th to 12th	Once a Week: Friday	R\$ 250,00

CONTACT

Mr. Guilherme and Ms. Isabel. - isherrill@earj.com.br



PARKOUR AND ACROBATICS

Parkour is a dynamic discipline where students will develop confidence, resilience, and creative problem-solving, while improving their overall physical abilities through running, jumping, climbing, and rolling.

In addition to these skills, your child will also have the exciting opportunity to learn and master acrobatic movements such as front flips, back flips, and side flips, further enhancing their physical development and movement repertoire.

GRADE LEVEL	DAYS	COST
6th to 12th	Once a Week: Monday	R\$ 300,00

CONTACT

Mr. Guilherme Moraes. - guilherme.moraes@gmail.com



WRESTLING

The objective is common to the three styles, to immobilize the opponent with their back to the ground, the so-called pin. If neither of the two athletes can execute the move that ends the fight, the decision will be made according to the points accumulated throughout the two rounds of three minutes. In the three styles, it is not allowed to perform any kind of movement against the opponent's joints that causes damage to the physical integrity.

GRADE LEVEL

6th to 12th

DAYS

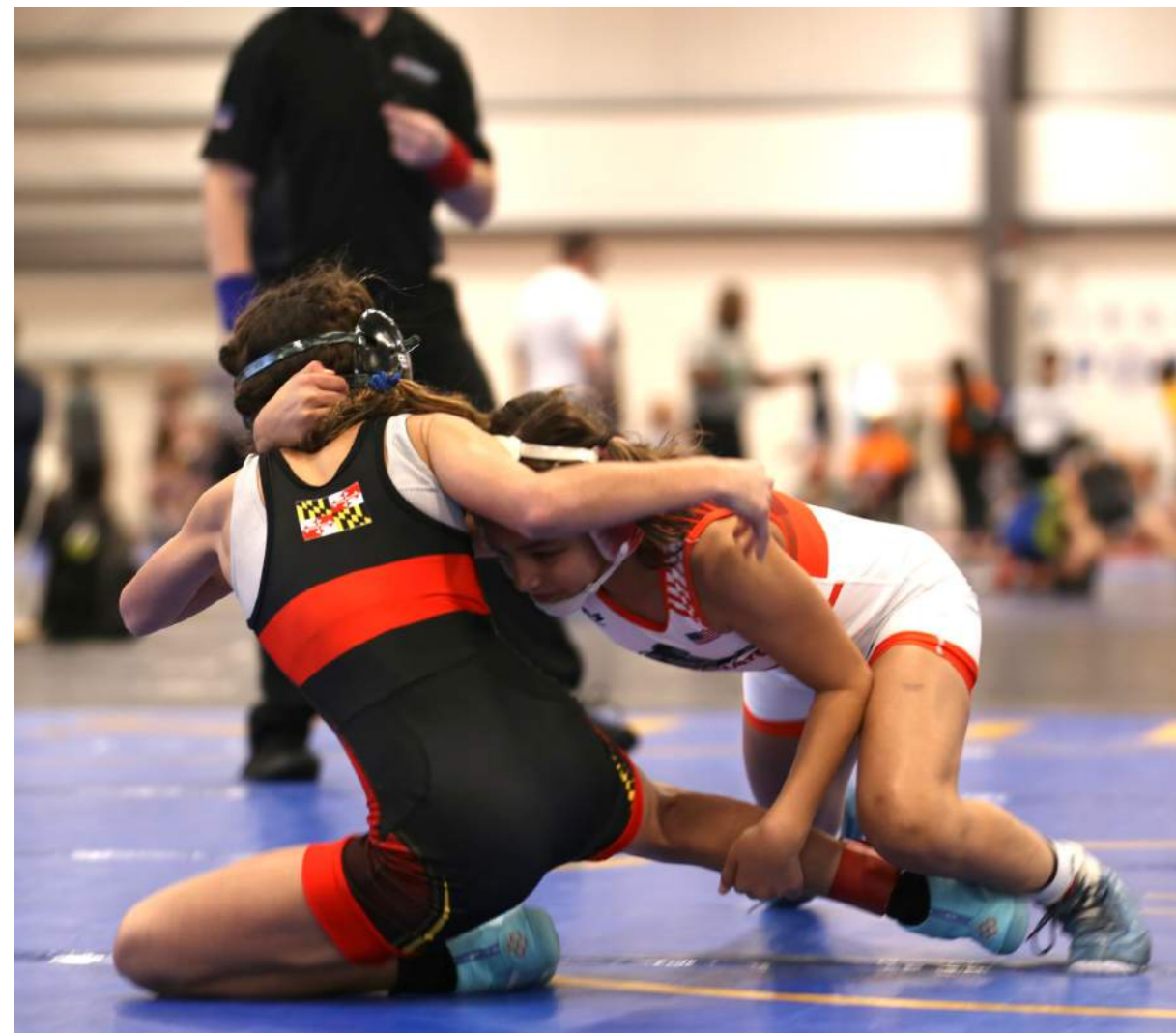
Once a Week: Thursday

COST

R\$ 300,00

CONTACT

Mr Vinicius - vgahyva@hotmail.com



ADVANCED MUSIC BAND

The objective is to allow students to participate in a collective music making environment, with focus on developing advanced musical skills, such as specific instruments techniques, improvising and arranging. Students will showcase their work in a concert which they will collaboratively build with the group, guided by the teacher. The activity will consist of rehearsals with a band, reading music notation (traditional and chord symbols), so previous experience with band settings and intermediate instrument proficiency is required.

GRADE LEVEL

6th to 12th

DAYS

Once a Week: Tuesday

COST

R\$ 350,00

CONTACT

Mr. Marcelo Saboya - msaboya@gmail.com







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**FIND YOUR
PATH.**



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DO RIO
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