



Afterschool Enrichment at Castro Clubhouse

The El Cerrito Recreation Department coordinates with professional instructors to host a variety of classes held conveniently at the Castro Clubhouse (1420 Norvell Ave).

Enrichment Classes provide a safe place for middle schoolers to go after school, and helps them to discover and develop passions in academics, cooking, athletics and more!

Public Speaking & Debate Skills

Mondays from 2:40-3:40pm

Ages 10-14

Instructor: Gurus Education

Location: Castro Clubhouse B

Dates	Meets	Fee	ACTIVITY #
10/22-12/17	7x	\$146	332501-02
No Class: 9/3, 11/12, 11/19			

Intro to Weightlifting

Tuesdays from 3:00-3:50pm

Ages 10-14

Instructor: X-Fit Training

Location: Castro Clubhouse A

Dates	Meets	Fee	ACTIVITY #
9/4-9/25	4x	\$50	332550-02
10/2-10/30	5x	\$62	332550-03
11/6-11/27	3x	\$37	332550-04
Drop-In		\$16	332550-01
No Class: 11/20			

Martial Arts: Shinshin Toitsu Aikido

Tuesdays & Thursdays from 2:40-3:40pm

Ages 11-14

Instructor: Ki Research Institute

Location: Castro Clubhouse B

Dates	Fee	ACTIVITY #
9/4-9/27	\$42	332525-01
10/2-10/30	\$42	332525-02
11/1-11/29	\$42	332525-03
No Class: 11/22		

Cooking Round the World

Wednesdays from 1:45-3:45pm

Ages 12-14

Instructor: Cooking Round the World

Location: Castro Clubhouse B

Dates	Meets	Fee	ACTIVITY #
9/5-10/17	7x	\$182	332592-01
10/24-12/19	8x	\$208	332592-02
No Class: 11/21			
Materials Fee: \$30			

Online registration and payment of course fees can be completed at www.el-cerrito.org/onlinereg or submitted directly to the El Cerrito Community Center. To see what other programs are available for middle schoolers check out the rEC guide at www.el-cerrito.org/656/Recreation-Brochure

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Class Descriptions

Public Speaking and Debate Skills: This class aims to building confidence in students so they can express themselves articulately. Students learn techniques for managing public speaking anxiety, presenting themselves with confidence, bringing emotion and passion to their speech, and fluently connecting with an audience. In session one, students learn how to make strong arguments by providing reasoning and evidence, creating a foundation of critical thinking, and essentials of debating. In session two, they will practice listening and note-taking skills. Utilizing topics of interest as well as props, stories, jokes, quotes and more, learning in both sessions is fun and exciting.

Intro to Weightlifting: Intro to Weight Lifting with X-Fit Training will help youth understand the proper way to start a strength program. The class is designed for beginners and intermediate skill weight lifters. Class is taught by a certified strength coach from X-Fit Training.

Cooking Round the World: Classes give students the opportunity to learn about countries around the world through cooking... and eating! Participants are immersed into a new country and culture each class session. They cook a special recipe, and are introduced to the language and folklore from the country of the day. The outcome is appreciation of food and a desire to see the world. Fun, educational and delicious! This is a nut free program (no tree nuts or peanuts in recipes). If your child has additional food allergies please contact Mindy Myers to explain before signing up: 510-593-5285. **Materials Fee of \$30 due directly to Cooking Around the World on first day of class.**

Shinshin Toitsu Aikido Teen: Classes teach how not to fight using meditation, breathing coordination exercises and Aikido techniques. Taught by Maida sensei (7th dan, senior personal student of Koichi Tohei 10th dan), classes specifically address teenagers and how to handle stress, peer pressure and anger issues. This program utilizes a traditional Martial Art and Zen monastic method which includes awareness to detail and instruction. Free trial class available.

Scholarships Available! The City of El Cerrito's **David Hunter Youth Memorial Scholarship Fund** is available to families in need of financial assistance. The scholarship covers a maximum of 75% of course fees, not to exceed \$150 per year, per child. Applications available at the Community Center or online at www.el-cerrito.org/scholarship.

Enrichment Class Policies & Procedures

Behavior Policy: Participants are expected to follow the El Cerrito Recreation Department Behavior Policy as well as all rules established by the class instructor. Failure to comply may result in dismissal from the program with no refund.

Check In: Attendance will be taken at each class. Participants are responsible for getting themselves to and from class.

Materials Fee: Participants are responsible for paying any Materials Fee by check directly to the instructor by the first day of class (or brought to the Community Center in a separate envelope stating "MATERIALS FEE" with the instructor, participant, and class name). Failure to do so by the third class may result in dismissal of my child from the program with no refund of course fees.

Cancelled Classes: Class sessions are subject to cancellation prior to the start date due to low enrollment. Participants will receive a full refund of Course Fees in such cases. In the event of emergencies or instructor illness, individual class dates may be cancelled. Families will be notified via phone and/or email using the contact information provided on their registration form if a class is cancelled, and will be refunded for the missed class.