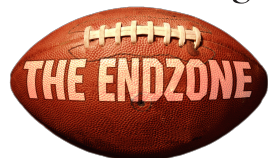


STEP-UP CHS After School Activity Calendar

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Delacruz Step it UP – Workshops - Outside Games - Empower Fitness in the Weight Room	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Casas Step it UP – Workshops -MESA (Math, Engineering, Science Achievement) - American Sign Language - Swing Dancing Outside - Weight lifting and Agility in the Weightroom	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 Step it UP – Workshops - Outside Games - Yoga with Mrs. Rochlitzer - Board Games in the Library
6	7	8	9	10
Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Study/tutoring/computer lab; Library, 3-6 Step it UP – Workshops - Empower Fitness in the Weight Room -Swing Dancing in the Cafeteria - Outside Games	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 - Writing Help with Ms. Culaciati Step it UP – Workshops - Personal Guitar Lessons - MESA (Math, Engineering, Science Achievement) - American Sign Language	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Delacruz Step it UP – Workshops - Outside Games - Empower Fitness in the Weight Room	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Casas Step it UP – Workshops -MESA (Math, Engineering, Science Achievement) - American Sign Language - Swing Dancing Outside - Weight lifting and Agility in the Weightroom	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 Step it UP – Workshops - Outside Games - Yoga with Mrs. Rochlitzer - Board Games in the Library
13	14	15	16	17
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20	21	22	23	24
Presidents Day	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 - Writing Help with Ms. Culaciati Step it UP – Workshops - Personal Guitar Lessons - MESA (Math, Engineering, Science Achievement) - American Sign Language - Weight lifting and Agility in the Weightroom	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Delacruz Step it UP – Workshops - Outside Games - Empower Fitness in the Weight Room - AHA! in the Cafeteria	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Casas Step it UP – Workshops -MESA (Math, Engineering, Science Achievement) - American Sign Language - Swing Dancing Outside - Weight lifting and Agility in the Weightroom	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 Step it UP – Workshops - Outside Games - Yoga with Mrs. Rochlitzer - Board Games in the Library
27	28	1	2	3
Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Study/tutoring/computer lab; Library, 3-6 Step it UP – Workshops - Empower Fitness in the Weight Room -Swing Dancing in the Cafeteria - Outside Games	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 - Writing Help with Ms. Culaciati Step it UP – Workshops - Personal Guitar Lessons - MESA (Math, Engineering, Science Achievement) - American Sign Language - Weight lifting and Agility in the Weightroom	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Delacruz Step it UP – Workshops - Outside Games - Empower Fitness in the Weight Room - AHA! in the Cafeteria	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 -Math Help with Mr. Casas Step it UP – Workshops -MESA (Math, Engineering, Science Achievement) - American Sign Language - Swing Dancing Outside - Weight lifting and Agility in the Weightroom	Snack: 3:00-3:15 <u>Step UP Your Grades</u> - Credit Recovery: Library, 3-6 - Study/tutoring/computer lab; Library, 3-6 Step it UP – Workshops - Outside Games - Yoga with Mrs. Rochlitzer - Board Games in the Library

STEPup
CHS
After School Program



The End Zone – Study Hall & Tutoring Center

Step UP provides 2 different areas for students to work on their academics after school. The End Zone is held in the Library from 3-6pm and is a study/tutoring area. The End Zone is staffed with tutors to help all CHS students needing assistance with their homework. Classroom B7 is also available for students who need to use computers or are just looking for a relaxing place to hang out or to work on their academics independently.

Credit Recovery

If you need to make up credits for a class you can now participate in the Credit Recovery Program from 3-6pm in B7 everyday. Ask your counselor for details. All Credit Recovery courses must be completed by December 18th.

Extended Learning Tutoring

If you are in need of extra academic support, come by B-7 during Extended Learning for one on one tutoring.

American Sign Language (ASL) Class

Christina Montero will be teaching an introductory workshop for American Sign Language as well as an advanced course. Workshop in B-7 during Extended Learning on Tuesday's and Thursday's.

Community Service Opportunities

Need community service hours? Stop by B-7 to learn about community service opportunities.

Personal Guitar Lessons

Jensen Music Foundation will provide all guitars and music stands for free Guitar lessons on Tuesdays 3:15-4:15pm.

MESA!

Computer Coding, Engineering, Robotics, MESA Day competition at UCSB. We have it all here. MESA meets on Tuesdays and Thursdays in P-2!

Step-Up Your Math

Come into the Library from 3:00-4:00pm every Wednesday and Thursday and there will be a CHS Math teacher available for tutoring!

Strength & Conditioning

Step UP's Strength & Conditioning include:

- **Empower Fitness: Monday and Wednesday. in the Weight Room (Liability Release Form)**

We will focus on proper lifting technique, goal-setting, strength gains, and injury prevention. Students will be assisted in completing workouts that their coaches prescribe, or follow a workout from our professional Fitness instructor. Male and female students welcome, various fitness goals and plans will be accommodated.

- **Speed Training: Tuesday and Thursday. outside the weight room**

Developing sprints, jumps, plyometrics, lateral movement and core strength; our speed training is a great fit for most athletes. Speed training is a great fit for most athletes. Speed training is also well-suited for any students who would like to develop their athleticism, as well as meet speed and explosive strength related fitness goals.

Swing Dance

Come take a journey into the past and learn the art of Swing Dancing! Swing Dancing will start the second week of September in the Cafeteria on Monday's from 3:15-4:15pm.

• **Parent permission required for Strength & Conditioning and Empower Fitness!**