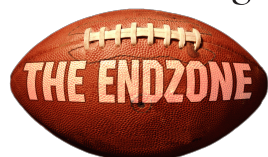


STEP-UP CHS After School Activity Calendar

May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 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 - American Sign Language - Weight Lifting with Coach Candaele	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	4 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 - American Sign Language - Weight lifting and Agility in the Weightroom	5 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
8 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	9 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 - American Sign Language - Weight Lifting with Coach Candaele	10 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	11 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 - American Sign Language - Weight Lifting with Coach Candaele	12 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
15 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	16 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 - American Sign Language - Weight Lifting with Coach Candaele	17 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	18 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 - American Sign Language - Weight Lifting with Coach Candaele	19 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
22 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	23 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 - American Sign Language - Weight Lifting with Coach Candaele	24 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	25 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 - American Sign Language - Weight Lifting with Coach Candaele	26 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
29 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	30 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 - American Sign Language - Weight Lifting with Coach Candaele	31 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	1 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 - American Sign Language - Weight Lifting with Coach Candaele	2 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 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.

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.

Step-Up Your English

Come into the library from 3:00-4:00pm every Tuesday and there will be a CHS English teacher available for all levels of English tutoring and writing.

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 all levels of Mathematics 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.

- Weight Lifting: 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 be from 3:15-4:15pm.

- **Parent permission required for Weight Lifting and Empower Fitness!**