

ONE FORM PER CHILD

SPRING ENRICHMENT ENROLLMENT FORM

Program Name _____

Name _____

Child's Homeroom _____

CONTACT AND PAYMENT INFORMATION

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Emergency Contact phone _____

Enclosed please find check payable to UFS or, Credit Card

Information: Visa Discover MC AMEX

Print name on card _____

Card/Number _____

Expiration Date _____

Signature _____

A 3% processing fee will be charged when a debit or credit card is used.

Complete and return with check or
credit card number to:
United Friends School
1018 W. Broad St., Quakertown, PA 18951
Tel: 215.538.1733 • Fax: 215.538.1239
frontoffice@unitedfriendsschool.org



Track

MONDAYS, THURSDAYS AND FRIDAYS

MARCH 12 - MAY 19

GRADES: 3-8

TIME: 3:15-5:00

FEE: GRADES 4- 8, \$180

GRADE 3, \$145

REFUNDABLE UNIFORM DEPOSIT, \$20

COACH: JANE LATIES

We are excited to announce our new track coach, Anthony Class teacher, Jane Laties. Please fill out a track form, available at the Front Office. You must have a physical form completed and turned in before the season starts; if you had one for soccer or basketball this school year, that will qualify for track. All families are expected to help at meets at some point so that the same families do not have to assist every week. Schedules and further information will follow.

IMPORTANT ENRICHMENT DATES

March 16 - Early Dismissal - No Enrichment

March 19-23 - UFS Closed for Spring Break

April 9 - UFS Closed

May 4 - UFS Closed

May 11 - Early Dismissal - No Enrichment

June 8 - Graduation - No Enrichment



Spring Enrichment 2018

Yoga

MONDAYS MARCH 26 - JUNE 4
GRADES: PREK-3
TIME/FEE: 3:15-4:15; \$100
INSTRUCTOR: JAMEY REESE

The class uses techniques designed especially for children; integrating playful yoga poses inspired by animals, plants, and constellations. Partner poses like holding hands in tree pose, breathing exercises, and nourishing relaxation techniques sprinkled with music, language, books, and props engage the “whole child.”



Adult Yoga

THURSDAYS MARCH 8 - JUNE 7
TIME/FEE: 3:30-4:30; \$120
INSTRUCTOR: JAMEY REESE

Vinyasa Flow yoga takes dynamic yoga to a deeper level by integrating rhythmic breathing with conscious movement. Through this practice you will increase strength and flexibility – and by uniting body and breath, you will learn to move from moment to moment with absolute awareness. The practice becomes a meditation in action.



Private Guitar Lessons

TIME: TO BE ARRANGED WITH INSTRUCTOR
TIME/FEE: 30 MIN; \$20 PER LESSON
INSTRUCTOR: BEN BOWLES

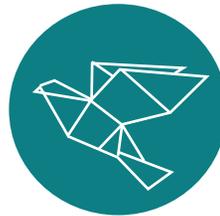
Ben, attended Berklee College of Music and draws on over a decade of enjoyable experience in teaching private guitar lessons. Recommended starting age for guitar is seven years old. No prior musical experience is required. Contact Ben for scheduling and with questions at: bbowles@unitedfriendsschool.org



Gardening

WEDNESDAYS MARCH 14 - JUNE 6
GRADES: K-4
TIME/FEE: 3:15-4:15; \$65
INSTRUCTOR: GINA FREDERICK

Spring is here and there is much to do in the garden. Plant sugar snap peas, lettuce greens, and various cool season crops. Learn about the importance of native plants, pollinators, compost, and organic gardening with this award winning program.



Origami

THURSDAYS MARCH 8 - JUNE 7
GRADES: 3-8
TIME/FEE: 3:15-4:15; \$100
INSTRUCTOR: JENNY SINGER

Origami, the ancient art of Japanese paper folding, spans over 1,000 years. As a folk art, Origami has been described as a creative art, a mathematical puzzle, and a game! Join friends and take home lovely treasures.



Aikido

FRIDAYS MARCH 9 - JUNE 1
GRADES: 1-8
TIME/FEE: 3:30-4:15; \$90
INSTRUCTOR: BEN BOWLES

A 20th century martial art based on traditional Japanese principles of peacefulness and harmony, Aikido consists of doing techniques with a partner, developing physical self-awareness, and being considerate of someone else, all while exploring movement and interaction. Emphasis placed on safety and preventing injury to others. No previous experience is required. Space limited.