

# Saturday Enrichment Course Descriptions

Saturdays: March 7, 14, 21, 2009

Session I: 9:00 ~ 10:30 a.m.

Session II: 10:30 a.m. ~12:00 noon

*Courses will be offered both sessions unless otherwise noted.*



## Lab Science

There's more to science than formulas and definitions! Each week you will perform an experiment in our

laboratories. Learn through hands-on experience.

**Course size limited to 18**

**Sessions I and II**

## Sewing

Students will enjoy creating their own drawstring bag while learning new skills on the sewing machine! No prior knowledge of sewing is necessary.



**Course size limited to 16**

**Sessions I and II**

## Art

Discover your creative ability as you improve your artistic skills!

Explore the use of various media such as chalk pastels, India Ink and watercolors.



Projects include:

Week 1 - Still Life, Pastels

Week 2 - Landscape, Pen & Ink

Week 3 - Watercolors

Class will be held in the Art Studio

**Sessions I and II**

**Course size limited to 16**

## Volleyball

This course will offer the basics of volleyball.

Offensive and defensive skills will be taught. Students will participate in intra-squad games.



**Course size limited to 24**  
**Session I only**

## Cooking



Spend your Saturday mornings concocting some delicious dishes. Students will prepare three different

recipes, one each week, as they learn their way around the kitchen.

**Course size limited to 16**  
**Sessions I and II**

## Registration Form for Girls in Grades 5, 6, 7 and 8

Student's Name \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ Town of School \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Grade \_\_\_ Phone: \_\_\_\_\_

**Email:** \_\_\_\_\_

You will receive a confirmation letter by **Email**. If no email is listed, a confirmation letter will be mailed to you.

Please indicate your course selections:

Session I: \_\_\_\_\_ Session II: \_\_\_\_\_

Please choose an alternate course for each session in the event one of the above courses is full:

I. \_\_\_\_\_ II. \_\_\_\_\_

**Return registration form with payment of \$30 for one course or \$50 for two courses:**

**Mother Seton Regional High School**

**Attn: Mrs. Ream, Sat. Enrichment**

**One Valley Road**

**Clark, NJ 07066**

**Enclosed: \$30 or \$50 (circle one) - Make check payable to Mother Seton Regional High School**

## Saturday Enrichment ~ Girls, Grades 5, 6, 7 & 8

Saturday Mornings: March 7, 14, 21, 2009 (snow date: March 28)

Session I: 9:00 am ~ 10:30 am

Session II: 10:30 am ~ 12:00 noon

Courses offered on a first come first served basis; bring a friend!

Cost: \$30 for one class, \$50 for two classes

Registration Deadline : February 25, 2009

For more information, contact Mrs. Ream at: [mrsream@motherseton.org](mailto:mrsream@motherseton.org)

Phone: 732-382-1952, from 9am ~ 2 pm

Look for our **Summer Camp** flyer - available in March  
Camps for girls ages 10 - 17  
Camps include:



Soccer



Basketball



Tennis



Softball



Volleyball



One Valley Road  
Clark, NJ 07066

Non-Profit Org.  
U.S. Postage  
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Permit No. 194  
Rahway, NJ

**TODAY'S CHOICES FOR TOMORROW'S WOMAN**