

We believe, at Five Rings Arts and Education Centre, that education doesn't end when the school bell rings.

As parents, you want the best for your children. You want an after-school program that is more than a baby-sitting service. You want a program that keeps them learning and growing, opening new avenues for creativity, stimulation and intellectual inquiry.

Five Rings Arts and Education Centre is a K-8<sup>th</sup> grade independent after-school centre dedicated to motivating students through a stimulating program encompassing academics, arts and martial arts. In a supportive community built on trust, we give our students the opportunity to become critical, independent and creative thinkers and encourage them to explore particular passions that will sustain them throughout their lives.

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*Sally Anderson* is an experienced educator and award-winning director. She has taught English, French and Theatre all over the world. She is an instructor at the Virginia Governor's School Theatre Program (PAVAN) and a winner of the Moss Hart Award. She has acted and directed in Europe, Canada, Thailand and the United States. Ms. Anderson was the dialogue coach for Jessica Tandy and Hume Cronyn and taught dialects at Shenandoah University. She brings a wealth of creativity and experience as the Director of Curriculum at Five Rings Arts and Education Centre.

*Jeffrey Schwartz* also brings years of experience as an educator to his role as Facility Director. He has taught History and the Martial Arts in both Virginia and Connecticut. An actor for many years, he has appeared on stage, in film and on radio. He was a Chief Journalist and Public Affairs officer in the U.S. Navy as well as being a training specialist. Mr. Schwartz holds black belt rankings in karate, arnis (escrima) and Vee-Jitsu and operates Five Rings Martial Arts Academy in Front Royal.

## FIVE RINGS ARTS & EDUCATION CENTRE

620 Virginia Avenue

Front Royal, VA 22630

(540) 636-ARTS (2787)

[info@fiveringsartseducation.org](mailto:info@fiveringsartseducation.org)

[www.fiveringsartseducation.org](http://www.fiveringsartseducation.org)



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## AFTER-SCHOOL ENRICHMENT PROGRAM



FIVE RINGS  
ARTS & EDUCATION CENTRE

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## our curriculum:

At Five Rings Arts and Education Centre, we have a premier program for kids. Our program is vigorously designed in conjunction with experts in the field of education to provide social, emotional and attitudinal growth and self-improvement. The five rings of our program are:

### Homework

It is important for each child to learn to set short-term, intermediate, and long-term goals. At Five Rings Arts and Education Centre, every child's first goal is the completion of homework. We teach that schoolwork is an important tool for developing priorities, tenacity, and the importance of follow-through in every activity.

### Theatre Arts

Theatre arts are an important component of the Five Rings curriculum with the following goals:

#### *Spontaneity*

- of movement
- of language
- of imagination

#### *Risk-taking*

- to build self-confidence

#### *Give and take*

- to work within a group for the good of the group
- trust

#### *Role-playing*

- the observation of people
- stereo-typed characters v. multi-faceted characters
- the complexity of human relations

### Arts & Crafts

The arts expose us to the world beyond the immediate, and open up possibilities by combining imagination with focused learning. For students of all ages, involvement in the arts promotes not only artistic skills, but also social, personal and intellectual growth.

### Martial Arts

Another vital component of the Five Rings Curriculum:

- build strength
- build character
- improve focus
- improve flexibility
- improve coordination
- enhance performance in other sports
- enhance performance at home, and in school.
- promote self-esteem,
- promote goal setting abilities
- anger management and non-violent conflict resolution
- help students become more productive and healthy people.

### Creative Writing

We consider effective communication the basis for understanding as well as a bridge for making vital connections in the community. The mastery of language skills in a personal and creative manner will enable students to become life-long readers and to express themselves clearly in both oral and written communication.

## our programs:

### After-School Program

- Open every day of the school year
  - from 3:15 pm to 6:15 pm
  - for boys and girls ages 5-13.
  - Homework sessions to get that work done.
  - Fine arts to expand creativity: drawing, painting, drama and creative writing.
  - Martial arts to keep your child active.
- \$50.00 registration    \$80.00 per week

### Vacation Program

- Open 8 am to 6pm
  - December and April vacation periods.
  - Special interdisciplinary offerings to cover the whole day.
- \$30 registration    \$150 a week

### Holiday Program

- Open 8 am to 6 pm
  - Columbus Day, Martin Luther King Day and 2 Professional Days
  - Special interdisciplinary offerings to cover the whole day.
- \$30 registration    \$100 for all four days

### Snow Day Program

- Pre-register to be able to take advantage of all-day offerings during snow days.
  - Special interdisciplinary offerings to cover the whole day.
- \$99.00 registration    \$15.00 per day

ALSO

### Summer Programs

### Family and Adult Karate Classes

### Tai Chi

### Seminars