

Fall Guide

ENGAGEMENT BEYOND THE CLASSOOM



AFTER SCHOOL & ENRICHMENT VISUAL AND PERFORMING ARTS ATHLETICS THE RESERVOIR GROUP LAB ONLINE



LABSCHOOL.ORG

In This Edition



6 After School and Enrichment Activities

21 The Reservoir Group

12 Arts

27 Lab Online

16 Athletics

28 Terms and Conditions



Head of School

Kim Wargo

Director of Auxiliary Programs

Cristen Steele

Director of After School

Lisa Watson

Director of the Arts

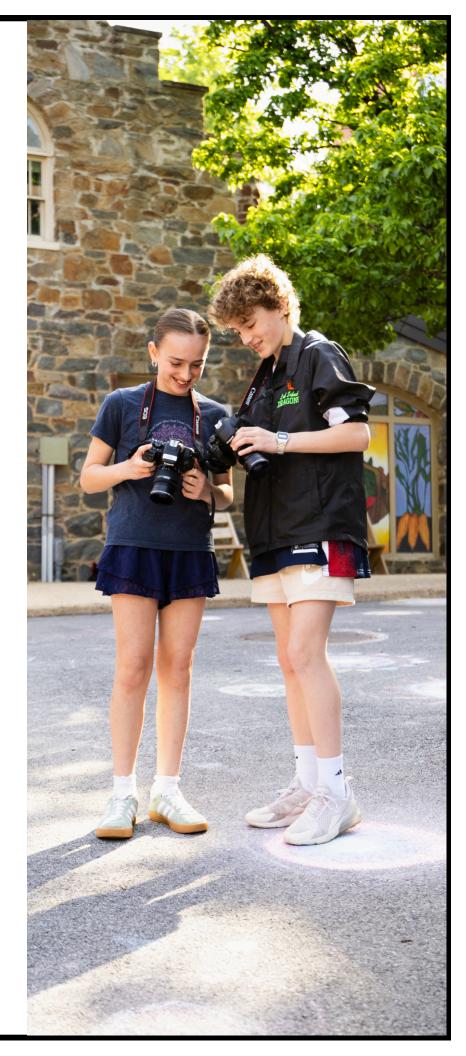
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The Resevoir Group

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From the Head of School

We are delighted to kick off the 2025-26 school year - and to do so with a new focus on our Auxiliary Programs. Last spring, I shared with you the appointment of Cristen Steele, our new Director of Auxiliary Programs. Since her appointment, Cristen has been busy getting to know our school and working with many constituents to imagine an expanded array of auxiliary programs that we can make available to the Lab community.

In this communication, you will find the first fall guide under this new leadership. You will see many exciting offerings - and please know that we have many more events and new ideas that we will be sharing with you as the school year progresses.

The goals of this program include offering additional opportunities that promote community-building for Lab and providing services that our families desire and need. We welcome your outreach with suggestions - all are taken seriously! - and we promise that we will be continuously building and evaluating our programming as the year is underway.

Thank you for your support of Lab and we look forward to all that is ahead in 2025-26.

Kim Wargo Head of School

After School & Enrichment





Cristen Steele, Director of Auxiliary Programs

I believe auxiliary programs are an opportunity for students to explore the world around them in a relaxed environment. It is a time for students to venture into the new territory of an activity they've never considered, spend time honing a newfound skill, or advancing a passion that already exists. Through after school, families are able to curate an experience that will meet their needs in rigor and fun.

Lisa Watson, Director of After School

We believe at Lab, After School is a program that balances relaxation and recreation with enrichment opportunities like homework assistance, physical activities, creative arts, and much more. In After School, we support and foster social-emotional growth, positive relationships, and diverse activities that build character and skills.

After School September 8 - December 18



Students in After School will spend the first 30 minutes completing homework followed by snack time. After this, students engage in a free choice activity such as playing on the playground, playing board games, or arts-based activities, for example.

Registration for After School is completed on a seasonal basis:

<u>Fall:</u> September - December | Registration in August <u>Spring:</u> January - June | Registration in December Spring Guide to be released prior to registration Register on Campbrain for After School. Registration is done per day of the week.

<u>September 8 - December 18</u>

Fees:

13 Mondays: \$550 14 Tuesdays: \$590 14 Wednesdays: \$590 13 Thursdays: \$550 12 Fridays: \$500

Drop In: \$70 a day

10% discount offered to families registered for all 5 days.

After School 6







Students who are registered for enrichment programs will join that day's class, which will run for 1 hour, Monday through Thursday. Programs begin on September 15 and will run in one of two sessions or for the semester, which ends December 18. Students in enrichment programs will meet in the Commons upon dismissal for homework and snack time before being escorted to their activity for the day. Snacks such as veggie straws, popcorn, fruit snacks, or chips will be provided. In case of dietary restrictions, contact the After School Director. Students are welcome to bring their own snacks if preferred.

Mondays

Fiber Arts | 2nd - 5th grade

<u>Session 1 : September 15 - October 31</u> Session 2: November 3 - December 18

The After School Fiber Arts Class will allow students to explore working with various fibers such as fabric, string, yarn, felt, and leather. We will focus on working both as a community and individually to create crafts and art pieces. Having a preferred hobby or an interest in non-academic tasks promotes well-being and a sense of pride in accomplishment.

Skills that we will address in our projects include measuring and cutting various materials, tracing patterns, sewing, hole punching, lacing, knot tying, beginning crochet and knitting. As a group, we will also create a "Woven Masterpiece of Intentions" that we will add to over the weeks ahead.

Since our students will choose their own projects, we welcome all skill levels and experience.

Future Leaders | 1st - 5th grade

Session 1: September 15 - October 31

An action-packed program designed to empower kids with essential leadership and executive functioning skills! Through fun, hands-on activities like team challenges, goal-setting games, time management races, and decision-making missions, participants will build confidence, improve organization, and strengthen focus and self-control. With guidance from experienced mentors, kids will learn to plan ahead, stay on task, and lead with empathy - all while having a blast! Perfect for young changemakers ready to unlock their full potential!



M | 4:15 - 5:15 7 weeks

\$320.00

per session



M | 4:15 - 5:15 7 weeks

\$250.00

Dance | 1st - 4th grade

September 15 - December 18

Is your child full of energy, creativity, and a love for music? Our LSW Dance Team is the perfect opportunity for them to shine! This fun and engaging program is designed for students in grades 1-4 who want to explore the joy of dance, develop teamwork skills, and build confidence in a fun and supportive environment.



M | 4:00 - 5:00 14 sessions

\$680.00

Tuesdays

Learn Now Music | 6th - 8th grade

September 15 - October 31

Beginner Ukulele - Tiny instrument, big fun! Kids will strum their way through tunes while learning notes, chords, and rhythm in this cheerful intro to ukulele.

November 3 - December 18

Beginner Piano - Unlock the joy of music with this playful piano class! Students learn notes, rhythms, and short songs in a fun, hands-on environment—no experience needed!

Rental instrument and music provided.

Rental agreement must be signed.

Rental instruments must be returned at the last class.



Price Per Session T | 4:00 - 5:00 7 sessions

\$300.00

Register per instrument

Chess with Mrs. Venzor | 1st - 6th grade

September 15 - December 18

Chess is more than just a game—it's a powerful tool for building executive functioning skills like focus, planning, problem-solving, and self-discipline. In this class, students will explore everything from the basics of piece movement and board setup to advanced strategies, chess notation, and the rich history of the game. Lessons are structured, engaging, and designed to promote critical thinking, etiquette, and sportsmanship.

This is a focused learning environment—not a casual game club—ideal for students ready to take chess seriously and grow their skills. All experience levels are welcome, and each student will keep a personal chess notebook to support their learning.



Price Per Session T | 4:15 - 5:15 7 classes per session

\$350.00

Wednesdays

Learn Now Music | 2nd - 5th grade

September 15 - October 31

Beginners Piano - Unlock the joy of music with this playful piano class! Students learn notes, rhythms, and short songs in a fun, hands-on environment—no experience needed!

November 3 - December 18

Violin - Let's make strings sing! This energetic class introduces young musicians to the basics of violin through fun games, songs, and bowing magic.

Rental instrument and music provided.

Rental agreement must be signed.

Rental instruments must be returned at the last class.



W | 4:00 - 5:00 7 classes per session

\$300.00

Register per instrument

S.T.R.E.A.M. +

<u>Session 1 : September 15 - October 31 | 6th-8th grade</u> Session 2: November 3 - December 18 | 2nd - 5th grade

From smartphones to smartwatches and autonomous cars to rumbas, advances in technology are appearing more and more in our daily lives. In the S.T.R.E.A.M.+ (i.e., Science Technology Robotics Engineering Art Mathematics +) class, students will explore some of the foundational hardware and software behind these advanced devices.

As students construct electronic projects and solve engineering challenges during this class, they will acquire basic design, coding and computing skills. Examples of theses projects include Snap Circuits TM light-controlled alarms, Makey Makey TM hand-drawn pianos, and VEX GO TM robotic arms.



W | 4:15 - 5:15 7 weeks

\$200.00

per session

Thursdays

Karate with Coach Zach | 2nd - 5th grade

September 15 - December 18

We are excited to announce that Kaizen Karate is returning to Lab! This popular class is a disciplined introduction to the sport. Your child will learn the beautiful art of karate while gaining safety and defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline.

We welcome new and returning students. Returning students will continue to work toward new belts, while first-time students will be able to start the belt program.



Th | 4:00 - 5:00 14 sessions

\$500.00

Exploring the Creative Minds Behind the Arts at Lab



Arts After School

The Arts department has after school opportunities for students to explore different avenues of the arts outside of the classroom. From a role center stage, to something behind the scenes, there is sure to be something for everyone! Although opportunities are mainly for Upper School students, there are opportunities for Middle School students which will be specifically advertised throughout the year. Reach out to Sally Kiernan, Director of the Arts for more information.

Technical Theatre

After school technical theatre is open to all US students and select MS students (typically by invitation and/or conversation with Mr. Andrew). Students work to create the sets, props, and lighting design for US Drama Club productions.

All School Year M/W/F | 3:45 - 5:30

Upper School with some opportunities for Middle School



Upper School Drama Club

Theatrical productions open to Upper School students (some shows are open to Middle School students). Typically three shows per year:

- Fall Show (US only, typically a play)
- Student/Staffulty Show (open to 8th grade, typically a musical)
- Spring Show (7 Days of Plays Festival, open to MS and US students)

All School Year

M - F | 3:45 - 4:45

Upper School with some opportunities for Middle School



Arts After School

Adobe Certification Studio (Pathway Extension)

After school technical theatre is open to all US students and select MS students (typically by invitation and/or conversation with Mr. Andrew). Students work to create the sets, props, and lighting design for US Drama Club productions.

September 15 - December 18 M | 3:30 - 5:00

Upper School students currently enrolled in the Adobe Certification Pathway only.



Fall Arts Series

6th through 12th grade students are invited to join us this fall for a fun-filled season in the Arts. In registering for this program, students will have the opportunity to engage monthly in both <u>visual</u> and performing arts opportunities, which extend learning beyond the classroom, allow for exploration of our beautiful DC metropolis, and engage with our community! Students will have homework time and pizza prior to heading to the day's event. Specific event information will be shared monthly to registered families.



September

- 18 <u>Third Thursdays at The Phillips Collection</u>
- 25 Play On! at Signature Theatre

October

- 16 <u>Live! At the Library of Congress</u>
- 23 The Heart Sellers at Studio Theatre

November

- 13 Fiddler on the Roof at Signature Theatre
- 19 NMWA Nights at the National Museum of Women in the Arts

December

18 The Nutcracker at The Warner Theatre

Register on Campbrain for the Fall Arts Series.

Registration will allow access to entire calendar of fall events.

Fee: \$500

Drop In: \$85/ Per Event



Sports unites hearts and breaks barriers—it's a universal language of passion and hope.

- NELSON MANDELA

If you have any questions regarding the Fall 2025 Sports Offerings, please contact Kip Crouch, Director of Athletics at kip.crouch@labschool.org or 202-580-7040.

Dragons in Sports

Sports are offered. for students beginning in 5th grade. The Athletics team sends information out seasonally, encouraging students of all experience levels to participate in sports. This Fall, students will have an opportunity to engage in the following activities.

Fee: \$250.00

Fee: \$250.00

Cross Country

Season - The season will begin on Tuesday, September 2nd. Team selections and practices will be Mondays-Thursdays, 3:45pm-5:30pm. Cross country will be divided into 2 groups - a competitive team and a developmental team.

The competitive team will prepare for a season of competition and is for the more experienced runners.

The developmental team will dedicate time to learning running form, techniques, mental preparation, and race strategies.

Spirit Squad

Spirit Squad I - Students new to spirit squad & developing skills and movements. Spirit Squad I will meet on Thursdays, beginning September 4, in the Movement Studio from 3:30pm-4:45pm.

Spirit Squad II - Students with spirit squad experience and more advanced skills. Spirit Squad II will meet on Tuesdays, beginning September 9, in the Movement Studio from 3:30pm-4:45pm.

Squads will perform at home matches during the fall volleyball season.





Dragons in Sports



Soccer Fee: **\$250.00**

Students in grades 5 & 6 - The season for 5th & 6th grade students will begin on Friday, September 5. Team practices will be held on Fridays from 7:00am-8:00am at Hardy Field.

Students in grades 7 & 8 - The season for 7th & 8th grade students will begin on Thursday, September 4. Team practices will be held from 7:00am-8:00am at Hardy Field.

Upper School Students - The season will begin on Tuesday, September 2 for Upper School students. Team practices & competitions will be held Mondays through Thursdays, 3:45pm-5:30pm.



Volleyball Fee: \$250.00

Upper School - Team selections and practices will begin on Tuesday, September 2, starting at 3:45pm and ending at 5:30pm. All practices and home matches will be played in Lab's gymnasium. School-provided transportation will be provided by Lab to all away matches. The team will compete in the ISSAC Girls Volleyball league.

Girls in grades 6-8 - Team practices will begin on Thursday, September 4, from 7:00am-8:00am in Lab's gymnasium. The team will practice on Mondays, Tuesdays, and Thursdays from 7:00am-8:00am. All practices and home matches will be played in the School's gymnasium. School-provided transportation will be provided by Lab to all away matches.

Dragons in Sports



Speed, Strength, & Plyometrics Clinic

Take your game to the next level with our speed, strength and plyometrics clinic! Athletes will develop explosive power, faster reaction time and stronger movement mechanics through focused training designed to build confidence and performance in every sport.

September 9 - October 30 T/TH | 5:45 - 7:15

12 sessions

\$575.00

9th - 12th grade

No Meetings on 9/11, 9/18, 9/23, 10/2

Sports on Location

JOIN US FOR SPORTS IN OUR COMMUNITY!

We have two opportunities to venture out into our community this fall and experience sports at a higher level. From the social experience, to the connection through sports and seeing someone performing in your position at a higher level, there are so many connections to be made!



Georgetown Hoyas -

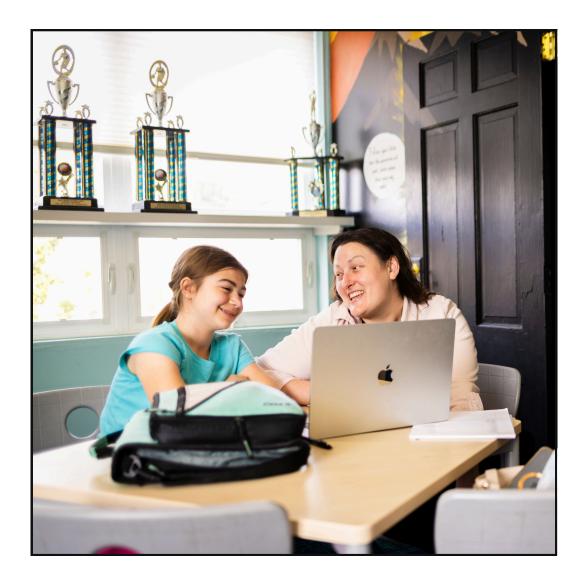
Friday November 14 @ 5pm Senior Night

Washington Spirit

Saturday October 18 @ 12:30pm

Fee: \$100 to participate in both activities

Drop In: \$60/ Per Event



The Reservoir Group

Bridging Skills and Success | Short term academic and therapeutic programs for 1st - 12th grades

Short-term intensive groups offer an ideal environment for skill development, providing focused, immersive learning experiences that encourage deeper understanding. With concentrated time and energy directed at specific areas of a student's learning profile, students are able to engage more fully through hands-on and real-world activities.

This structure boosts confidence, keeps motivation high, and accommodates different learning styles through a variety of methods. Ultimately, these intensive groups are an efficient way for students to build and apply new skills.

The Reservoir Group

Three Disciplines, One Place



Occupational Therapy

Speech, Language, and Literacy





Psychology and Wellness

21

The Reservoir Group



October 7 - 30 T/TH | 3:45 - 4:45 8 sessions

\$1,200.00 **2nd - 5th grade**



November 3 - December 17 M/W | 3:45 - 4:45 12 sessions

\$1,800.00 6th - 8th grade No school 11/26 and 12/1

Occupational Therapy

Bike Group

Get Ready to Ride! Learning to ride a bike becomes easier and more fun with guided support from our OT team. Your child will build the essential skills needed for success on two wheels, with a focus on bike safety, identifying bike parts, and developing motor planning and coordination needed for successful riding.

Students will need to provide:

- -helmet
- -bike

Belongings will be stored at Lab School during the month of the bike group.

All sessions will take place on our Reservoir Campus and will be led by an Occupational Therapist. Lab School Lower School students will be able to shuttle over from Foxhall to Reservoir for programming. Pick up will take place at our Reservoir Campus.

Learn How To Type!

Build the Foundation for Confident Typing! Developing strong typing skills starts with strengthening the building blocks behind it—sensory processing, visual motor integration, visual perception, and fine motor coordination. In this OT-led program, students will engage in targeted activities that support these foundational skills for successful keyboarding.

Sessions include:

- -whole-body and fine-motor warm-ups and movement breaks.
- -positioning set-ups at the computer.
- -typing instruction using an individualized, developmental progression.

Students will receive direct instruction along with guided use of online programs. Activities will promote awareness of effective positioning of the body and hands, finger individuation and naming, directional awareness and sequencing—all essential for becoming a confident, efficient typist.

All sessions will take place on our Reservoir Campus and will be led by an Occupational Therapist. Pick up will take place at our Reservoir Campus.



September 9 - 30 T/Th | 4:30 - 5:30 6 sessions

\$900.00 **1st - 4th grade**



October 7 - 30 T/Th | 4:30 - 5:30 8 sessions

\$1,200.00 **5th - 7th grade**

Speech, Language, and Literacy

Get In The Game

Join the fun as we build important social and communication skills through interactive games! Through exciting exercises, students get a social skills boost to help them with making friends and building meaningful relationships.

In this group, students will practice essential skills like:

- -conversational communication (e.g., turn-taking, staying on topic)
- -sharing & organizing ideas
- -understanding nonverbal cues
- -critical thinking & problem solving
- -being a good teammate & sportsmanship

Outdoor and indoor games and team challenges create a fun and supportive environment where students can connect with others, learn to collaborate, and nurture their confidence. Students should dress for the weather and wear sneakers.

All sessions will take place on our Reservoir Campus and will be led by Speech-Language Pathologists. Lab School Lower School students will be able to shuttle over from Foxhall to Reservoir for programming. Pick up will take place at our Reservoir Campus.

Problem Solvers Brigade

Join The Problem Solvers Brigade — where communication meets adventure! This dynamic, hands-on program is built for 5th-7th graders eager to boost their confidence, sharpen their social skills, and think on their feet. Through fun, experiential activities and games, students will strengthen teamwork, communication, and critical thinking—skills that serve them in school and in life.

Students will build skills to navigate their social and academic worlds, including:

- -critical thinking and organizing language to express ideas clearly
- -social pragmatics like negotiating, collaborating, and taking others' perspectives
- -conversational skills such as turn-taking and staying on topic
- -flexible thinking in conversations, problem-solving, and peer interactions

Each session is packed with interactive, hands-on experiences and students will actively apply what they learn through engaging, real-world activities. Instruction also incorporates the work of Michelle Garcia Winner, M.A., CCC-SLP (<u>SocialThinking.com</u>) and Mary Ellen Moreau, M.Ed., CCC-SLP (<u>MindWingConcepts.com</u>).

All sessions will take place on our Reservoir Campus and will be led by Speech-Language Pathologists. Pick up will take place at our Reservoir Campus.



November 4 - December 16

T | 4:30 - 5:30 7 sessions

\$1,050.00

8th - 10th grade

Speech, Language, and Literacy

Study Skills 101

Welcome to Study Skills 101—a fast-paced, high-impact course designed to help 8th-10th graders study smarter, not harder. Whether it's a pop quiz, mid-term, or final exam, this program gives students the tools and strategies to tackle any test with confidence and clarity.

Students will learn and practice:

- how to break down and organize study material effectively.
- time management techniques to avoid last-minute cramming.
- active reading and note-taking strategies for better retention.
- memory tricks and review methods to lock in key concepts.
- how to create practice tests and self-assessments.
- custom study plans for different subjects and test types.

All sessions will take place on our Reservoir Campus and will be led by Speech-Language Pathologists. Pick up will take place at our Reservoir Campus.



November 13 - December 18 Th | 4:30 - 5:30

5 sessions

\$750.00

11th - 12th grade

Advanced Study Skills

Time to kick up your study skills with Advanced Study Skills—a dynamic course built for 11th and 12th graders ready to take their academic performance to the next level. With college on the horizon, this class focuses on developing independent, higher-level learning strategies that help students thrive in rigorous coursework, standardized and academic testing, and beyond.

Students will learn and practice:

- organization and time-blocking for long-term assignments and exams.
- study systems for managing multiple subjects and deadlines.
- research-based memory techniques to retain and apply complex concepts.
- self-monitoring tools for academic accountability and progress tracking.
- college-readiness skills (e.g., note-taking; independent and group studying; using tech/personal resources).

All sessions will take place on our Reservoir Campus and will be led by Speech-Language Pathologists. Pick up will take place at our Reservoir Campus.

Psychology and Wellness



September 10 - October 29 W | 3:45 - 4:45 8 sessions

\$1,560.00 **5th - 8th grade**

Heroclix Games Group

Through playing Heroclix, a collectible miniatures game, students will form teams of superheroes from Marvel™ and DC Comics Universes©.

The group will focus on:

- -executive skills
- -flexibility
- -impulse control
- -initiating and prioritizing
- -problem-solving

All sessions will take place on our Reservoir Campus and will be led by a Psychologist or Social Worker. Pick up will take place at our Reservoir Campus.



September 29 - October 27 M | 3:45 - 4:45 4 sessions

\$780.00 **9th - 12th grade**

Finding Calm in the Chaos: Mindfulness for LGBTQ+ Teens

A safe and supportive group designed to help LGBTQ+ teens manage stress, anxiety, and emotions through mindfulness techniques.

In a judgment-free space, participants will learn tools for:

- -grounding
- -self-awareness
- -emotional regulation

all while connecting with peers who share similar experiences. This group offers a time for teens to focus on self-care, build resilience, and find balance in the midst of life's challenges.

All sessions will take place on our Reservoir Campus and will be led by a Psychologist or Social Worker. Pick up will take place at our Reservoir Campus.

Psychology and Wellness



October 30 - November 30 Th | 3:45 - 4:45 4 sessions

\$780.00

3rd - 5th grade

Playful Minds: Building Skills through Games

Through interactive games, this group therapy program for elementary students will focus on building social skills, emotional resilience, and positive relationships. Kids will engage in team activites that promote communication, problem solving and cooperation, while also learning to navigate feelings and resolve conflicts. This fun and supportive environment helps children develop confidence and stronger connections with others.

All sessions will take place on our Reservoir Campus and will be led by a Psychologist or Social Worker. Lab School Lower School students will be able to shuttle over from Foxhall to Reservoir for programming. Pick up will take place at our Reservoir Campus.



November 2-18 & December 2 T | 3:45 - 4:45 4 sessions

\$780.00 **9th - 12th grade**

Beyond Filters: Navigating the Balance between Social Media Personas and Real World Identities

In today's digital age, high school students often grapple with the disparity between their identities in both digital and real-world contexts. "Beyond Filters" is a safe and supportive space where students can explore and understand their true identities. Participants will:

- -explore the influence of social media on self-esteem and self-image
- -foster genuine connections with peers who share similar experiences
- -gain insights into maintaining a balanced, healthy sense of self.

All sessions will take place on our Reservoir Campus and will be led by a Psychologist or Social Worker. Pick up will take place at our Reservoir Campus.

Lab Online



Online school designed for students eight to fourteen years old with dyslexia, dyscalculia, dysgraphia, and other mild to moderate language-based learning needs.

Lab School offers online tutoring for students with language-based learning differences as well as for students who do not have a diagnosed learning difference but may need one-on-one instruction in one or more core academic areas. Our online Tutors are specialists in learning differences education — they provide tutoring services that offer individual attention and skill reinforcement, giving each learner the extra support they need to succeed. Tutoring is typically delivered online, but in-person tutors may be available. For more information, email the Director of Auxiliary Programs, Cristen.Steele@labschool.org or Mia.Kaplan@labschool.org.

10 Session Package - \$1,500 Individual sessions - \$160/session

Lab Online 27

Terms and Conditions

The After School Program Pickup is at <u>5:30 PM</u>. Parents/Caregivers who pick up students late will be charged \$25 for every 15-minute interval they are tardy. Notice of delay is greatly appreciated; please call 202-821-2547 to inform After School staff of any updates in regards to the dismissal of your child. Emails after 3pm will not be monitored frequently to address any dismissal needs.

After School will not occur on days where there are noon dismissals or early dismissals due to inclement weather.

We are not able to pro-rate or refund fees due to student absences or early dismissals. If you anticipate that your child will not consistently attend After School, please consider opting for our "drop in" option.

Parents have until Friday, September 26th to make changes to their child's Enrichment Activity schedule for a partial refund. Any requests made after this date will not be refunded.

At Lab, we are committed to creating a safe, respectful, and engaging environment for all participants. To support this, we use positive behavior management strategies and work to redirect disruptive behavior when it arises. However, if a child's behavior continues to be disruptive despite multiple redirection efforts, we reserve the right to remove the child from the program. Please note that in such cases, no refund will be issued. This policy ensures that all children have the opportunity to learn and thrive in a positive setting.

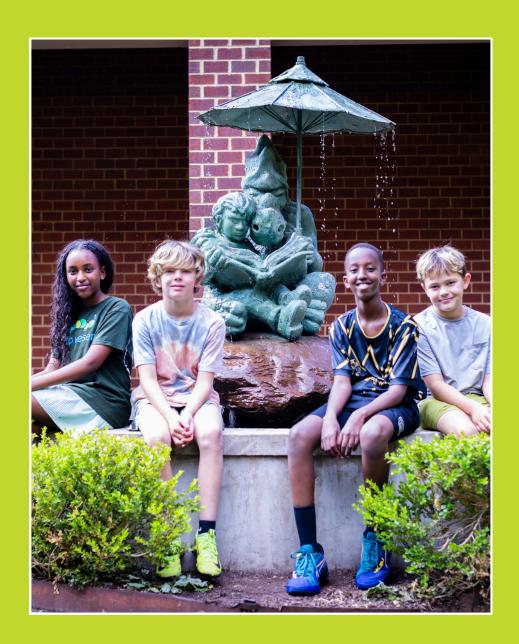
At the Lab School of Washington, we take our responsibility for the safety of our students seriously. All individuals picking up a child MUST be prepared to present a valid PHOTO ID matching the name as it appears on the approved pick up list provided by the parent/guardian during registration. Failure to provide an ID could result in longer wait times when picking up as we confirm identity.

All enrichment activities are subject to minimum enrollment requirements. If an activity does not meet the required number of registrations, it may be cancelled. Families affected by a cancellation will be notified and given the option to register for a different activity or receive a full refund. Refunds for cancelled activities will be processed at the time of cancellation.

Terms and Conditions 28

The Lab School of Washington

We Embrace Differences as Advantages



Fall Guide

2025