



VIRGINIA BEACH FRIENDS SCHOOL

Knowledge. Character. Community.

After School Programs: 1st Quarter

● Soccer Shots

- **Description:** We believe that soccer is a powerful vehicle for positively impacting youth. Through our partnership with the U.S. Soccer Foundation, we aim to impact children who live in underserved communities through quality soccer programs that support their physical and personal development.
- **Facilitator:** Soccer Shots Coaching Staff
- **Ages:** For students ages 3 to 8.
- **Dates:** Fridays starting on September 6th ending on December 13th
- **Times:** 3:00pm - 4:15
- **Location:** Soccer Field next to Wilson Center; Inside Wilson Center during inclement weather.
- **Price:** \$130.00 (\$20.00, one time, registration fee)
- **Payment:** Registration and Payment are made through the main Soccer Shots website: <https://www.soccershots.org>
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● (LS/MS) Co-ed Vball Club

- **Description:** The coaching staff will focus on basic skill development needed to play the game of volleyball. Using fun and engaging activities related to volleyball, such as serving games, relay races, etc., we will help build and foster a lifelong passion for the game of volleyball. Come out and enjoy the fun!
- **Facilitator:** Jason Weast
- **Ages:** For students in grades 1st through 6th.
- **Dates:** Mondays and Wednesdays starting on September 9th and ending on October 23rd.
- **Times:** 3:00pm - 4:00pm
- **Location:** Wilson Center
- **Price:** \$60.00 for 12 sessions
- **Payment:** There are 3 payment options:
 - (1) Checks made payable to “Virginia Beach Friends School” with a note of the activity you are enrolled in;
 - (2) The business office can bill you through FACTS;
 - (3) If you do not have an account with FACTS the business office can send you an invoice.
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● (MS/US) Co-ed Vball Club

- **Description:** The coaching staff will focus on basic skill development needed to play the game of volleyball. Students will learn the basic fundamentals of volleyball through simple drills designed to ensure success during real games. Through these activities we are hoping your student will build and foster a lifelong passion for the game of volleyball. Come out and enjoy the fun!
- **Facilitator:** Jason Weast
- **Ages:** For students in grades 7th through 12th.
- **Dates:** Mondays and Wednesdays starting on September 9th and ending on October 23rd.
- **Times:** 4:00pm - 5:00pm
- **Location:** Wilson Center
- **Price:** \$60.00 for 12 sessions
- **Payment:** There are 3 payment options:
 - (1) Checks made payable to “Virginia Beach Friends School” with a note of the activity you are enrolled in;
 - (2) The business office can bill you through FACTS;
 - (3) If you do not have an account with FACTS the business office can send you an invoice.
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● Surf Club

- **Description:** It doesn't matter whether you've never surfed a day in your life or are already an advanced surfer...Seth will help you become a better surfer! Seth enjoys sharing his stoke and love for surfing with others! Also, having a daughter of his own (who's almost a teenager and surfs herself), Seth understands how to teach kids the art of surfing. Next to raising his daughter, his passion is surfing! Seth's surf camp is top notch, loads of fun and is a great way to learn how to surf!
- **Facilitator:** Seth Broudy of Grom Coast Surfing Company (and his staff)
- **Ages:** For students in grades 1st through 12th.
- **Dates:** Fridays (3 sessions - 9/13, 9/20, & 9/27. All sessions are dependent on the weather conditions that day)
- **Times:** 3:30pm - 4:30pm
- **Location:** Croatan Beach (There will only be 12 slots available due to the number of seats available on the VBFS bus.)
- **Price:** \$50.00 per session
- **Payment:** Payments will need to be made in advance of each session. Payments can be made out to "Seth Broudy" and mailed to 312 Winston Salem Ave. Virginia Beach, VA 23451 (or) dropped off at "Grom Coast Surf and Skate" at 325 Laskin Rd., Virginia Beach, VA 23451.)
- **Pick-up:** Transportation will be provided to the location; parents are required to pick up students from the beach location.



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● First Art Explorers

- **Description:** Early and Lower School Students will endeavor on a creative journey of the visual arts. Students will learn to use the appropriate application of materials, visual comprehension, fine motor skills and appropriate techniques to create incredible works of art.
- **Facilitator:** James O'Connor
- **Ages:** For students ages 3yrs to 8yrs old.
- **Dates:** Wednesdays starting on September 11 and ending on October 23rd.
- **Times:** 3:00pm - 4:00pm
- **Location:** Art Building (Across from the Woolman Building).
- **Price:** \$60.00 for 6 sessions.
- **Payment:** There are 3 payment options:
 - (1) Checks made payable to "Virginia Beach Friends School" with a note of the activity you are enrolled in;
 - (2) The business office can bill you through FACTS;
 - (3) If you do not have an account with FACTS the business office can send you an invoice.
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● Co-ed Flag Football Club

- **Description:** Is your student the next NFL prodigy? Even if they are not, bring out for our inaugural year of VBFS flag football. Come join our Head of School and learn how to run pass routes, play defense, and enjoy the social interaction among peers!
- **Facilitator:** Michael Barclay
- **Ages:** For students in grades 5th through 8th.
- **Dates:** Thursdays starting on September 12th and ending on October 24th.
- **Times:** 3:00pm - 4:00pm
- **Location:** Soccer Field next to Wilson Center; Inside Wilson Center during inclement weather.
- **Price:** \$60.00 for 6 sessions.
- **Payment:** There are 3 payment options:
 - (1) Checks made payable to “Virginia Beach Friends School” with a note of the activity you are enrolled in;
 - (2) The business office can bill you through FACTS;
 - (3) If you do not have an account with FACTS the business office can send you an invoice.
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● Girls on the Run

- **Description:** GOTR inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. They envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Come out and get inspired to be active!
- **Facilitator:** Tanya Hall and Morgan Hart
- **Ages:** For female students in grades 3rd through 5th.
- **Dates:** Tuesdays and Thursdays starting October 1st and ending December 12th (There is a culminating 5K on Saturday, December 15th)
- **Times:** 3:00pm - 4:00pm
- **Location:** Soccer Field next to Wilson Center; Wilson Center for inclement weather.
- **Price:** TBD
- **Payment:** TBD (Will be made through the Girls on the Run main website when registration becomes available.)
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● Yearbook Club

- **Description:** Yearbook is a great way to meet new friends and express yourself creatively, and each student's contribution can be seen in the final product. Students are partnered up and given the opportunity to design a yearbook spread that they can be proud of. In addition to designing pages, throughout the course of the 1st quarter students also help out with various other yearbook-related tasks, including selling yearbooks, photography, working on promotions, and eventually yearbook distribution.
- **Facilitator:** Tonya Tanney
- **Ages:** For students in grades 7th through 12th.
- **Dates:** Tuesdays starting on September 9th and continuing up until the completion and distribution of the yearbook at the end of the year.
- **Times:** 3:00pm - 4:00pm
- **Location:** Upper School Math Room
- **Price:** Free of charge to VBFS students.
- **Payment:** NONE
- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.



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● MS/US Study Hall

- **Description:** This is a great opportunity for your student to get some extra time to complete homework and/or projects.
- **Facilitator:** Jason Weast
- **Ages:** For students in grades 5th through 12th.
- **Dates:** Tuesdays starting on September 10th and ending on October 22nd.
- **Times:** 3:00pm - 4:00pm
- **Location:** Student Center
- **Price:** \$70.00 for 7 sessions.
- **Payment:** There are 3 payment options:
 - (1) Checks made payable to “Virginia Beach Friends School” with a note of the activity you are enrolled in;
 - (2) The business office can bill you through FACTS;
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- **Pick-up:** You may pick up your child directly from the location of the after school activity or you may wait in the car line for the facilitator to bring your child to the front of the pick-up loop. If you need your child to stay in Extended Care after the completion of the activity, please ensure to fill out the proper enrollment form via the VBFS webpage and send a separate message to Jason Weast.

NOTE: If your student is in grades 5th-12th and you require an after school option before special programming begins please reach out to Jason Weast (Athletics and Special Programs Director) via email at jason@vbfschool.org to have a conversation.