

1. Ultimate Frisbee

Day: Thursdays
Time: 4:15 - 5:15
Sponsor: Mr. Ferguson
Duration: Throughout trimester 2

Ultimate Frisbee is an exciting, non-contact sport. The object of the game is to score points by passing the frisbee to a player in the opposing end zone, similar to an end zone in American football or rugby . This is great way to engage in a team sport and improve your cardiovascular fitness. No experience is necessary. Just come out and play.

2. Art Club

Day: Sundays
Time: 3:15-4:15
Sponsor: Joan Knox
Duration: Throughout trimester 2

Club Description: Are you looking for an activity that lets your imagination run wild? A place where you and your friends can have fun creating art out of anything.? If so, then this after school art club is for YOU!!!! Bring a friend and come join me on Sundays from 3:15 to 4:15 and let's see where our imagination will take us :-). Ms. Knox

3. Pottery Club

Day: Wednesdays
Time: 3:15-4:15
Sponsor: Naglaa Genidy
Duration: Throughout trimester 2

New!!! Pottery club !!! Bring a friend and have fun making really cool things with clay, you will use clay to make animals, which will come alive with realistic details! you will flatten, cut, and mold clay, using wooden tools and your hands. To complete your sculptures, the animals will be dried and fired in a kiln. you may also have the opportunity to make fancy mugs, ceramic boxes or wind chimes.

Pottery club will be on Wednesday 3:10-4:10 in room 302 Art building .

4. Woodworking Club

Day: Mondays
Time: 3:15-4:15
Sponsor: Alan Rutherford
Duration: Throughout trimester 2

Woodwork club is offered to middle school students who would like to learn how to make small wooden projects using a variety of materials and equipment. No experience is necessary, just come along and have fun and learn some new skills. The club will be limited to 10 members, so sign up quickly! We will meet on Mondays after school in Room 411.

5. Homework Club

Day: Sundays, Mondays, Wednesdays, and Thursdays
Time: 3:15 – 4:15
Sponsor: Ms. Riley and Ms. Flora
Duration: Throughout trimester 2

We provide a quiet place for students to get on with their homework knowing that teacher support is available. Laptops are always available for students to use. Students should arrive by 3:15 and we continue until 4:15. Arrangements are made for students on swim team to leave early.

6. Math Support class for grade 7 and 8 students

Day: Mondays and Thursdays
Time: 3:15 – 4:15
Sponsor: Mr. Sorrenti and Ms. Gutenkunst
Duration: Throughout trimester 2

This club is open to all grade 7 and 8 students who need help mastering the skills and concepts covered in the current math program. This is not a homework class! Instead it is a class facilitated by two teachers who will oversee students and help them understand the main ideas and concepts interwoven through the program.

7. Soccer Intramurals

Day: Thursdays
Time: 3:15 – 4:15
Sponsor: Mr. Said
Duration: Throughout trimester 2

Soccer is offered to all interested students, grade 6 – 8, who want learn and play soccer. Students will learn how to run basic plays and play games in a friendly, competitive way. You will be organized into teams and compete against each other on a weekly basis. We'll have a regular season of games followed by playoffs and CAC world cup!

8. Environmental Action Club

Day: Monday
Time: 3:15 – 4:15
Sponsor: Mr. Said
Duration: Throughout trimester 2

Environmental action club is offered to all interested students in grades 6 – 8, who want to learn and act for the ecosystem. Students will learn how to protect and help the environment through the different activity offered through the course. Activities will include: composting, planting trees, recycling paper and finding different tools to replace fossil fuels. Students interested in environmental action club are asked to commit to eight weeks. I hope to see many of you out there on the field by the office.

9. Electronics Club

Day: Thursday
Time: 3:15 – 4:15
Sponsor: Sherif Nabawy
Duration: Throughout trimester 2

This activity is intended to give the participants the basics of the electronics world, from knowing the tools needed to the level of building/assembling circuits. Investigate a wide range of kits to assemble hundreds of projects, like, AM/FM radio, alarms, sound activated circuits and more...

Location:
Room 440, top floor of the applied technology and school store building

10. Drama Club

Day: Wednesdays
Time: 3:15-4:30
Sponsor: Mary Fullerton
Instructor: High School drama students supervised by Ms. Fullerton
Duration: Trimester 2

High school drama instructor Ms. Fullerton will work with high school students to offer this exciting club for those middle school students interested in drama.

11. Math Counts

Day: Mondays
Time: 3:15-4:15
Sponsor: Ms. McAninch
Location: Room 87
Duration: Trimester 2

In the MATHCOUNTS After School Activity, students will have an opportunity to explore math far beyond what time allows in the regular math classes. An emphasis will be on developing problem solving skills and strategies. Through challenging problems, students will also expand and deepen their understanding of advanced topics in probability, number theory, number sense, geometry, algebra, and statistics. The activity will cover much of the material designed by the MATHCOUNTS organization for success in this year's competition, which will be held in New Delhi. MATHCOUNTS is open to all middle school students with an interest in math.

12. Running Club

Day: Mondays
Time: 3:15-4:15
Sponsor: Mostafa Yonis
Duration: Throughout trimester 2

Come and get fit as we run together on the track or around the CAC school grounds.

13. Computer Club

Day: Wednesdays
Time: 3:15-4:15
Sponsor: David Johnson
Duration: Throughout trimester 2

Open Lab is a time for you to unwind, relax and have fun. It is a time to meet up with friends, play online games, and use Google Earth, play with Stykz and much more. You could use the time to do homework or listen to music or watch your favorite videos. Open Lab will be Wednesdays from 3:15 to 4:15 in Mr. Johnson's lab room 64.

14. Grade 8 Homework Help

Day: Wednesdays
Time: 3:15-4:15
Sponsor: Sandra Gutenkunst
Duration: Throughout trimester 2

Homework help is exclusively for 8th graders aimed at reducing weekend homework.