



Lucille Brown After-School Program



Coordinated by

Lucille Brown Middle School – Richmond, VA

In partnership with Richmond Public Schools, YMCA Greater Richmond and Communities In Schools of Richmond

Program partners include: Anoshi Kids Dance, Blue Sky Fund, Edible Education, Greater Richmond Aquatics Partnership, Greater Richmond Fit4Kids, Kids in Crisis, Kidz R Cookin', Mary and Frances Youth Center, M.H. West & Co., Podium Foundation, Project Yoga Richmond, Richmond Performing Arts Alliance, Richmond Public Schools Education Foundation, Sports Backers, Technology Emersion Studios, Trinity Village Center, VCU Department of Forensic Science, Virginia FIRST, and YMCA Greater Richmond



Welcome to NextUp at Lucille Brown Middle School!

NextUp provides free, high-quality, safe opportunities for students to explore interests, express themselves, make friends and have fun. It isn't one single program or in one specific building. Rather, NextUp is a coordinated network of providers who have a common commitment to ensuring middle school students have access to quality after-school activities. Programs are offered both at your child's school and at nearby locations.

NextUp provides:

- **This single registration packet** to sign up for multiple programs.
- **Transportation to all of the programs** as noted in the program descriptions. For programs that take place outside of the Lucille Brown building, transportation will be provided back to the school. **Bus transportation home is provided for all youth participating in NextUp if parents provide approval.** Parents are always welcome to pick up students at the end of their program day
- **Healthy snacks and dinner** provided by Richmond Public Schools.
- **Quality programs from experienced providers** with background checks. There are lots of hands-on activities that build on what students learn in school, give them opportunities to explore their interests and promote self-expression. Homework help is provided Monday through Thursday.
- **Skills for setting short- and long-term goals** while supporting youth developmentally.
- **Communication among program providers** to ensure safety and coordinate transportation for your child.
- **Communication with you, your child's teachers, NextUp staff leadership and the academic supports partner.**

SESSION DATES

Session 1	Oct 2 – Dec 14, 2017
Session 2	Jan 16 – Mar 22, 2018
Session 3	Apr 9 – June 7, 2018

NextUp is powered by a collaborative effort by educators, city and school officials, and business and community leaders to provide high-quality, coordinated after-school programs for Richmond Public Schools middle school students.

For more information or to register, please contact:

Sidney Gafford
Lucille Brown Middle School NextUp Site Coordinator
804.629.3295
gaffords@ymcarichmond.org



Program Descriptions

SESSION ONE

Oct. 2 – Dec. 14, 2017

BLOCK 1, 3:30 – 4:30 PM

MONDAY THROUGH THURSDAY

A.C.T. provided by Richmond Performing Arts Alliance

Lucille Brown Middle School

Use your creative energy to learn the fundamentals of acting. Learn to use your voice as an actor, in speaking to an issue important to you.

Offered: Tuesday, Thursday (participants must attend both days)

CSI: Forensic Science provided by VCU Dept. of Forensic Science

Lucille Brown Middle School

Forensic Science students from VCU will lead hands-on activities to solve a final mock crime scene. Activities include analysis of fingerprints, hair, blood splatter, white powder and more.

Offered: Wednesday (one-day class)

Game on Girl provided by Greater Richmond Fit4Kids

Lucille Brown Middle School

Have you ever wanted to learn about different sports and activities but though “I don’t know if that’s for me” or “I’m not an athlete”? We’re here to tell you that you can do anything you put your mind to! Join us in learning a variety of sports and activities from empowered women from all over Richmond.

Offered: Monday, Wednesdays (participants must attend both days)

Intro to Computer Science provided by Technology Emersion Studios

Lucille Brown Middle School

This course lays a foundation of terms and concepts needed to better understand computers, how they function and how we program them. Every class involves hands-on, fun activities that teach the basics of designing and coding.

Offered: Monday (one-day class)

KICDRUM provided by Kids in Crisis

Lucille Brown Middle School

KICDRUM is a fun interactive creative musical experience. We play lots of drums and talk about the rhythms of life. No previous music experience is required

Offered: Monday, Wednesday (participants must attend both days)



Lucille Brown on the Run provided by Sports Backers

Lucille Brown Middle School

Want to push yourself and be able to go further than all of your friends? See how far your body can take you by joining the running club. As you build your endurance and push yourself past your limits, you will be training to participate in a local race. Never been a fan of running? Not sure you can do it? No worries – no experience necessary and all abilities are welcome. Take the first step and sign up with Lucille Brown on the Run today!

Offered: Monday, Wednesday (participants must attend both days)

Lucille Brown's Edible Schoolyard provided by Greater Richmond Fit4Kids

Lucille Brown Middle School

Transform your school's outdoor space into a tasty garden while growing, harvesting, preparing and eating fresh, delicious, healthy food! Build the necessary structures to get your garden growing!

Offered: Tuesday, Thursday (participants must attend both days)

Mindfulness on the Mat provided by Project Yoga Richmond

Lucille Brown Middle School

Join us on the mat for a fun, dynamic yoga class that will energize and relax your body and mind. Build strength and confidence and develop flexibility, all while learning skills to focus the mind and cultivate ways to reduce stress and anxiety to ROCK your best self!

Offered: Tuesday, Thursday (participants must attend both days)

Outdoor Adventure Club provided by Blue Sky Fund

Offsite

Join the sport of rock climbing and learn other outdoor survival skills like how to navigate using maps and compass, how to make campfires and set up tents, and go on nature hikes. Enhance your leadership and teamwork. **This is an off-site activity. Participants will be picked up and transported back to Lucille Brown Middle School at the conclusion of the activity.**

Offered: Tuesday, Blocks 1 & 2 (3:30 – 6:00 pm)

Richmond Middle School Chess League provided by Richmond Chess Initiative

Lucille Brown Middle

Chess and good grades are the fastest, easiest, cheapest and most surefire ways to get the attention of people that can help you in school, life and your career! RCI will teach you how to play winning chess, how to talk about your accomplishments and how to use your accomplishments to make adults want to say yes to your requests for life!

Offered: Tuesday, Thursday (participants must attend both days)

So You Want to Open a Restaurant provided by Edible Education

Lucille Brown Middle School

From menu development to serving customers – learn the ins and outs of someday opening a great food restaurant. Cook your way through appetizers, main dishes and desserts as we decide what type of restaurant to showcase!

Offered: Tuesday, Thursday (participants must attend both days)

Swim RVA provided by Greater Richmond Aquatics Partnership

Bellmeade Recreation Center

SwimRVA is excited to provide a learn to swim and swimming improvement program open to all students! Each student will progress through SwimRVA's unique station based learning platform for 45 minutes and compete against classmates during the last 15 minutes by playing water polo. **This is an off-site activity. Participants will be transported to the Bellmeade Recreation Center location and then back to Lucille Brown Middle School at the conclusion of the activity.**

Offered: Wednesday, Blocks 1 & 2 (3:30-6:00 pm)



Math and Reading Academic Enrichment

Lucille Brown Middle School

Need help with math or reading? Join today and see how much fun learning can be!

Offered: Monday, Tuesday, Wednesday, Thursday

BLOCK 2, 5:00–6:00 PM

MONDAY THROUGH THURSDAY

Anoshi Kids Dance Program

provided by Anoshi Kids Dance
Lucille Brown Middle School

Our fun-filled, energetic program provides a positive and constructive outlet for young dancers, specializing in all styles of dance.

Offered: Tuesday, Thursday (participants must attend both days)

Building Skills 4 Life

provided by M.H. West & Co.
Lucille Brown Middle School

Become career ready, develop great work habits and discover the skills it takes to be successful! Learn how to write a résumé, interview for a job and dress for success.

Offered: Tuesday, Thursday (participants must attend both days)

First Tech Robotics

provided by Virginia FIRST
Lucille Brown Middle School

Join your friends and build a robot that you will control to compete against other robot teams! Work with your team to design, build and drive a robot that solves a new mission each season!

Offered: Monday, Wednesday (participants must attend both days)

Lobs and Lessons

provided by Mary and Frances Youth Center
VCU Mary and Frances Center

Grab a racquet and a friend and hit the courts with us to learn how to play tennis, for fun or competition. Each week you will learn skills and play games, with a tournament at the end of the session. **This is an offsite activity. Participants will be transported to the VCU Mary and Frances Youth Center location and back to Lucille Brown Middle School at the conclusion of the activity.**

Offered: Thursday, Block 2 (4:30 – 6:00 pm)

Outdoor Adventure Club

provided by Blue Sky Fund
Offsite

Join the sport of rock climbing and learn other outdoor survival skills like how to navigate using maps and compass, how to make campfires and set up tents, and go on nature hikes. Enhance your leadership and teamwork. **This is an off-site activity. Participants will be picked up and transported back to Henderson Middle School at the conclusion of the activity.**

Offered: Tuesday, Blocks 1 & 2 (3:30 – 6:00 pm)

Panthers PT

provided by Sports Backers
Lucille Brown Middle School

Come get fit with Panthers PT! Physical training is for everyone – from girls to guys, those new to fitness to more experienced athletes – our instructor will lead you through a routine that is designed to improve your overall strength, cardio endurance and flexibility.

Offered: Monday, Wednesday (participants must attend both days)



Spapreneur provided by Kidz R' Cookin'

Lucille Brown Middle School

Learn how to make your own luxurious body butters, lip balms, shampoo and even deodorant. All toiletries will be sent home in a decorated basket at the conclusion of the session. Girls and guys are welcome!

Offered: Monday (one-day class)

Swim RVA provided by Greater Richmond Aquatics Partnership

Bellmeade Recreation Center

SwimRVA is excited to provide a learn to swim and swimming improvement program open to all students! Each student will progress through SwimRVA's unique station based learning platform for 45 minutes and compete against classmates during the last 15 minutes by playing water polo. **This is an off-site activity. Participants will be transported to the Bellmeade Recreation Center location and then back to Lucille Brown Middle School at the conclusion of the activity.**

Offered: Wednesday, Blocks 1 & 2 (3:30-6:00 pm)

TechConnect provided by Richmond Public Schools Education Foundation

Lucille Brown Middle School

Want to enhance your computer skills? Join the TechConnect program to experience new software and computer technologies to learn how they are applied in the workplace. Students who successfully complete the training will receive a free laptop.

Offered: Tuesday, Thursday (participants must attend both days)

Teen Scene provided by The Podium Foundation

Lucille Brown Middle School

Do you have something BIG to say? From music to movies, from poetry to short stories, and from debate to spitting bars, Teen Scene will be exploring all forms of expression.

Offered: Monday, Wednesday (participants must attend both days)

Y-Athletics provided by Greater Richmond YMCA

Lucille Brown Middle School

This sports based program will build character through exposure to various sports. Activities may include basketball, soccer, flag football, volleyball and ultimate Frisbee. You may find a hidden talent or gain a new appreciation for a sport that you've never tried.

Offered: Tuesday, Thursday (participants must attend both days)

Math and Reading Academic Enrichment

Lucille Brown Middle School

Need help with math or reading? Join today and see how much fun learning can be!

Offered: Monday, Tuesday, Wednesday, Thursday



Ready to sign up?

Return completed forms to:

Sidney Gafford, NextUp Site Coordinator
Lucille Brown Middle School, Main Office
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Programming provided at no cost thanks to the support of:



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