

**20-21 NextUp Virtual Schedule of Programs – Fall Session
(October 5-November 24, 2020)**



MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
Block 1	8:00 – 9:00 AM	IBY Yoga & Mindfulness <i>Itty Bitty Yogis</i>	Mindfulness, Movement, & Motivation <i>Avail Outpatient Counseling</i>	Mindfulness + Storytelling <i>Visual Arts Center of Richmond</i>	Mindfulness, Movement, & Motivation <i>Avail Outpatient Counseling</i>		
		9:15 AM – 4:20 PM - RPS Virtual School Day					
4:30 PM – 4:45 PM – NextUp Family Time							
Block 2	5:00 – 6:00 PM	Sculpture Savvy <i>Art 180</i>	Hand Sewing 101 <i>Your Visionary Designer</i>	Sculpture Savvy <i>Art 180</i>	Film Making <i>Life's Interpretation</i>		
		Boyhood to Manhood <i>Trinity Village Center</i>	Inspire <i>Inspire RVA</i>	Boyhood to Manhood <i>Trinity Village Center</i>	R.E.A.L. Girlz <i>Flawless Imperfections</i>		
		Culinary Masterpiece <i>Victoria's Kitchen</i>	On the Run-Staying Active Indoors <i>Sports Backers</i>	Culinary Masterpiece <i>Victoria's Kitchen</i>	On the Run-Staying Active Indoors <i>Sports Backers</i>		
		Maker Space Barbara Haas	Chess Class <i>Chess RVA</i>	Braid it Up <i>Youth Entrepreneur Startups</i>	Edible Schoolyard <i>Greater Richmond Fit4Kids</i>		
		Spin Academy <i>Men of Barton Heights Youth Org</i>	Down the Rabbit Hole <i>Richmond Young Writers</i>	Casa Lapiz <i>Sacred Heart Center</i>	Down the Rabbit Hole <i>Richmond Young Writers</i>		
		Kidz n Biz <i>Metropolitan Business League</i>	Yoga: Strength & Mindfulness on the Mat <i>Project Yoga Richmond</i>	CSI: Richmond <i>VCU Department of Forensic Science</i>	Money Matters Club <i>M.H. West & Co</i>		
		Salsa Workout <i>Latin Ballet of Virginia</i>	TECNOLOGIA para los Ninos <i>The Leadership and Achievement Academy</i>	Game On, Girl! <i>Greater Richmond Fit4Kids</i>	TECNOLOGIA para los Ninos <i>The Leadership and Achievement Academy</i>		
		TechConnect <i>RPS Education Foundation</i>	Robotics-A <i>First Chesapeake Robotics</i>	TechConnect <i>RPS Education Foundation</i>	Robotics-B <i>First Chesapeake Robotics</i>		
		Girl Action Team <i>Girls for a Change</i>	Prep the Next Step (8 th Grade Only) <i>Podium RVA</i>		Prep the Next Step (8 th Grade Only) <i>Podium RVA</i>		

Organization	Program	Program Description
ART 180	Sculpture Savvy	Using basic materials found at home, participants in <i>Sculpture Savvy</i> explore how simple materials create 3D sculptures. <i>Sculpture Savvy</i> asks young people to think and work resourcefully and minimally and create work based on an important subject matter in the realms of social change, personal growth and the betterment of all. Reflecting ART 180's theme, "Breathe," completed artworks are inspired from activities touching on mindfulness, observation, self awareness, quality of being and personal growth.
Avail Outpatient Counseling	Mindfulness, Movement, Motivation	Participants will be motivated to use movement and mindfulness strategies to achieve positive mental, physical, and emotional health.
Barbara Haas	Makerspace	Every week students will make projects with recycled materials and a little glue!
Chess RVA, LLC	Chess Class	Boys and girls have fun playing the game of chess and learning to be better players. Playing chess helps kids think more clearly and improves math and reading skills. Classes include both instruction and supervised play.
FIRST Chesapeake	FIRST Tech Challenge Robotics	FIRST Chesapeake uses robots as the vehicle to bring Science, Technology, Engineering and Math (STEM)-based leadership enrichment programs to students. Teams can participate in local competitions in the fall and winter to earn points to compete at the state and national levels in the spring.
Flawless Imperfections	R.E.A.L Girlz	Get in touch with your inner Beyoncé and Michelle Obama in this all girl group. Girl talk and fun- Who run the world? R.E.A.L Girlz!
Girls for a Change	Girl Action Teams	Girl Action Teams (GAT) engage girls and teach them how to identify challenges in their communities, and design and implement creative solutions to address them as a team of leaders. Ten-Twenty girls and two women volunteer coaches meet weekly. GATs are girl led. Girls learn about social change and are continuously involved in the identification of and solving problems through social change projects. Skills learned while tackling community problems support academic and career growth. The possibilities generated by thousands of middle school girls working in teams to implement problem solving project of interest to them are limitless!
Greater Richmond Fit4Kids	Game On, Girl!	Who runs the world? GIRLS! If you've been thinking about getting more active and learning about health, then come join us at Game On, Girl! You will work with athletes and empowered women to play a variety of fun games and sports in a safe, non-competitive environment. We promote a girl-centered space where students of all abilities are welcome!
Greater Richmond Fit4Kids	Edible Schoolyard	Join us as we transform the school's outdoor space into a tasty garden where you will learn to dig it, grow it, and eat it! Learn all the steps to creating and maintaining a bountiful garden, then learn how to turn the plants you grew into tasty dishes. You will learn how to create two new dishes each week.
IBY Yoga and Mindfulness	IBY Yoga and Mindfulness	This is not your typical yoga class! Students run, jump and downward dog before ending each session with relaxing meditation and mindfulness exercises (picture yourself lying down on a yoga mat listening to your favorite music for a fantastic brain break).
Inspire RVA, LLC	Inspire	We invite you to join INSPIRE, a Mentorship Program that fosters learning and leadership through fun interventions and exercises. You won't want to miss out on this opportunity to positively interact with your peers while being challenged to be the best version of you!
Latin Ballet of Virginia	SALSA Workout	Experience the passion, excitement and rhythms of SALSA dance, mixed with an exhilaration, high energy and fun fitness dance. SALSA Workout includes rhythms and line dances of Latino America such as the Merengue, Bachata from The Dominican Republic, Rumba Flamenco from Spain and Cuba and Reggaeton (Latin Hip Hop) from Puerto Rico.
Life's Interpretation	Film Making	Students will be able to choose from making beats, commercials, music videos, short films, or tv shows. Students will create their own production as a class.
M. H. West & Co., Inc.	Money Matters Club	Learn about the value of money and earn real money and other recognition for active participation, strong attendance, positive behavior and applicability of financial literacy concepts and terms to support needs and wants. Students work individually and in groups led by credentialed instructors who customize weekly sessions based on interests of students and their knowledge and experience.

Podium RVA	Prep for the Next Step	Prep the Next Step, a program preparing 8th graders for high school, will allow students to explore aspects of the high school experience and will provide them with support in the specialty high school application process.
Project Yoga Richmond	Yoga: Strength and Mindfulness on the Mat	Join us on the mat for a dynamic, fun yoga class that will energize and relax your body and mind. Uncover your strength, build 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!
RPS Edu Foundation	TechConnect	Want to impress your friends with your computer skills? Join the TechConnect program to experience new software and computer technologies. Let's have fun with technology!
Richmond Young Writers	Down the Rabbit Hole: Writing Yourself Into Fiction	All the true stories that make up our lives are rich material from which to create sparkling works of fiction, whether that means adding supernatural elements, making impossible things happen, or turning your favorite uncle into a friendly werewolf. In Down the Rabbit Hole, we'll be digging deep to turn memories and thoughts about real life into wild, uncharted fictional territory.
Sacred Heart Center	Casa Lapiz Art Program	Come explore different creative languages like drawing, sculpture, collage, and street art with Casa Lápiz, a bilingual English/Spanish art class! Learn from professional artist Alfonso Perez and a rotation of visiting artists, who will help you understand artistic expression and a new way to communicate and showcase all you've learned with a special public exhibition of your art at the end of the session.
Sports Backers	On the Run-Staying Active Indoors	See how far your body can take you by joining the run club! As you build your endurance and push yourself past your limits, you will be training to participate in a local race. All abilities and experience levels are welcome!
The Leadership and Achievement Academy	TECNOLOGIA para los ninos	In this computer-based interactive class, both Spanish- and English-speaking learners use code to program robots virtually online. Using RoboBlockly and Scratch, a bilingual instructor leads students to move robots, draw shapes and figures, and make music through code and programming.
The Men of Barton Heights	Spin Academy	Learn the ability to DJ, blend, mix, backspin are forms of music. Create house rocking tracks using the latest hottest music out.
The Metropolitan Business League	Kidz N Biz	Kidz N Biz creates the next generation of innovators and changemakers. The ten week after-school program in middle schools gives students a glimpse into the world of Entrepreneurship. Our goal is to prepare and equip middle school students from grades 6-8 with the resources, knowledge and expertise to develop an entrepreneurial mindset and vision.
Trinity Village Center	Boyhood to Manhood Rites of Passage: Guiding Tomorrows Leaders	The mission of the Boyhood to Manhood Rites of Passage Program (BMRP) is to prepare boys 9-15 years of age in essential areas of productive and responsible adulthood. Based on the principles of life transitions, this program seeks to develop successive generations of men who understand their identity; purpose; and direction for a successful life as a family member, worker, community member, and productive citizen.
VCU Dept of Forensic Science	CSI: Richmond!	Blood Spatter Analysis! Fingerprints! DNA! Join us and see what it takes to be a forensic scientist! You will learn how to investigate a crime scene, use a microscope, extract DNA, lift fingerprints, think like a scientist and you will put your team's knowledge to work to decide how to solve the crime.
Victoria's Kitchen, LLC	Culinary Masterpiece!	Learning never sounded or tasted so good! Join us as we teach you and your friends how to make fresh, homemade, delicious dishes that can be enjoyed any time of the day. Enjoy cooking and baking your own.....Culinary Masterpieces!
Visual Arts Center of Richmond	Mindfulness and Storytelling	Everyone has a story to tell, and this class is designed to help you tell yours. This class will introduce various mindfulness techniques, through movement, breath, writing and drawing. We will use storytelling as a vehicle to explore our thoughts, feelings and experiences as a source of information within our lives. The intention of this class is to open our youth to Storytelling as a way to communicate and make sense of their reality.
Your Visionary Designer	Hand Sewing 101	Participants learn proper sewing techniques by hand, identifying tools, and terminology. They will take away from the class a folder of instructions, a starter sewing kit, and all practice samples to refer back to for their own independent creativity.
Youth Entrepreneur Startups	Braid It Up	Have you always wanted to learn how to braid hair or do you need to improve your current braiding skills? Register for "Braid It Up" so we can hook you up!