

Bay School Activity Program 2018-19

Bay School students are required to complete 6 terms of activity credit over 4 years. Most students fulfil this requirement in their first 3 years (9th through 11th-grade), although some defer completion to 12th-grade. The following are guidelines for earning activity credit at Bay:

- 1) Participation on an athletic team at any level at Bay during fall, winter or spring seasons (Frosh/Soph, JV or Varsity) will equal one term of credit.

- 2) Participation in the school play during the fall or spring performances will equal one term of activity credit. This includes certain member of tech crew, to be determined by the theater director.

- 3) Enrollment (and passing credit) in fall or spring semester activity classes which meet 3 days per week on Mondays, Tuesdays and Thursdays. Passing credit will require 9 or fewer absences. Activity classes will begin the 2nd week of each academic term and will conclude the week prior to the end of each academic term.
 - Fall 2018 Activities – Sept 4 to Dec 6, 2018
 - Spring 2019 Activities – Feb 11 to May 9, 2019

- 4) Approval and appropriate documentation of participation in an outside physical activity (Alternative Activity Credit) during the fall or spring semesters. Contact Samantha Gallop at sgallop@bayschoolsf.org for more details regarding credit requirements.

There are no activity classes offered during the January and May Immersive terms.

See below for Fall Class Offerings.

Afterschool Activity Program Offerings Fall 2018

Students not participating on a Bay athletic team or approved outside activity will sign up for their activity class during advisory on the first day of school (Aug 27). Class placements will be emailed to families by Thurs, August 30.

Classes meet on Mondays from 3:45 to 4:45 p.m. and Tuesdays and Thursdays from 3:00 to 4:00 p.m. The first day of activity classes is Tues, September 4. The last day of activity classes is Thurs, December 6.

Crossfit for Teen Athletes @ San Francisco CrossFit

Winter or spring athletes preferred.

Teen athletes face numerous physical challenges specific to their age group, including changes to their bodies, rigorous academic schedules, and hours of repetition spent practicing their sport(s). Crossfit for Teen Athletes teaches the foundational movement skills necessary for longer, healthier careers by addressing movement in all aspects of life. This program blends traditional Crossfit methods of strength training and gymnastics skill with sport specific movements. With an increased focus on coordination and mobility, athletes are taught how to move safely and efficiently in the gym so they can better express strength and athleticism in their sports.

Fall Musical: Seussical

Auditions open to all levels (Beginning August 27)

Contact Maryssa Wanlass for more information at mwanlass@bayschoolsf.org. Rehearsals are Mon through Fri after school. Participants MUST be available for some full-day Saturday rehearsals. Performance Dates: November 9, 10, 11.

Group X @ YMCA Main Post

Open to all levels.

This activity puts you into the YMCA's Group Exercise world by allowing you to enjoy a rotating schedule between Cycling on Mondays, Yoga on Tuesdays, and Cardio Kickboxing on Thursdays. These energetic, dynamic and mindful workouts will burn calories, tone your muscles and realign your body.

Martial Arts @ Letterman Gym

Open to all levels.

Kung Fu San Soo is a complete martial art. It combines the street safety skills necessary to defend oneself as well as the personal safety skills to mentally and verbally handle dangerous situations. This fall we will learn how to be aware of our surroundings and to make a safety plan when you are at home, school or on the street. We will share how to trust and follow your intuition to know what to do, when to run, what to say or when to defend. We will learn how to assert yourself; to set boundaries and deescalate conflict to stop bullies and predators from seeing you as a victim or a challenge. We will learn how to physically stop someone from harming us by learning the skills and principles taught in Kung Fu

San Soo. Most importantly we will learn how to internalize these skills so they are a balance part of your lives.

Rock Climbing @ Planet Granite

*Open to all levels. **Must** be able to attend all three days of class with no conflicts.*

Learn to climb at Planet Granite. Supervised by Bay faculty and lead by Planet Granite instructors, rock climbing is a full-body activity that utilizes coordination and problem-solving whether you are top roping or bouldering. This program includes an hour-long safety lesson to teach the basic rope skills and safety needed to climb and belay in the gym. Students must check in for attendance at Bay at 3:40 p.m. and walk to the gym. Students may be picked up directly from Planet Granite or walk back to Bay at the conclusion of the class.

Strength Training @ YMCA Main Post

Open to all levels. Develop your strength, stamina and balance at the YMCA. Over the course of all combined class times, you will learn how to properly and safely use the entire gym facility. Have fun learning and developing your fitness skills in dynamic workouts which will change frequently to challenge your fitness level. You must be injury-free to take this class.

Ultimate Frisbee

Open to all levels.

Learn to play Ultimate Frisbee. Ultimate is a fast paced, non-contact sport that demands players to develop teamwork, advanced throwing skills and tremendous stamina and agility. Whether new to Frisbee in general or a seasoned veteran, Ultimate Frisbee offers all a chance to increase power, skill, and cardiovascular strength while playing in a competitive team setting. In the true spirit of the game, Ultimate officiating power lies with the players, who use the honor system to co-enforce all rules and regulations during the game.

Alternative Activity Credit

For students who are committed to an organized physical activity after school, we offer an **alternative activity credit**. Please be sure to complete the appropriate paperwork on time to ensure you will receive credit for your alternative activity. Questions? Contact the Assistant Athletic Director, Samantha Gallop at sgallop@bayschoolsf.org.

1. The organized activity must be supervised by an adult, meet at least 2 times per week, and must exceed 36 total hours over the semester.
2. The [Alternative Credit Request Form](#), must be submitted to the athletic office by second Friday of the term, with the appropriate signatures and proof of your activity. Proof can include

but is not limited to a letter from your coach or instructor, invoice, or receipt from the facility or program. Families will be contacted once an activity has been approved.

4. At the end of the semester, submit a completed [Alternative Activity Rubric](#) and turn it into the Assistant Athletic Director.