



# ELC “ENERGIZERS”

## After-School Program

*We  
are  
back!*

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**WHO:** Students in grades 4-6.  
(7-8 students may participate with permission)  
Limited to 50 participants.

**WHAT:** Homework Help, Fitness, Aquatics,  
Knowledge Quest, Fun, & Snacks.

**WHEN:** Mondays, Wednesdays, Fridays  
3:30-5:15p.m. Starting **September 12th!**

**WHERE:** **R**egional **W**ellness **C**enter

**WHY:** Increase Student Achievement  
Provide Additional Academic Help  
Provide Healthy Activities  
Keep Kids Safe  
Help Working Families

**Contact:** Penny Swanson  
Phone: RWC 362-8484  
Email: [Penny.Swanson@estherville.k12.ia.us](mailto:Penny.Swanson@estherville.k12.ia.us)

Applications are available at the RWC, school office,  
guidance office, or classroom teacher.



# ELC ENERGIZERS

## 11-12 After-School Activity Program



The ELC Energizers After-School Program will be providing homework help, fun and stimulating activities for ELC students in grades 4-6. Those in grades 7-8 may participate with permission. The following are the program's general guidelines:

- The program is FREE to the participants and is a component of the total ELC After-School program.
- The program will meet *on Mondays, Wednesdays & the first and third Friday of the month* from 3:30-5:15pm. The schedule will be modified for some early out days and weather related cancellations.
- The program is limited to 50 participating students.
- Participants will travel by ELC bus or supervised walking to the RWC immediately after school where they will have a nutritional snack upon arrival.
- After their snack, the participants will transition to a study area for homework help from 3:40-4:30.
- The activity portion of the Energizers Program will run from 4:30 to 5:15.
- The program will conclude at 5:15pm each day, at which time parents will need to arrange for transportation of their student home. If a student needs to stay at the RWC for a longer amount of time please make arrangements with the RWC staff.
- Students must pre-register to participate in the program.
- Enrollments will be taken on a first come first serve basis with a limit of 50 participants per day.

Please contact Penny Swanson for additional information at 712.362.8484.