HOLY SPIRIT
PREPARATORY SCHOOL

Dear Lower School Families,

Below are our Cougar Hour Clubs or Apostolates available to our Lower School students for the 24-25 school year. You may contact the vendor and/or club sponsor directly (information below) should you have any questions about your registration. Some of the clubs conclude before the end of the first semester and have a second round of registration for the second semester.

Should you wish to register your child for any of the Clubs, please scroll down to the Cougar Hour Registration Information for the ones that are presently available, where you will find the registration links. Registration is required to attend these clubs. Please note that registration for one of these offerings is with the vendor and not through HSP.

Our Extended School Program (ESP) is still available, as per usual, during this time as well. Our ESP program runs from the conclusion of afternoon carpool to 6 pm. Please note that registration is required and that the cost is in addition to tuition.

Should you have any questions about ESP, please contact Ms. Cathy Frazier at cfrazier@holyspiritprep.org

Should you have any questions about any Cougar Hour Clubs or Apostolates, please contact Mr. John Angelle at jangelle@holyspiritprep.org.

Kind regards,
John Angelle
Dean of the Lower School

HOLY SPIRIT
PREPARATORY SCHOOL

Cougar Hour Activities - First Semester

	Monday	Tuesday	Wednesday	Thursday	Friday
Kindergarten	ESP Gymnastics	ESP	ESP	Chess Club (AM) ESP	ESP
1st Grade	ESP Gymnastics	ESP	ESP	Chess Club (AM) ESP	ESP
2nd Grade	ESP Gymnastics	ESP Boys' Club (Every other Tuesday beginning 9/24/24) Girls Challenge Club Jr. (Every other Tuesday beginning 9/17/24)	ESP	Chess Club (AM) ESP	ESP
3rd Grade	ESP Gymnastics	ESP Boys' Club (Every other Tuesday beginning 9/24/24) Girls Challenge Club Jr. (Every other Tuesday beginning 9/17/24)	ESP	Chess Club (AM) ESP	ESP

HOLY SPIRIT
PREPARATORY SCHOOL

4th Grade	ESP Gymnastics	ESP Boys' Club (Every other Tuesday beginning 9/24/24) Girls Challenge Club Jr. (Every other Tuesday beginning 9/17/24)	ESP	Chess Club (AM) ESP	ESP
5th Grade	ESP Gymnastics	ESP Boys' Club (Every other Tuesday beginning 9/24/24) Girls Challenge Club Jr. (Every other Tuesday beginning 9/17/24)	ESP	Chess Club (AM) ESP	ESP
6th Grade	ESP Gymnastics	ESP Boys' Club (Every other Tuesday beginning 9/24/24) Girls Challenge Club Jr. (Every other Tuesday beginning 9/17/24)	ESP	Chess Club (AM) ESP	ESP

HOLY SPIRIT
PREPARATORY SCHOOL

Cougar Hour Registration Information

ESP
Grades: Kindergarten - 6th Grade
Location: Lower School - 3:15-3:45 Soccer Field, 3:45 - 6:00 pm, ESP Room (Room 131, downstairs of the Lower School Building).
*ESP will be in the Library from 3:15-6:00 pm in case of inclement weather.
Description: The Lower School Extended School Program (ESP) provides safe and enriching activities for Kindergarten to 6th grade students after dismissal. The program operates daily from 3:00pm-6:00pm. All students participating in ESP must be registered.
Start Date and Term: Monday, August 12th through the second to last week of the school year.
Time: 3:00-6:00
Register: https://payit.nelnet.net/form/kGOQ27F8
Email Cathy Frazier (cfrazier@holyspiritprep.org) for more information.

Chess Club
Grades: Kindergarten - 6th Grade
Location: Lower School Cafeteria
Description: Students of all ages will be able to experience the "game of kings" as they learn, play, and challenge each other with Chess!
Start Date and Term: Thursday, September 26th through Thursday, April 24th
Time: 7:15 - 7:50 am
Register: https://payit.nelnet.net/form/07XBsDKf
Email Michael Verlander (mverlander@holyspiritprep.org) and Stephanie Nguyen (snguyen@holyspiritprep.org) for more information.

Boys' Club
Grades: 2nd-6th Grade
Location: Lower School, Fr. Abraham's Room
Description: Boys' Club will be geared towards helping form boys in 5th – 6th grade as mentors and examples of virtue for the boys in 2nd – 4th grade. The older boys will

help the younger boys and they will also work together to grow in virtue, teamwork,ff and the faith. There will also be some opportunities to serve some communities inff need.
Time: 3:00-4:30
Start Date: Tuesday, September 24th through Tuesday, May 6th (Every Other Tuesday) Register: https://payit.nelnet.net/form/YPgZ2FEJ
Email Fr. Abraham (fatherabraham@holyspiritprep.org) for more information.

Girls' Club:
Grades:ff2nd-6th Grade
Location: Lower School, MS Room
Description: Girls come together in faith, friendship, and fun, helping them to know,ff understand and love Christ, themselves, and others better in order to experience theff joy of spreading their faith through service projects.
Time: 3:00 -ff4:30
Start Date: Tuesday, September 17th through Tuesday, May 6th. (Every Other Tuesday)
Register: https://payit.nelnet.net/form/JQ4BVTpv
Please email Ms. Lucy Frain (lfrain@holyspiritprep.org) for more information.

Gymnastics
Grades: PK4 - 5th Grade
Location: Lower School Cafeteria
Description: The children will learn the level 1 and 2 fundamental skills of gymnastics on the uneven bars, floor exercise, vault and balance beam. We provide professional instructors and a variety of age appropriate equipment and training aids for our classes.
Your child will develop confidence, strength and coordination as they learn essential skills including forward and backward rolls, bridges, handstands, cartwheels, round offs, pull overs and casting on bars, hops, walks and runs on balance beam, leaps, jumps and turns etc.
Fee: Fees apply, paid directly to the vendor
Start Date and Term: Monday (September 9- November 11)

HOLY SPIRIT
PREPARATORY SCHOOL

Time: 3:00-3:40 pm
Register: airbornegymatl.com
Email Coach K (kamila.jones@yahoo.com) for more information.