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How to Register - Classes are on a drop-in basis unless noted differently. Learning Center will begin January 5th. The rest of the classes will begin the week of January 11th, unless noted differently.

DINNER is offered each day 4:45 - 5:15 for all students participating in SAFE.

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ATHLETE TUTORING - Tutoring for all Sequoia athletes (mandatory for football, open to all others) to support them in the classroom and provide guidance for classes and prepping for college eligibility, NCAA, etc.
T W 3:45 - 4:45 cfarris@seq.org B-1

AVIATION MAINTENANCE - Students work in small groups directly with certified aviation mechanics to repair and maintain airplanes at San Carlos Flight Center. Interview required. Class limited to 4-5 students. Begin date 1/11/2016.
M 3:00-5:00 tbrand@seq.org San Carlos

AVID TUTORIAL - Focus on providing tutorial support to current AVID students in core subjects.
T 7:30 - 8:30 sskarmoutsos@seq.org Rm. 208
T 3:50 - 4:45 tyeager@seq.org Rm. 250

BADMINTON CLUB - Our friendly badminton community is a great place to meet badminton players of all abilities and learn strategies from the Club Advisor.
T 12:10 - 12:50 stwong@seq.org Gym 2

Ballet FOLKLÓRICO - A dance derived from Mexico's indigenous culture. Come have fun while expanding your horizons!
F 3:45 - 5:45 luislrui@yahoo.com MPR

BUILD TUTORIAL - Help our students develop their own business ideas, write business plans, pitch to funders and launch real business. Students also receive individualized academic support and advising for their school-work and college planning. Begins 11/12/16.
T 5:30 - 7:00 cgarcia@seq.org Rm. 132 /Rm. 259
W 5:30 - 7:00 dweyant@seq.org Rm. 259

CHESS CLUB - Our friendly chess community is a great place to meet chess players of all abilities and learn strategies from the Club Advisor.
M W Th Lunch stwong@seq.org Rm. 212

CERAMICS TUTORIAL - Ceramics open studio provides Ceramics I & II students an opportunity for individualized help, catch-up, glazing, trimming or personal creating time. Snacks, music and laughter! Start Date: 9/2/15
W 3:45 - 4:45 cwaters@seq.org Ceramic Studio

COLLEGE CLUB - Come and learn what it takes to get to college. Each week we go over an important step in the college process. (Morning - for lower classmen, afternoon - semester I: seniors only; semester II: seniors and juniors).
T 7:15 - 8:15 tignaitis@seq.org C&C Center
T 3:45 - 5:00 tignaitis@seq.org C&C Center

CREDIT RECOVERY - An opportunity to recover credit in classes needed for graduation. Take classes you may have previously failed or take classes to improve your grade.
T Th 3:45 - 5:45 jgordon@seq.org Rm. 246
6:15 - 8:00 jgordon@seq.org Rm. 246

CONDITIONING - OPEN GYM - Stay in shape for personal satisfaction or after school sports. Start date 03/01/2016
M W F 3:45 - 5:45 flauese@seq.org Gym 1/Track

DANCE TEAM - Provides dancers with an opportunity for self expression as well as an opportunity to show school spirit through the art of dance and performance.
M W 4:00 - 6:00 amyers889@hotmail.com Dance Studio

DRAWING FUNDAMENTALS - Learn the fundamentals of drawing - shading, form, line, shape, composition and expression.
W F 3:45 - 5:45 novasepee@gmail.com Rm. B10

DRIVERS ED - An opportunity to prepare for taking the written Driver's License test administered by the Department of Motor Vehicles. Class limited to 25 students. Daily attendance required. Class starts February 16th.
T W Th 3:50 - 4:50 dbrand@seq.org Rm. LL-2

ELL FAMILY COMPUTER AND ENGLISH LITERACY - This class will teach survival English AND basic computer skills to parents in a friendly and supportive environment. Begin date the week of 01/20/16.
M 6:30 - 8:00 pcocconi@aol.com Rm. 100
M W Th 6:30 - 8:00 maramirez@seq.org Rm. 241

EL Tutorial- Tutoring open to all EL students, with special emphasis on ELD 1-3, Algebra 1 and Geometry.
T W 3:45 - 4:45 csterne@seq.org (Eng/Math) Rm. 237
Th F 3:45 - 4:45 daortiz@seq.org (Science) Rm. 227

ENGLISH and ICAP TUTORIAL (All Levels) - English tutorial support ensures success for students who may be having some difficulty in their English class. Taught by credentialed teachers.
T 3:45 - 4:45 jrosario@seq.org Rm. B-12
Th 3:45 - 4:45 dnguyen@seq.org Rm. B-6

FRIDAY GAMES - Come and hang out in an adult supervised area. Snacks, games, and homework support.
F 3:45 - 5:45 myasuda@redwoodcity.org TRC

HEALTH CAREER ACADEMY TUTORIAL - Work with Academy classmates and teachers to complete and refine your class assignments and projects.
W 3:45 - 5:45 tburkle@seq.org Rm. LL-5

HEALTH CONNECTED - Passionate about health promotion and community? Be a Sequoia Peer Health Educator! Educate your Sequoia peers about birth control, safe sex, healthy relationships, and anything else that you think is important!
Th 4:00 - 5:00 bianca@teentalkca.org Rm. LL-2

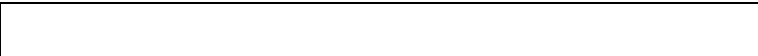
HORSEMANSHIP at GLEN OAKS STABLES - Learn how to properly groom, lead, saddle, bridle, and ride a horse. Learn body parts, colors and markings, basic health care, feeding, shoeing and hoof care in this 8 week course. Start date TBD.
Th 3:45 - 5:45 myasuda@redwoodcity.org Gym parking

JUMP ROPE & HULA HOOP - Come jump rope it will be dope. Led by students (Janelly Hernandez) during lunch. We'll meet in the class and take it from there.
T 12:10 - 12:50 evalencia@seq.org Rm 152

LA RAZA CLUB - A welcoming atmosphere that encourages discussion and understanding of the issues of gangs, immigration, relationships, and managing the stresses of family, work and school. Start date TBD.
M 2:30 - 3:30 msanchez@pcrcweb.org TBD

LEARNING CENTER - Ongoing homework assistance and regular tutoring available from student and teacher tutors every day that school is in session.
MTWThF 7:15 - 8:15; 3:45 - 5:45 evalencia@seq.org Library

MATH HOMEWORK CLUB- Need help in Math homework? Better understanding in homework equals success in class. Don't wait anymore. Drop in or more assistance in Math.
W 3:45-5:45 stwong@seq.org Rm 212



MATH TUTORIAL - Available for all math subjects in three separate rooms.
Teachers: Lee, Wong, Yezerski, Bray. Look for sign in the math wing directing you to the room where the tutorial is being held.

TWTh	7 th Period	dlee@seq.org	Rm. 226
T	3:45-6:45	jyezerski@seq.org	Rm 212/213/218

PEER MEDIATION - Learn conflict resolution and communication skills to become a peer mediator at Sequoia. Help other students resolve their differences in a peaceful way. Start Date 9/15/15.

T	3:45 - 5:00	wfitzgerald@seq.org	TRC
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POWER AND SPEED TRAINING - A supervised workout period for all students, targeting students who are not attached to a sport and athletes whose program has no in season or out of season lifting program. Guidance on the basics of proper exercise technique and goal setting will be provided.

MTWThF	3:45 - 5:45	cnavarrete@seq.org	Weight Rm
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PROJECT READ COMMUNITY SERVICE - Get community service credit by participating in the Project Read program at the Redwood City Library. Training will be provided and students will be paired with an elementary student who needs help learning to read. Regular commitment required. Limited to 12 students. Start date 1/11/2016.

M	3:45 - 5:45	clevy@redwoodcity.org	RWC Library
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ROBOTICS - We will learn how to design, build and program a robot for the 2015 FTC game challenge and then attend at least two competitions. No prior or knowledge is required.

T W	3:45 - 5:45	llarkin@seq.org	Rm. 215
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SAFE Drop-In - Open space to work on homework and get familiar with the SAFE program. Also open from 7:15-8:15, during brunch and lunch.

M - F	3:45 - 4:45	evalencia@seq.org	Rm. 152
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SAAP TUTORIAL - Getting homework support and going to other SAFE classes. Start date TBD.

M - F	3:45 - 4:45	evalencia@seq.org	Rm. 152
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SCIENCE TUTORIAL - If you are a type of student who thinks "science is not your thing" and/or struggle in your science class, Science Afterschool Tutoring will be a great opportunity to receive free support with anything science related. Build confidence and explore your hidden abilities.

W	3:45 - 4:45	daortiz@seq.org	Rm. 227
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SPANISH TUTORIAL - A place for students in need of support for their Spanish classes to get help, ask questions, and practice their Spanish. All levels welcome from complete beginners to native speakers needing help with accent marks and everyone in between.

W	7:30-8:20	sskarmoutsos@seq.org	Rm. 208
W	3:45 - 4:45	jcalles@seq.org	Rm. 210

SPEECH and DEBATE - The class engages students to learn about effective speaking and debating skills that will later be used in competition with other schools. Starts week of 1/11/2016.

T	5:00-7:00	cingel7@gmail.com	Rm 202
F	4:00-6:00	jalison@stanford.edu	Rm 202

STEM CLUB - The STEM club teaches after school science classes in local elementary schools. The club's goal is to pique the interest of a future generation of scientists and give local students access to engaging science learning experiences.

M	Lunch	jmagallanes@seq.org	Rm. LL-3
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TECHSTART (Facebook Program) - Learn how to do cool stuff with computers! You can discover more about the program from the instructor.

W Th	3:45 - 5:45	cdodge@seq.org	Rm. 241
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UPWARD BOUND - Offers after school tutoring and Wednesday workshops geared towards helping high school students prepare for college and careers. Starts TBD.

MTWTh	3:45 - 5:45	rmira@seq.org	Rm. 248
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WEIGHT TRAINING - Workout last for one hour and are open to all students attending SEQUOIA HIGH. Please stop by if you would like to get a great midday workout.

M Th	Lunch	rpolous@seq.org	Weight Room
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YOGA -Designed for beginners and even more advanced students to get an active, physically energetic class that focuses on the technique of the yoga poses, basic yoga philosophy and seated meditation. Staff welcomed.

Th	4:00 - 5:00	ckispersky@seq.org	Dance Studio
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YOUTH ADVISORY BOARD - A leadership group open to any Sequoia student. Organize projects and activities that can have a positive impact on the school and community. Make friends while making a difference at Sequoia.

W	3:50 - 5:00	wfitzgerald@seq.org	TRC
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3D/CAD - Learn to design and create 3D models using Computer Aided Design software and then print out your design. Search through pre-made designs and print up useful and creative objects.

T	3:45 - 5:45	cdodge@seq.org	Rm. 241
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SAFE

Sequoia After-school Focused Enrichment

Academic Tutoring Support

Homework Assistance

Enrichment

2015-2016



1201 Brewster Avenue
Redwood City, CA 94062
650-367-9780

Staff Contacts
Evelyn Valencia & Brenda Soto, Program Coordinators
x60063/x60031 evalencia@seq.org/bsoto@seq.org

Judy Romero, Teen Resource Center
x60065 jromero@seq.org

Gary Gooch, Vice Principal
x60030 ggooch@seq.org

Margaret Marshall, Program Consultant
650-368-7385 mammarshall@sbcglobal.net

Gabriela Robles, Attendance Data Clerk
x60063 grobles@seq.org