



LATIN

FALL DANCE + WELLNESS

OCTOBER - DECEMBER 2026 | 2ND STREET + COOPER

COOPER TO 2ND STREET SPORTS BUS | MON 3:40 PM | WED 2:20 PM

HIP-HOP / MODERN DANCE

UPPER SCHOOL | BOTH CAMPUSES

Create and perform original choreography with peers. Beginners welcome! Earn **0.25 athletic credits**.

Coach: Ms. A-M, teacher and experienced dancer
eabrahammacht@latinpcs.org

Where: 2nd Street theatre room

Wednesdays: 3:15-4:15 PM

Fridays: 3:30-4:30 PM

Starts: Wednesday, October 28

Dates: Oct 28, 30; Nov 4, 6, 11, 13;
Dec 2, 4, 9, 11

MIDDLE SCHOOL HIP-HOP

GRADES 6-8 | 2ND STREET

Build dance skills, confidence, and connection with **Diamond Barlow, Latin Class of 2016**, founder of Breathe Movement LLC and Washington Commanders Command Force performer.

diamond.abarlow@gmail.com

Mondays: 3:45-4:45 PM

Oct 26; Nov 2, 9, 16

Wednesdays: 2:45-3:45 PM

Oct 28; Nov 4, 11, 18; Dec 2, 9

Starts: Monday, October 26

Location: 2nd Street Campus

WEIGHTLIFTING

GRADES 8-12 | 2ND STREET ONLY

Learn proper technique through weightlifting, circuits, flexibility, cardio, endurance, and powerlifting.

Instructor: Mr. Nikota

bnikota@latinpcs.org

Mon + Thu: 4:00-5:00 PM | Starts Oct 26

Dates: Oct 26, 29; Nov 2, 5, 9, 12, 30;
Dec 3, 7, 10

WEIGHTLIFTING

GRADES 7-10 | COOPER ONLY

Build overall fitness, proper technique, and skills for lifelong wellness.

Instructor: Mr. Guidroz

cguidroz@latinpcs.org

Where: Meltzer Campus Fitness Center @ AJC

Mon + Thu: 4:00-5:00 PM | Starts Oct 26

Dates: Oct 26, 29; Nov 2, 5, 9, 12, 30;
Dec 3, 7, 10

SENIOR STEP CHALLENGE

GRADE 12 | 2ND STREET ONLY

Work toward sports credit by tracking **200,000 steps by the end of November**. Use a phone or smartwatch; loaner watches are available from Mr. Eleby El. Step tracker shared October 27.

First meeting: Tuesday, October 27, 4:00-4:30 PM (in person)

Weekly check-ins: Tuesdays, 3:30-4:00 PM

Instructor: Mr. Eleby El | belebyel@latinpcs.org

DANCE + WEIGHTLIFTING: Wear gym or athletic clothing. No dance experience needed.

ONE ATHLETIC PROGRAM | TWO CAMPUSES | ONE LATIN