



The Academy of the Most Blessed Sacrament

785 Franklin Lake Road
Franklin Lakes, New Jersey 07417
Phone: 201-891-4250
ambs.org

We are pleased to offer the following extra-curricular/after-school clubs for our students this year!

Please review the descriptions of each club and submit your child's sign-up form by Thursday, September 11th.

Please note: Soccer Shots and STREAM Club are online registration through the company! Please see the fliers and my email for more information. ChessWired and Spartan Fitness sign ups may be brought to the front office. Dates for these clubs may differ from dates listed below!

Meeting times are listed with each club/activity.

CLUBS WILL MEET EVERY WEEK DURING THE TWO SESSIONS LISTED, WITH THE EXCEPTION OF ANY DAYS THAT SCHOOL IS CLOSED.

FIRST SESSION

Week of...

September 15

September 22

September 29

October 6

October 20

October 27

November 3

November 10

November 17

December 1

December 8

SECOND SESSION

Week of...

January 12

January 19

February 2

February 9

February 23

March 2

March 9

March 16

March 23

April 13

April 20



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Monday Club:

Arts & Crafts- Mrs. Gall- Grades 1 - 5

(Club meets FIRST SESSION ONLY) 3:00 - 4:00pm

Join Mrs. Gall for an afternoon of arts & crafts. Show off your creative side with your friends while creating fun crafts.

Games Club- Mrs. Brizzolara- Grades 5 - 8

(Club meets BOTH SESSIONS) - 3:00 - 4:00pm

Chess Club is designed to give students an opportunity to learn the game of chess, improve their chess skills, and to enjoy challenging their peers, while experiencing healthy competition and team spirit.

Wednesday Clubs:

TREP\$- Mrs. Brizzolara- Grades 5 - 8

(Club meets FIRST SESSION ONLY) 3:00 - 4:00pm

The TREP\$ Program teaches students how to start their own businesses. Students learn the lessons in the weekly workshops, and apply them at home as they build their business with the help of their families. The whole school community comes out to enjoy the TREP\$ Marketplace, where the young entrepreneurs launch their businesses together, just in time for Christmas!

TREP\$ exposes students to the entrepreneurial skills needed to succeed in the new global climate, as well as helping to develop an entrepreneurial mindset at an early age. By providing practical experience in opportunity recognition, problem solving, innovation, and collaboration, TREP\$ is preparing the leaders of tomorrow.

In addition to experiencing small business ownership, students who participate in TREP\$ learn to make decisions and become empowered, learn leadership skills, gain confidence, have higher self-esteem, grasp how and why to behave professionally, practice social skills, and feel motivated to self-initiate.

Cost: For student books and materials, there will be a \$25.00 cost for this club.



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Newspaper Club- Mrs. Olinski- Grades 4 - 8 (Club meets every Wednesday) - 3:00 - 4:00pm

The Academy of the Most Blessed Sacrament announces the launch of its newest addition: the Newspaper Club! Prepare for the latest scoops and compelling features straight from the talented students of AMBS. Whether you are passionate about writing or photography, come join our team and contribute to the nearly monthly school newspaper. This is your moment to shine!

Proclaimers (Theater & Performance)- Ms. Petrillo- Grades 2 - 8 (Club meets every Wednesday) 3:00 - 3:30pm

A performance club where students prepare and perform Biblical, faith-based skits and readings. Students will enhance public speaking skills, learn techniques to perform confidently, strengthen their teamwork and collaborative skills, and deepen their faith. Proclaimers will perform at both the Christmas and Spring Concerts.

Thursday Clubs:

Crochet Club- Ms. Wetzel- Grades 3 - 8

(Club meets BOTH SESSIONS) - 3:00 - 4:00pm

Students will learn how to crochet basic stitch patterns that will enable them to create a project based on their skill or experience level.

Sports Club- Mr. Ruebenacker- Grades K - 4

(Club meets BOTH SESSIONS) - 3:00 - 4:00pm

Promote a healthy lifestyle and increase self-esteem while having fun! Learn about and participate in a variety of sports and games.



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Outside Vendor Clubs:

We are pleased to partner with the companies below to bring even more extracurricular activities to AMBS! Please refer to their fliers for more information.

Please use the online registration portals for Soccer Shots and STREAM Club.

Soccer Shots: (Ages 2 - 8 years old) 3:00 - 3:45pm

<https://bergenpassaic.soccershots.com/content/AMBS.Fall2025>

Thursdays for eight weeks. There will be a sign up for Winter and Spring at a later date.

STREAM Club: (Grades Pre-K 4 - 2nd) 3:00 - 4:00pm

Please use the QR codes on the flier to register!

Tuesdays for 11 weeks starting September 15th.

ChessWired: (Grades K - 8) 3:00 - 4:00pm

Please use the registration form attached to the flier and return on the first day of school with a check made payable to ChessWired:

Mondays- 1st six weeks: Chess

2nd six weeks: Rubik's

Over please →



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Spartan Fitness Club: (Grades 5 - 8) 3:00 - 3:45pm

Please use the registration form attached to the flier and return on the first day of school.

If you want to have fun getting stronger and faster, or just learn how to work out safely, with some friendly competition, this club is for you. Absolutely no experience necessary! Our only goal is progress, not perfection. EVERY student can benefit from this club!

Tuesdays for both sessions.

**Cost: There will be a \$40.00 cost for this club which includes a t-shirt!
Cash or checks made payable to "PAD"**



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