

# WEDNESDAY ELECTIVES 2021 - SESSION 2

Session Dates: Nov. 3, 10, 17; Dec. 1, 8, 15

**INTRODUCTION TO DIGITAL PHOTOGRAPHY** - Explore the basics of photography including how to capture a great photo, lighting, photo editing with school software and much more. Using school provided digital cameras, students will photograph many subjects in a variety of conditions including other EAS Wednesday elective students in action. Many of the photos taken will be used for the EAS yearbook. This class is a must for anyone interested in photography! Class taught by EAS parent.

**COOKING FUN** - In this elective you will learn some basic cooking and knife skills. Each week you will make something new like granola, salads, a traditional Indian dish, and chocolate creations. Accommodations for dietary restrictions is not guaranteed so please consider before choosing this elective. Class taught by EAS parents. A fee of \$50 will be collected to cover the cost of ingredients.

**MAGIC THE GATHERING & BOARD GAMES** - Come join the Magic card game craze. Magic the Gathering is a card game where you build your collection of cards by trading with your friends, assembling decks of cards, and battling against an opponent and their deck. This class is suited for those who have never played but want to learn as well as the more advanced player. Not into Magic but enjoy strategy board games? Then this elective is for you too. Each week there will be a variety of board games available to learn and play. Class taught by Eric Battisti of Tolarian Scholars Northwest. Eric has taught several enrichment classes at EAS as well as other afterschool programs. Eric is a Magic the Gathering expert as well as provides a variety of new and fun board games for students. A class fee of \$25 will be collected.

**SPORTS CONDITIONING** - This 6 week course will focus on improving the athletic performance of the students enrolled. The first week will be spent determining SMART goals that help each individual improve in their specific sport(s) and subsequent sessions will work toward those goals through a variety of fitness methods based on the skillset of those enrolled. This class is ideal for those who are trying to improve your performance during fall sports, wishing to prep for winter sports, or just wish to improve your conditioning! The majority of classes will be spent outside. Class taught by local running coach/trainer, Bryan Mannion ([www.naturalathletics.net](http://www.naturalathletics.net)). Brian has trained many young athletes within the Lake Washington School District. While teaching kids how to properly train, he also educates on how the human body works (science & nutrition), brings in a little sense of humor & enjoys adding some fun challenges. A class fee of \$25 will be collected.

**KNITTING** - Come learn the art of knitting and foster a life-long hobby and obsession! This class is for those wanting to learn to knit or those who knit but want to learn new skills and try new projects. All students will gain skills to complete a knitting project. Our instructors are 2 great knitters who have an amazing talent for knitting as well as teaching anyone who wants to learn. Class taught by EAS parents. A supply of \$10 will be collected.

**THEATER IMPROVISATION WORKSHOP** - Come and play with a group of fellow students and unleash your creativity through theater improvisation! These games will help you to break free of self-consciousness and get more comfortable sharing your ideas in front of others, plus they're really fun. Everyone looks silly, and everyone laughs. Actors support one another and commit fully to whatever crazy words or actions are chosen. Play big, active games and calmer, focused games and scenes. Be ready for movement and spontaneity. Class taught by EAS parent.

**ART & ARTISTS** - This creative art class will consist of an overview of an artist or a particular art technique followed by an art project that utilizes the technique. Students will explore print making, metalwork, sculpting, and more. Class taught by EAS parents. A supply fee of \$15 will be collected.

**TAKE A HIKE** - Put on your hiking boots and explore the many great trails near EAS. Hiking is a great way to get outside rain or shine and no special skills required. In addition to hiking each week, students will spend a few minutes doing some mindful meditation geared toward youth. Class taught by EAS parent.

**LEARN TO SEW** – Have you ever wanted to learn to sew things on your own? In this course you will learn some basic skills for hand sewing and using a sewing machine. We will be using EAS sewing machines. You will finish a take home sewing project with the basic skills you learn. Class taught by EAS parents. Supply fee of \$5 will be collected.