



DRAGON QUESTS

Coding Spheros - CodeZone

Day: Tuesday

Ages: K-4

Description: Code Zone offers Sphero Zone, a course to introduce programming and robotics concepts using friendly spherical robots. In this course, explorers will have fun while pushing spherical robots to navigate obstacle courses, battle with other bots, evade enemies, and follow teammates. Throughout the class learners will problem-solve, using computer programming concepts, focusing on the importance of sequence, selection, and iteration. Additionally, students will connect with their artistic side to create special designs for their Spheros. No prior experience is required.



Budding Chefs

Day: Wednesday

Ages: K-4

Description: Chef Bruce attended Le Cordon Bleu in France after receiving his BA at the University of Pittsburgh. He has spent decades in professional kitchens across many disciplines. After becoming a father while working in California, he chose to be a stay-at-home Dad to raise his two children. During that time, he became a self-taught baker and mastered many ethnic cuisines, amassing a giant cookbook collection and entertaining friends and colleagues over the dinner table. Chef Bruce's professional training and years of experience have culminated into his current career: teaching cooking classes concentrating on technique, developing a passion in others for cooking and eating, and keeping a sense of humor in the process. He is also a yoga, piano, and Duolingo enthusiast.



Theatre Magic - Vault Theatre

Day: Thursday

Ages: K-4

Description: This interactive, collaborative class brings the magic of theatre to life each week! Young artists will build their actor's toolbox by learning how to use their body, voice, and imagination to create characters and build a play!

We'll explore bigger than life stories and create dynamic characters to perform original scenes inspired by our favorite stories! This process fosters the imagination, nurtures self-confidence, and has each young actor working in an ensemble! This class will end with an in-class presentation!



Little Doctor School

Day: Monday

Ages: K-4

Description: Using interactive demonstrations, crafts, and games, kids learn how the body and organs work, how to use instruments that real doctors use, administer first aid, and even tie knots like a real surgeon. Each student receives their own stethoscope that really works. Each child receives a diploma as a graduate of Little Medical School at the completion of the course. Classes will have themes like; What's in the Doctor's Bag? All About the Heart, All About the Lungs, Digesting Digestion, Medical Fun, and Graduation Celebration!



Martial Arts - Chapel Hill Quest

Day: Thursday

Ages: K-4

Description: Martial Arts training is hands-down the best vehicle for teaching the skills that our children need in their lives. Confidence, balance, coordination, focus... martial arts practice teaches and reinforces all of these attributes and more all while being fun and motivating for your children. Duke School and Chapel Hill Quest Martial Arts have partnered to provide you with a convenient way to give your child a competitive edge. Thursdays the Triangle's most experienced instructors will provide a To-Shin Do martial arts class for your child at Duke School. Help your child unleash their potential! Please visit www.chquestcenter.com for more information.



Sports Variety

Day: Thursday

Ages: K-4

Description: The Sports Variety program offers your child a great taste of some of the most popular sports for children to play in small taster samples. Our Sports Variety program includes such sports as Soccer, Ultimate Frisbee, Tee ball, Basketball, and Dodgeball. No matter the age or experience of your child, our experienced staff will ensure that they enjoy the sports as we change from week to week and hopefully introduce your child to a new favorite pastime.



Chess - Triangle Chess

Day: Monday

Ages: K-4

Description: Students will learn chess fundamentals and strategies that enhance learning skills and cognitive thinking. We will build confidence and compete against other local schools. Novice students and experienced players are encouraged to sign up.



Yoga

Day: Wednesday

Ages: K-4

Description: Kids Mindful Movements Yoga class is a form of yoga created to keep children engaged and mindful. Classes are intended to be fun, with age-appropriate games, poses, and storytelling to incorporate breathwork and mindfulness in a way that they can understand and enjoy.



LS Chorus

Day: Tuesday and/or Friday

Ages: K-4

Description: Singer's welcome! Experience a wide variety of musical styles including folk songs, show tunes, pop, a cappella, choral anthems, American songs, and classical favorites. Our chorus meets twice a week to build community, experience singing in a group, and strengthen confidence in our vocal ability. We develop our song repertoire by incorporating the interests of our singers and building harmony skills by singing in parts. We include lots of movement, dance, and video, and provide solo opportunities. We join with the Middle School Chorus to share what we have learned at the Winter and Spring Concert.



Tennis

Day: Monday

Ages: K-4

Description: Coach Warrick Taylor and Empact Tennis have worked with Duke School to develop a fun and enriching tennis program as part of our Dragon Quest program. Empact's age-appropriate multi-level tennis curriculum focuses on instilling a passion for tennis within each child while promoting advancement, achievement, and the attainment of life skills that can be utilized both on and off the tennis court.



A.I. for Kids

Day: Friday

Ages: K-4

Description: Do you have a kid who is creative or interested in technology? Have you ever wanted to know about/know how to use AI? Well, you're in luck, because this is the class for you! We're now in a world where even very young students can use free-online AI tools to generate essays, stories, and even music, television or games. In this new world, kids can cultivate their own creativity at young ages by doing projects like creating AI symphonies, working with partners and AI to create animated books, and generating AI animations. Along the way, they'll gain access to a suite of tools that can help with homework in the future, build familiarity with the new AI world we're moving into, and – importantly – understand when and when not to use this powerful new tool.

Note that this is a creative class for younger students and not a coding class



Cooking Up Character

Day: Once a month on Monday

Ages: 3rd and 4th

Description: Come join Cooking Up Character, a once-a-month Character & Leadership club where kids will LEARN a new skill and APPLY it immediately in an impactful service project to make a BIG difference in our world! Every service project has a LEARNING component and an IMPACTFUL hands-on service project. Learning Pillars: STEM, Physical Fitness, Personal Development and Arts Service Pillars: Family, School, Community and Nature Cooking Up Character kids are taught to lead, first by learning to serve, igniting compassion, courage,

resilience, kindness and many other character traits! Kids are taught once a month by subject matter experts: nonprofits, corporations, artists, scientists, nature experts and more! Some sample projects from the past are learning to build & paint wooden birdhouses to give to your neighbors, learning from experts about the importance of butterflies, their lifecycle and the plants that attract them, then planting a butterfly garden at your school! Pre-covid we sang holiday songs to senior visitors and helped them make mini gingerbread houses). Other past examples are learning about single/double Dutch jump roping/benefits of physical fitness and jumping for cause (in the past we have done jumpathons for cancer patients and kidney transplant patients.) Many more service projects! Kids are called Service Project Leaders and learn to grow into the role! The service projects will help children learn to focus on the needs of others and learn new skills at the same time! We will have Cooking Up Character club t-shirts to wear during our community service outreaches.

Parent volunteers are welcome!

More details on each project to follow registration. Website: cookingupcharacter.org

