

Wednesday Electives 2023-2024

Session 3

Jan. 3, 10, 17, 24, 31; Feb. 7

Parkour - Class Fee \$114.

Join instructors at MoveFree Academy in Woodinville for this fun and active, 1 hour, 15 min, 6 Week, Parkour class. Parkour is the functional art of movement, characterized by efficient use of power, speed, agility, spatial awareness, balance, reflexes, and thinking in the moment in order to overcome obstacles within one's environment. Parkour incorporates running, climbing, jumping and swinging. The instructors work with students at their level and comfort and assist them in developing appropriate, achievable goals. Foremost at MoveFree is the emphasis on safety while still having fun. Class size limited and dependent on sufficient carpool drivers. **Parent Drivers Required each week.**

Team Sports at Arena Sports - Class Fee \$90.

Join coach Bryan for Team Sports - Indoors! We are taking coach Bryan's popular sports electives to Arena Sports this session where students will enjoy a variety of field games - soccer, kickball, ultimate frisbee, capture the flag, dodge ball, and more. All skill levels welcome. Coach Bryan is a local fitness enthusiast and athletic trainer and is a favorite among EAS students. Class size limited and dependent on sufficient carpool drivers. **Parent Drivers Required each week.**

Chess - Class Fee \$90.

In this new elective for EAS, students will have the opportunity to learn and play the game of chess. Students will learn the foundation, critical chess skills, strategy, and focus. Already a chess player, you can improve skills and strategies. Studying chess systematically has been shown to raise students' IQ and exam scores, as well as strengthen mathematical, language, and reading skills. Class taught by chess expert and coach Ryan Ackerman - ryantimechess.com. Coach Ryan makes learning chess fun, engaging, and rewarding. He regularly asks attendees to guess the move during key positions to challenge participants' minds. His goal for every class is that attendees walk away thinking, "that was fun, I'd like to do that again". **Class taught at EAS - Parent chaperones needed.**

Self-paced computer programming class - No Class Fee

This new class aims to empower students to learn computer programming at their own pace and proficiency level. Whether you're a beginner eager to grasp the basic logic or a more advanced coder aiming to enhance your skills, this class aims to offer a flexible and personalized learning experience. Class taught at EAS by experienced, EAS parent, programmers.

Parent chaperones with basic programming skills needed.

Fly Fishing - No Class Fee

In this unique elective opportunity students will learn the skills of fly fishing over 6 weeks. Students will be exposed to many aspects of fly fishing including safety, equipment, bugs & flies, knots, fly tying, casting, fishing etiquette and some environmental awareness. Classes will be taught by volunteer instructors from the Overlake Fly Fishing Club. All classes take place at EAS, students will not be fishing on open water. **Parent chaperones needed.**

Yoga - No Class Fee

Learn this fun and simple way to exercise your body, mind and spirit. Yoga helps improve strength, balance and flexibility and can be a great life-long activity. All abilities welcome. EAS has several yoga mats to lend, but students may wish to bring their own if able. Class taught by EAS parent at EAS - **Parent chaperones needed.**

Sewing - Class Fee \$10

Expand your sewing skills in this sewing elective taught by EAS parents. Students will use EAS sewing machines to complete a take home sewing project. Students will purchase their own fabric for their project (more info to follow). Class taught at EAS.

Parent Chaperones/Helpers Needed.

Pottery - Class Fee \$10.

This is a self-directed course in the creation and appreciation of the ceramic vessel. Students will explore basic hand-building, including pinch pots, slab building, and coil building. Students may also get the opportunity to work with slip casting and wheel throwing. Class taught by Finn Hill librarian, Mr. Strong. **Parent Chaperone needed each week.**

Graphic Design Series 3: Full-color Newspaper. Class Fee \$25

In this session, you will design a page in a full-color, artsy broadsheet, which will be combined with others from the class and professionally printed as a newspaper for you to keep. You'll learn how to visually communicate by organizing images and text on a grid, and how to follow printers' specifications for creating digital files. Basic instruction in Adobe InDesign, Illustrator and Photoshop will be provided, but will not be required. If you want some ideas for how to make your class assignments and presentations (and end-of-year boards and portfolios!) look more organized and compelling, or think you might want to pursue a design career in the future, these Graphic Design electives are for you! Class taught by EAS parent at EAS. **Parent Chaperone needed each week.**

Martial Arts - Class Fee \$75.

For this active elective students will travel to Oom Yung Doe Martial Arts in Kirkland to learn the basics of martial arts. Students will develop physical strength, flexibility, coordination, mental discipline and focus. The class incorporates jujitsu, tae kwon do (karate), kung fu and more as they learn traditional martial arts training. For more details visit: <https://www.martialartskirkland.org/juniors-ages-8-to-16>. Class size limited and dependent on sufficient carpool drivers. **Parent Drivers Required each week.**

Arts & Crafts Sampler - Class Fee \$50

In this elective, students will have the opportunity to try a variety of arts/crafts over the 6-week session. There will be art, friendship bracelets, Zentangles, paint pouring, and glass fusing. Students will travel to Paint Away for glass fusing on week 2, all other weeks will be at EAS. Parent chaperones needed each week and drivers needed for off-site classes. **Parent Chaperone needed each week AND Parent Drivers needed on January 10th.**