

## WEDNESDAY ELECTIVES

### Session 5

April 3, 17; May 1, 8, 15, 22

#### **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.**

#### **Outdoor Team Sports/Challenges - Class Fee \$35**

Join coach Bryan for Team Sports and Challenges - outdoors at EAS! Students enjoy a variety of outdoor games and team challenges on the Finn Hill fields- soccer, kickball, volleyball, wiffle ball, and more. As well, students will compete in small teams on various physical challenges each week. All skill levels welcome, but students are expected to participate in the planned team activity. Coach Bryan is a local fitness enthusiast and athletic trainer and is a favorite among EAS students. Class size limited. **Parent chaperones needed.**

#### **Board Games/Magic The Gathering- Class Fee \$30**

Come play a variety of strategy board games or join other in the Magic the Gathering card game craze. Each week there will be a large selection of fun board games available to learn and play as well Magic cards to borrow if new to the game and want to learn. This class is suited for all levels of Magic players as well as those who are new to board games or consider themselves board game enthusiasts. Class taught by Eric Battisti of Tolarian Scholars Northwest. Eric has been a part of our enrichment classes at EAS for several years. Eric is a Magic the Gathering expert as well as provides a variety of new and fun board games for students. **Parent chaperones needed.**

#### **Crafts Class - Class Fee \$50**

Join us for a creative journey where students will explore the art of crafting. Each week students will make and take home something unique and fun such as personalized journals, cozy pillows, stylish tote bags, and more. In this class, students will unleash their imagination using an array of crafting tools such as duct tape, mod podge and hot glue. Whether you're a seasoned crafter or just starting out, this class welcomes all skill levels. No prior experience is needed just bring enthusiasm and willingness to create something uniquely yours.

**Parent chaperones needed.**

#### **Yoga - No Class Fee**

Students will learn Yoga poses to build strength, stamina and balance. The class will be 1 hour long and will include few minutes of meditation, sun salutations, standing poses, seated twists and a few backbends. Overall, the focus will be on improving posture and building confidence. Bring your own yoga mat or EAS has a few to lend. Yoga will be led by certified yoga instructor, Shilpa Bhavsar. **Parent chaperones needed.**

#### **Audio/Film Production- Class Fee \$55**

Lights, camera, action. Students will explore audio and film production basics, such as writing basic screen plays, short clips, auditioning, shooting and editing for film. For audio production, students will explore basic mic techniques, creating a script, podcasts, ads, posting and more. A little something for everyone to learn and enjoy. Students will use cell phones for recording during the elective time only. Phones will go back to lockers immediately following the elective. - **Parent Chaperones Needed.**

### **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](http://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.**

### **Graphic Design Series 5: Print a Poster Using Legos. Class Fee \$20**

In this session, you will experiment with pixelated typography and illustration using only the small geometric shapes of Lego tiles and Dots pressed onto a large base plate. Once your design is in place you will roll your plate with ink and print multiple 9" X 12" relief prints on a printing press. Class taught by EAS parent at EAS. **Parent Chaperone needed each week.**

### **Snorkeling & Water Fun at Redmond Pool (FEE \$60, may be less depending on # of students)**

Students will learn the basics of snorkeling and have the opportunity to earn a Junior Skin Diving Certification at the Redmond Pool under the direction of their instructor. Students will also have some time for open swim and water games. **Snorkeling mask and fins required** (a basic set can be purchased for \$39-\$40 on Amazon). Students will be in the pool from 10:50/11:00-11:50/12:00 so will likely miss most of EAS lunch times. Students should pack a sack lunch on these Wednesdays. **Parent Drivers Required each week.**

### **Cool Careers Island- Class FEE \$100- Cool Careers Island ©**

Your future awaits at this colossally cool island! You and a STEAM Team of friends will engineer your way through some of the world's most exciting jobs from Green Technology Engineer, to surgeon, marine biologist, City planner and more. You'll even explore the world of entrepreneurship and engineer a business all your own. Students will experiment with different career choices weekly. In the last session they will conceptualize and build their own business, everything from logo design, to product design, pricing and pitch .Your future is looking fabulous on Cool Careers Island .Class led by Instructors from Challenge Island, a STEAM based organization that encourages problem solving, critical thinking, creativity, communication and leadership skills in youth. **Parent Chaperone needed each week.**

### **Golf - Class Fee \$120**

In this golf elective, students will receive structured instruction from a PGA pro and Willows Golf instructor, who are eager to share their passion for golf with our students. Time will be spent at both Willows Golf Course (putting greens & Heron's course) and Redwood Golf Center. Students will practice their golf stance, swing motions, rules and etiquette. Class Size limited. **Parent Drivers Required each week.**