

WEDNESDAY ELECTIVES SESSION 1

2026-2027

Orienteering -No Class Fee.

Students will be introduced to the "EAS Sport" of Orienteering. Students explore different nearby parks and wooded areas over the six weeks. Orienteers learn how to get unlost, find their way using maps, develop their lateral thinking skills, and problem solve in a real world environment. With an orienteering mindset, you'll always know when your GPS is leading you astray and you'll learn how to plan ahead. Students will be introduced to Orienteering at Camp Hamilton so this elective is a great extension for those interested. Elective takes place at various local parks/trails - Parent Chaperones & Carpool Drivers Needed Some Weeks

Net Sports and Outdoor Games - Class Fee \$60.

Let's continue enjoying this wonderful summer weather while we can with a plethora of outdoor net sports and games at Juanita Beach and park. This class will focus on outdoor volleyball, badminton, and other outdoor field games mixed in. In addition, each class will spend some time going over proper nutrition and fitness. Let's have some outdoor and fitness fun! All skill levels welcome. Class taught by Coach Bryan, a local fitness enthusiast and athletic trainer. Bryan has taught many electives and is a favorite among EAS students. Elective takes place at Juanita Beach -Carpool Drivers Needed.

Painting with Acrylics- Class Fee \$45.

In this fun and creative class, you'll explore the world of abstract and landscape painting. Learn cool acrylic techniques like mixing colors, layering paint, and using different brush strokes to bring your ideas to life. You'll get to experiment, express yourself, and take home several of your own awesome paintings. Whether you're a beginner or skilled artist, come discover the joy of painting—no experience necessary! Class taught at EAS - Parent chaperones needed.

Menacing Monster Makeup Design- Class Fee \$35.

Get Spooky with Special Effects Makeup! Just in time for Halloween, join this fun and unique elective where you'll learn how to create all kinds of creepy and cool makeup looks. Think skeleton teeth, fake bruises, bloody cuts, creepy wrinkles, and more! Students will pick a spooky character and learn the special effects (SFX) makeup to bring it to life. Whatever you choose, this class will help you look terrifyingly awesome! Class taught at EAS - Parent chaperones needed.

Farming For a Cause - Class Fee \$50.

Students will travel to Sound Sustainable Farms to learn about their work and farm stand as well as help harvest fall crops for local charities or food banks. Students will spend some time learning about sustainable farming, healthy eating, and the benefits of getting outside! If you like helping others, enjoy being outside, don't mind getting a little dirty on the farm, and want to do some work toward a great cause this elective is for you. Students who participated in this elective in the past reported it as one of their "favorite" electives. Elective takes place at Sound Sustainable Farms in Redmond- Carpool Drivers Needed.

Train for a Triathlon - Class Fee \$40.

Do you like to swim? Bike? Run? Have you ever considered doing all three in one go? Join in for an EAS triathlon challenge. Each week students will do some combination of swimming at a local pool, biking at, or near, EAS, and running. For the final week students will put it all together for an abbreviated triathlon. Limited space available. Carpool Drivers and Bike Transport Needed Some Weeks.

Board Games & Magic the Gathering - Class Fee \$45.

Come play a variety of strategy board games or join others in the Magic the Gathering card game craze. Each week there will be a large selection of board games available to learn and play as well as 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. Class taught at EAS - Parent chaperones needed,

Eco-Art & Upcycled Sculptures: The Art of "Uselessness" - Class Fee \$20.

In this hands-on workshop, students will transform everyday non-recyclable plastic waste into rigid 3D art using plaster cloth wrapping, waterproofing, and acrylic painting. Students will learn the fundamentals by creating cute animal-shaped vases, such as sea otters, birds, or foxes. Through this creative process, students will reconsider the boundaries between the "useful" and "useless" in a consumerist society, while fostering a sense of responsibility as future stewards of our planet. Class taught at EAS - Parent chaperones needed.

Yoga - No Class Fee.

Move, breathe, and reset! We'll dive into basic yoga poses (asanas), work through Vinyasa-style sequences (linking breath to movement), and learn breathing and relaxation techniques to calm our minds and feel great in our bodies. Build focus, flexibility, and confidence in a non-competitive environment and meditative space. Majority of classes held at EAS. If weather permits some classes may be held outside at EAS or a nearby park. Parent chaperones needed.

Strength Training at Alloy Personal Training - Class Fee \$150.

Get stronger, move better, and build real confidence in the weight room. Led by an Alloy certified coach, this elective teaches the fundamentals of strength training — squat, hinge, push, pull, and carry — with a focus on proper form and safety before adding weight. Every session includes a dynamic warm-up, hands-on coaching, and a fun finisher. Students will build strength that transfers to every sport, plus the discipline and grit that come from progressing week over week. No experience needed; all levels welcome. Sessions are capped at 8 students for individual attention. Elective takes place at Alloy Personal Training in Juanita Village, Kirkland. Carpool Drivers Needed.

Fall Tree & Shrub ID - Class Fee \$10.

Calling all aspiring naturalists! Learn plant identification skills on walks in surrounding Finn Hill parks and neighborhoods. We'll familiarize ourselves with native and common non-native landscape trees and shrubs using distinguishing features such as leaf shape, bark, fruit and overall growth habit. We'll learn how to take concise field notes with recognizable sketches to help you remember and recognize the

plants all around you. Connect with nature on a deeper level! Class taught outside at EAS - Parent chaperones needed.

Golf - Class Fee \$145.

In this golf elective, students will receive structured instruction from PGA pro and Golf instructors, who are eager to share their passion for golf with our students. Students will travel to Redwood Golf Center and for the final week will play at Crossroads Golf Course. Students will practice their golf stance, swing motions, rules and etiquette. Redwood has clubs to lend each week or students can bring their own. Class Size limited. Elective takes place at Redwood Golf Center & Crossroads Golf - Carpool Drivers Needed.

PickleBall at Eastside Tennis Club - Class Fee \$45.

Class size limited. Join instructors at Eastside Tennis Club (ETC) for Tennis instruction and play. This elective is designed for all skill levels, whether brand new to the game or already have some experience. Players will learn or improve essential pickleball skills through fun drills and games. ETC puts the focus on teamwork, strategy, and good sportsmanship—all while keeping the experience active, positive, and engaging. Elective takes place at East Side Tennis Club in Kirkland- Carpool Drivers Needed.

Tennis at Eastside Tennis Club - Class Fee \$45.

Class size limited. Join instructors at Eastside Tennis Club (ETC) for Tennis instruction and play. This elective is designed for all skill levels, whether brand new to the game or already have some experience. Players will learn or improve essential Tennis skills through fun drills and games. ETC puts the focus on teamwork, strategy, and good sportsmanship - all while keeping the experience active, positive, and engaging. Elective takes place at East Side Tennis Club in Kirkland- Carpool Drivers Needed.

Junior Rowing* - Class Fee \$210.

(Limited number of scholarships from KCRC may be available if needed).

Ever see the crew teams on Lake Washington and wish you could give it a try. Here is your chance in this unique elective opportunity. Come learn to row at Kenmore Community Rowing Club! Students will learn the basics of rowing in a fun, calm-water environment. No experience necessary. We will introduce participants to the basics: knowledge and nomenclature of rowing shells, techniques of moving boats, and the basic rowing stroke both on the water and on ergs (rowing machines). This is a rain or shine activity primarily within the protected shoreline of the Sammamish River. Parent drivers needed each week. Parent chaperones are needed each week for the safe launching of the heavy training shells. A minimum of 8-9 students needed for class to happen.

***Notes** - (1) Students must be 12 or older years old to participate. If student is 11 and interested, please contact Amy Lofquist at amlofquist@lwsd.org for possible exceptions. (2) A Float test is required for all participants - Students can do the float/swim test at any local pool (Juanita, Redmond, McMenamins) or with Camp Hamilton's Lifeguard. Information to complete the float test will be sent ASAP once registration is complete.