



PE Palmyra-Eagle PE
Area School District



"To ensure that students excel with intellect and virtue, inspired by innovative educators who engage and challenge each individual."

SUMMER SCHOOL ***June 12-June 29***

S.T.R.E.A.M. Academy 2017

Science ♦ Technology ♦ Reading ♦ Engineering ♦ Arts ♦ Math

Pre-Kindergarten – 12th Grade

Based on 2017-2018 Grade Level

Enrichment and Academic Support Classes

ENROLL NOW!

REGISTRATION ENDS

APRIL 21

For More Information Contact:
Matt Stich – Summer School Administrator
262-594-2148, x 4451
[**mstich@peasd.org**](mailto:mstich@peasd.org)

Dear Palmyra-Eagle Families:

Thank you for expressing an interest in the Palmyra-Eagle Area School District 2017 Summer School program. I know that your son or daughter will greatly enjoy their experience regardless of the level or courses they select to participate in this summer. As you can see in your review of this registration booklet there are many and varied offerings available during the summer school session.

As we have been closely monitoring the various programs and offerings in the district it has come to our attention that our ability to offer summer school courses and programming, including transportation, has required the district to utilize financial resources that might better be used for other budgetary expenses during the regular school year. For example, to break even the district would need to charge significant amounts for the courses offered just to break even.

Moving forward, the participation rate and fees charged for summer school registration will be closely monitored. We hope that increased registration and attendance this year will provide information to warrant offering summer school again in 2018. We will also be determining if transportation needs to be offered or if eliminating bussing would help to save costs typically associated with the summer school program. We anticipate surveying this year's participants and will be asking those of you registering for your feedback on a variety of summer school related questions that will help our decision-making moving forward. Look for a survey to be sent home prior to the conclusion of this year's summer school program.

As you review the program booklet and course offerings we encourage you to submit your selections early and to take full advantage of all three sessions offered each morning that summer school is in session. It is our intent to stick to the registration deadline as noted in the booklet as a courtesy to our staff members so that they can plan accordingly. Your observance of the deadline is greatly appreciated.

Thank you for choosing to register and enroll your child(ren) in the 2017 Palmyra-Eagle Area School District Summer School Program. Our staff members look forward to welcoming you and your child to a wonderful experience during the summer session scheduled this year.

With thanks and appreciation,

Dr. Steven M. Bloom, District Administrator

**PALMYRA-EAGLE AREA SCHOOL DISTRICT
2017 S.T.R.E.A.M. ACADEMY INFORMATION**

WHEN:

Monday, June 12 – Thursday, June 29, 2017.

WHO:

Students who are entering four year old kindergarten through twelfth grades. Students who have completed sixth grade will have the choice to attend the Elementary S.T.R.E.A.M. Academy or the Middle School/High School Summer School offering. Students who will be entering four year old kindergarten in September 2017 may sign up for Welcome to 4K. Students who are entering five year old kindergarten in September 2017 may sign up for Kindergarten Camp.

CLASS ASSIGNMENT:

All students will be assigned to classes based on their **2017-2018** grade level.

WHERE:

- Eagle Elementary School
- A shuttle service will run from the PE MS/HS to Eagle Elementary for students who reside in Palmyra.
- Palmyra-Eagle High School/Middle School

CREDIT RECOVERY:

Please look for credit recovery information to be provided by Ms. Timm and Mrs. Cookstrom. This registration process will be handled by the high school guidance office.

TIME:

Eagle Elementary - 8:00 a.m. - 11:55 a.m. During the morning, there will be three different sessions: 8:00 - 9:10 a.m., 9:15 - 10:25 a.m., and 10:45 - 11:55 a.m. There will be a recess from 10:25 – 10:40 a.m. Students may bring a small healthy snack to eat during the recess time. Students may also bring water bottles to drink during the class sessions.

Palmyra-Eagle Middle School/High School - Enrichment courses will be approximately two hours long (8:00-9:55 and 10:00-11:55). Descriptions of enrichment classes can be found in the class description portion of this booklet.

SPECIAL EVENTS: Summer Camp will have three spirit days. Students are invited to dress up on these days.

Friday, June 16 Sports Team Day – Wear the jersey or t-shirt of your favorite sports team.

Friday, June 23 Hat Day – Wear your favorite hat.

Thursday, June 29 Panther Pride – Wear your favorite PEASD gear!

REGISTRATION PROCEDURES:

- ✓ Please complete the appropriate summer school registration forms and return them to your school office or mail to:
Matt Stich, Summer School Administrator
Palmyra-Eagle Area School District
Eagle Elementary School
810 E. Main Street
PO Box 550
Eagle, WI 53119-0550
- ✓ Registration for summer school classes will begin as soon as you receive this booklet and will end Friday, April 21, 2017. Classes with insufficient enrollment will be canceled, and your child's second or third choice may be used.
- ✓ You will receive a summer school course confirmation letter from the Palmyra-Eagle Area School District prior to the start of summer school.
- ✓ Payment will be due once you receive your child's confirmation letter. Payment must be made by the first day of summer school in order to reserve space for your child.
- ✓ ***COURSES WILL BE AWARDED ON A FIRST COME FIRST SERVE BASIS.***

FEES: As stated above, once you receive the confirmation letter regarding your child's classes; please submit your payment payable to Palmyra-Eagle Area School District (PEASD). Please submit a separate check for each child that is enrolling in summer school.

ATTENDANCE: Regular attendance is expected. If you have questions about summer school attendance, please contact Matt Stich at 262-594-2148, ext. 4451.

Elementary Students - Please **notify the summer school office for ANY and ALL absences (262-594-2148)**. Safety is our first priority. It is our policy to contact the parent/guardian each time a student is absent and not reported.

Middle/High School Students – **Please contact the middle/high school at 262-495-7101 and press #1 to report an absence.**

APPAREL:

Students may wear casual dress during summer school. However, students must still dress appropriately for school. For safety reasons, students **MUST WEAR SHOES** (no flip flops) for all summer school sessions.

STUDENT BEHAVIOR AND DISCIPLINE:

All students are expected to be safe, responsible, and respectful at all times and in all areas of summer school—both on and off school grounds. In the event that a student chooses a behavior that is not safe, respectful, or responsible, the teachers/summer school administrator will attempt to address/reteach the appropriate behavior. If the behavior is repeated, presents a danger to self or others, or constitutes gross misconduct, the parent/guardian will be contacted and the student will be sent home.

TRANSPORTATION:

Elementary - There will be no transportation for students who live in the Eagle Elementary School area. Students who live in Palmyra may take a shuttle bus from Palmyra Eagle High School to Eagle Elementary. The shuttle is available for boarding at PEHS at 7:30 am and departs for EES at 7:40 am. Students will board the shuttle to return to PEHS at 11:55 am. The shuttle arrives back at PEHS at 12:15 pm. Please indicate on the registration form if your child will use the shuttle service.

Middle/High School - Eagle area middle and high school students who wish to attend classes at the high school may take the bus from EES at 7:50. These students may also take the shuttle from PEMS/HS to EES, and that bus will return to EES at approximately 11:50 am. Please indicate on the registration form if your child will use the shuttle service.

NONDISCRIMINATION POLICY:

It is the policy of the Palmyra-Eagle Area School District that no person may be denied admission to any public school in this district or be denied participation, be denied the benefits of, or be discriminated against in any curricular, extracurricular, public service, recreational, or other program or activity because of the person's race, sex, religion, national origin, color, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional or learning disability as required by Section 118.13 of the State Statutes and the Individuals with Disabilities Education Act of 2005. This policy also prohibits discrimination as defined by Title IX of the Educational Amendments of 1972 (sex), Title VI of the Civil Rights Act of 1964 (race, color, national origin), Section 504 of the Rehabilitation Act (handicap), and Americans with Disabilities Act of 1997 (Disability).

STUDENTS WITH DISABILITIES:

The Palmyra-Eagle Area School District encourages students with disabilities to enroll in any appropriate district approved summer school course. Please contact the summer school administrator if your child requires any special accommodations to successfully complete summer school course requirements.

SUPERVISION:

The Palmyra-Eagle Area School District is responsible for the safe care and supervision of all students who are properly enrolled in the district's summer school program. Students with gaps in their schedules must be supervised by a parent or guardian and/or must leave the school building each day as soon as they finish their class(es). The school district's responsibility for safe care and supervision ends as soon as those students who enroll for less than a full load of classes leave school property.

QUESTIONS:

If you have any questions about summer school registration, course offerings, time schedules, etc., please call Matt Stich, Summer School Administrator, at 262-594-2148, ext. 4451.

ELEMENTARY AND MIDDLE / HIGH SCHOOL MUST COMPLETE THIS FORM

**PALMYRA-EAGLE AREA SCHOOL DISTRICT
2017 S.T.R.E.A.M. ACADEMY REGISTRATION FORM**

Please print

Student's Name: _____ Resident of the District Yes No
(last) (first)

Grade Just Completed: _____ Student's Birthday: _____ Age: _____

Parent/Guardian: _____
(last) (first)

Address: _____

City: _____ Zip Code: _____

Phone (h) _____ (w) _____ (c) _____

E-mail address: _____

Emergency Contact Name: _____ Emergency Contact Telephone #: _____

District Resident: _____ YES _____ NO

STUDENT RECEIVES SPECIAL ED SERVICES IN THE CURRENT SCHOOL YEAR: _____ YES _____ NO

TRANSPORTATION

Elementary Students

_____ My child will ride the shuttle from PEMS/HS to EES Each Day

_____ My child will ride the shuttle from EES to PEMS/HS Each Day

Middle/High School Students

_____ My child will ride the shuttle from EES to PEMS/HS

_____ My child will ride the shuttle from PEMS/HS to EES

Please fill out, sign, and return the enclosed "MEDICAL INFORMATION" forms. These forms should be returned with your registration form.

****FOR OFFICE USE ONLY**

Fee Payment _____ Date _____

ELEMENTARY AND MIDDLE / HIGH SCHOOL MUST COMPLETE THIS FORM
HEALTH/EMERGENCY/FIELD TRIP FORM

We must have accurate emergency and health information to provide appropriate emergency or health services for your child. It is the responsibility of the parent/guardian to notify the school of any changes. Please sign and date where indicated.
School Board policy (453) for the Palmyra-Eagle Area School District states that "medication will be administered by designated school personnel with appropriate written permission. Over the counter medication shall only be given upon written permission from the parent or guardian. Prescription drugs shall be given only upon the receipt of written instruction from the student's physician and written parental permission. A record will be maintained of all medication given at school."

_____ has my permission to participate in the summer school activities sponsored by the Palmyra-Eagle Area School District. I understand that a teacher/chaperone will be assigned to the students and to the bus/van (if appropriate).

Student Name: _____

Address: _____

Birth Date: _____ Phone number: _____ Lives with: _____

Mother/Guardian Name: _____ Phone number: _____

Employer: _____ Employer Phone Number/Extension: _____

Father/Guardian: _____ Phone number: _____

Employer: _____ Employer phone number/Extension: _____

Doctor's Name: _____ Doctor's phone number: _____

Emergency Contact (*other than parent/guardian*): _____

Emergency Contact phone number: _____

2nd Emergency Contact (*other than parent/guardian*): _____

2nd Emergency Contact phone number: _____

In the event of an emergency, we will call parent/guardian first and then alternate emergency contact.

In the event of an emergency where or when the parent/guardian cannot be contacted, the school officials are hereby authorized to take whatever action deemed necessary, in their judgment, for protecting the health of the child. I will not hold PEASD financially responsible for the emergency care and/or transportation for said child.

Please check any health condition(s) that affect(s) your child while at summer school and its related activities:

Bee sting allergy Epilepsy/Seizure Severe allergies (*i.e., food, animals*)
 Diabetes Asthma Other (*please specify*) _____

If any of the above requires treatment at school, please explain:

Administration of Medication to Student form must be completed by a parent for non and prescription medication. Doctor signature required for prescription medication. No medication can be given without this completed and signed form. Medication must be brought to the office for summer school and/or field trips.

Check appropriate medication your child needs for summer school or on a field trip:

Epi-pen Diabetic snack Oral antihistamine Inhaler Insulin
 Glucagon Other (*please specify*) _____

Summer school office/personnel must have all medicine checked above or the student will not be allowed to participate in the field trip. Please see the next page for School Board policy regarding medicines given at school.

I certify that the above information is correct and may be shared with the appropriate summer school personnel.

(Parent/guardian signature)

(date)

COMPLETE ONLY IF MEDICATION REQUIRED AT SCHOOL – PRESCRIPTION and NON-PRESCRIPTION
Palmyra Eagle School District - Administering Medication to Students (Please return to your child's school)

Student Name _____ Physician's Name _____
Birth date _____ Male _____ Female _____ Physician's Address _____
School _____ Grade _____ _____
Teacher (if applicable) _____ Physician's Phone _____
Parent/Guardian _____ Physician's Fax _____
Home Phone _____ Work Phone _____
Cell Phone _____

To Parent/Guardian/Physician:
The Palmyra Eagle School District is required by state statute to give prescription medication to students only with the complete directions from a physician and signed consent by parent/guardian. Medication must be supplied in the original container or packaging. For safety and liability reasons, medication received in any container other than the original will not be acceptable for staff administration. By signing this form, you release the Board of Education, its agents and employees from any and all liability which may result from taking this medication.

Start Date _____ End Date _____
Beginning of school year (BOSY) End of School Year (EOSY) = July 30

Medication _____ Dosage _____ Frequency _____

Medication Expiration Date (if applicable) _____

Form: Tablet/Capsule Liquid Inhaler Nebulizer Injection Other _____

For episodic/emergency events only. (Emergency medications such as: inhaler, glucagon, insulin, Epi-pen).

Student to self-administer/carry: Yes No

Time(s) to be given _____ Reason for this medication _____

If given on an "as needed" basis, please describe _____

Special instructions _____

Side effects (expected or predictable) _____

Physician's Signature _____ **Date** _____

(Signature required for all prescription medication and for non-prescription medication that exceeds the manufacturer's recommended dosage).

Parent/Guardian Signature _____ **Date** _____

(Signature required for all prescription and non-prescription medication).

PLEASE COMPLETE FOR STUDENTS ATTENDING CLASSES AT EAGLE ELEMENTARY SCHOOL

Summer school classes for students who will be enrolled in four year old kindergarten through sixth grade will be held from 8:00 a.m. to 11:55 a.m. at Eagle Elementary School. There are three class periods each morning. As a result, parents may enroll their child for one, two, or three classes. Students are encouraged to enroll for classes for the entire morning. On the form below, please select three ***different*** choices for each period. We will do our best to enroll your child in one of the three classes you listed for each period. A list of class descriptions is enclosed near the end of this booklet. List each class by title as listed in the course description information. Fill out a separate form for each child you are enrolling in summer camp.

COURSE CHOICES

Child's Name _____ Grade Level Just Completed _____

Period 1 (8:00 a.m. to 9:10 a.m.)	Period 2 (9:15 a.m. to 10:25 a.m.)	Period 3 (10:40 a.m. to 11:55 a.m.)
1.	1.	1.
2.	2.	2.
3.	3.	3.

Total Fees for first choice classes: _____

Fees will be due upon receipt of confirmation of classes and before the start of summer school.

**PALMYRA-EAGLE AREA SCHOOL DISTRICT
2017 S.T.R.E.A.M. ACADEMY COURSE OFFERINGS AND FEES
ENTERING 4 YEAR OLD KINDERGARTEN - GRADE 6**

I. Pre-Kindergarten Classes

Welcome to 4K	Entering 4 Yr. Old Kindergarten Fall of 2017	Fee \$10
Kindergarten Camp	Entering 5 Yr. Old Kindergarten Fall of 2017	Fee \$10

II. Regular Classes

<u>Period 1 (8:00-9:15)</u>	<u>Gr.</u>	<u>Fee</u>	<u>Period 2 (9:20-10:35)</u>	<u>Gr.</u>	<u>Fee</u>	<u>Period 3 (10:40-11:55)</u>	<u>Gr.</u>	<u>Fee</u>
Non-Cooking Cooking	4-5-6	\$15	Science in the Summer	4-5-6	\$15	Science in the Summer	1-2-3	\$15
Crazy Science	1-2-3-4-5-6	\$10	Dive Into Disney	1-2-3	\$5	Colorful Creations	1-2-3-4-5-6	\$10
Engineering in Elementary	3-4-5-6	\$15	Intro to Google	4-5-6	\$0	Create Your Own Story	1-2-3-4	\$5
Robotics	1-2-3	\$0	Engineering in Elementary II	3-4-5-6	\$15	Intro to Coding	1-2-3	\$3
Band-Beginning	5	\$10*	Robotics	4-5-6	\$0	Playground Games	1-2-3	\$5
Fun With Stories and Art	1-2-3	\$5	Band-Intermediate	6	\$10*	Playground Games	4-5-6	\$5
Toes in the Sand	4-5-6	\$5	Toes in the Sand	1-2-3	\$5	Band-Advanced	7	\$10*
Zumba Jr.	1-2-3	\$10	Zumba Kids	4-5-6	\$10	Fun With Stories and Art	4-5-6	\$5
Math Games	4-5-6	\$5	Learning Through Games	1-2-3-4-5-6	\$5			
Beginning Golf	4-5-6	\$0						

*Percussion Students Band Fee is \$15.00
All other students are \$10.00

III. Academic Support Classes (no fees for these classes)

Period 1 (8:00-9:15)

Grades 1 & 2 Reading/Language Arts Review
Grades 5 & 6 Math Review

Period 2 (9:20-10:35)

Grades 3 & 4 Reading/Language Arts Review
Grades 1 & 2 Math Review

Period 3 (10:40-11:55)

Grades 5 & 6 Reading /Language Arts Review
Grades 3 & 4 Math Review

2017 PEMS/HS Course Registration Form

Location – Palmyra-Eagle Middle/High School

Student Name: _____

Grade: _____

Enrichment Classes - Please check your class choices for this summer.

Period 1 (8:00-9:55) Choose one class from below:

Boys Basketball – Advanced _____

Strength Training for Females _____

Girls Basketball – Beginning _____

Strength Training for Males _____

Fitness for Life _____

Period 2 (10:00-11:55) Choose one class from below:

Boys Basketball – Beginning _____

Strength Training for Females _____

Girls Basketball – Advanced _____

Speed Camp _____

Weight Room _____

Golf: The Game for All Ages _____

<u>Course</u>	<u>Grades</u>	<u>Fee</u>
Golf: The Game for all Ages	7-12	None
Strength Training for Females	7-12	None
Girls Basketball – Beginning	7-8	None
Girls Basketball – Advanced	9-12	None
Boys Basketball – Beginning	9-10	None
Boys Basketball – Advanced	11-12	None
Strength Training for Males	7-12	None
Speed Camp	9-12	None
Fitness for Life	7-12	\$10
Weight Room	7-12	None

TENTATIVE SCHEDULE—Subject to change due to enrollments

Enrichment Classes:

Period 1: 8:00-9:55

Period 2: 10:00-11:55

Boys Basketball – Advanced – Grades 11-12	Boys Basketball – Beginning – Grades 9-10
Strength Training for Females – Grades 7-12	Strength Training for Females – Grades 7-12
Girls Basketball – Beginning – Grades 7-8	Girls Basketball – Advanced – Grades 9-12
Strength Training for Males – Grades 7-12	Speed Camp – Grades 9-12
Fitness for Life – Grades 7-12	Weight Room – Grades 7-12
	Golf – Grades 7-12

2017 Course Descriptions – Elementary – Incoming 4K-6th Grade Students

See Registration Form for Appropriate Grade Levels and Fees per Class

Band – Beginning – For students entering 5th grade in the fall. This course will go through the basics of how to play assigned instruments. Students will learn several notes on their instrument as well as how to set-up, take apart, and take care of their instrument. A great start for any student joining band in the fall.

For the student who is brand new to band.

Band – Intermediate – For students who have past experience in band and will be entering 6th grade in the fall. Students will review notes and rhythms and continue playing out of the Essential Elements book. The Intermediate Band students will play in a variety of musical styles, including jazz and work on music together as a large group.

For the student who has some band experience.

Band – Advanced – For students who have past experience in band and will be entering 7th grade in the fall. Students will review notes and rhythms and continue playing out of the Essential Elements book. The Intermediate Band students will play in a variety of musical styles, including jazz and work on music together as a large group.

Colorful Creations – Students will have fun participating in various arts and crafts activities. Students will create works of art by experimenting with different materials and tools. Some activities may include drawing, painting, making collages and making cute summer crafts!

Create Your Own Story – Students will become young authors and illustrators in this course. They will explore many different types of picture books to inspire their own creative thoughts. Students will be given the opportunity to create illustrations for their own books through using materials such as paint, water colors, and much more!

Crazy Science – Students will have a blast exploring a variety of science experiments covering many different topics. Some examples may include building and erupting volcanoes, creating and launching pop rockets, and making silly putty.

Dive Into Disney – Spend time this summer immersed in a world of Disney. We will be learning about the different themes and morals that are taught through the many Disney movies and stories.

Engineering in Elementary – Are you ready for the challenge of engineering? In this class students will be presented with a hands-on engineering design challenge. Students will apply their science/math skills as well as creativity to create various contraptions.

Engineering in Elementary II – Designed for those students who took Engineering in Elementary last year.

Fun with Stories and Art - Students will have fun listening to various stories. The ideas and characters of each story will be revisited through creations of a variety of art projects.

Golf-Beginning – Students will be introduced to the game of golf. Emphasis will be on fundamentals (grip, stance, swing, and putting) and development of those skills.

Intro to Coding - Students will get the opportunity to dive into their favorite video games and see what it takes to create a game of their own. Students will also be able to code robots, like a mission on Mars!

Intro to Google - Students will learn how to navigate various Google programs, including how to create and organize folders in their drive, how to collaborate on Docs, and much more!

Kindergarten Camp – The leap into Kindergarten can be a large one for 5 year olds! Have them come get ready for Kindergarten this summer in a fun, interactive, and hands-on environment! We'll practice all Kindergarten readiness skills they need to enrich their academic, social, emotional, and physical growth...and have fun doing it!

2017 Course Descriptions *Continued* – Elementary – Incoming 4K-6th Grade Students
See Registration Form for Appropriate Grade Levels and Fees per Class

Learning Through Games – Helping students learn reading and math through games. This will help develop the skills of working together and getting along with others.

Math Games – Keep your math skills sharp this summer with math games! We will have some fun with math and games that are easy to learn and fun to play. We will discuss problem solving strategies and shortcuts, and personalize games for you to take home and enjoy or share with family and friends.

Non-Cooking Cooking – Students will work with their hands creating quick and easy recipes in the classroom. The topics of nutrition, safety, and measurement will be our focus while make delicious treats.

Playground Games – Children will get exercise and enjoy the outdoors while learning about all of their favorite playground games.

Robotics – Intro – Basic robotics using different materials in Makerspace.

Robotics – Advanced – Learning different functions that can be programmed using materials in the Makerspace.

Science in the Summer – Students will experience science through observation and hands on experiments. We will think like scientists and learn important science topics.

Toes in the Sand – Put your toes in the sand while practicing your volleyball skills and learning the rules of the game.

Welcome to 4K – Come and get a taste for all 4K has to offer! Students will work on pre-writing skills, learn nursery rhymes, participate in arts and crafts, and explore the school and classroom environment.

Zumba – Looking for fun? Like to dance? Grab your friends and move like no one is watching! Sign up for Zumba Kids (grades 4-6) or Zumba Jr. (grades 1-3) for a dance party every day of summer school. Learn about the music and moves of different countries all while playing games and dancing. Small crafts and other activities will have you leaving with a passport full of learning.

Course Descriptions - Middle/High School – Incoming 7th-12th Grade Students

See Registration Form for Appropriate Grade Levels and Fees per Class

Basketball – Boys’ Beginning – This class is designed to teach students the fundamental basketball skills of passing, dribbling, shooting, and team concepts. Students are given the opportunity to use these skills through individual drills, one-on-one and three-on-three game situations, and contests.

Basketball – Boys’ Advanced – This class is designed for advanced basketball players to work on their basketball skills with other advanced players. Drills, contests, and games will be played throughout the two hour session.

Basketball – Girls’ Advanced- Girls will refine their fundamentals of the game of basketball as well as team building skills. The course will focus on more advanced skills and drills as well as team strategies in basketball. The focus of this course will be to help players become more advanced skill wise and team wise. This course is designed for students who have played basketball for multiple seasons and for those who already have an understanding of the fundamentals of the game.

Basketball – Girls’ Beginning – Girls will learn the fundamentals of the game of basketball as team building skills and learning to play competitive sports. The course will focus on basic ball-handling, passing, and shooting skills along with fundamental basketball drills and strategies. This course is designed for students who are just learning to play basketball or have only played a couple of years.

Fitness for Life – Come and enjoy some of your favorite physical education games as well as learning some new ones. We will talk about fitness and show you several fitness type workouts before we play our game for a warm up. We will also make 3 different healthier snack type recipes and learn what ingredients are in them and how they help us in the fitness world.

Golf – The Game for All Ages – This course will give students helpful tips to get started playing golf or to improve their golf game. Students will work on grip, stance, swing, chipping, driving, and much more.

Strength Training for Females – Girls will learn how to improve strength and flexibility to improve their physical fitness as well as to prevent injury with the use of medicine balls, resistance bands, bosu balls, free weights, their own body weight, and agility/conditioning activities.

Strength Training for Males – Strength training for boys from grades 7-12.

Speed Camp – Focused on building speed, agility, and conditioning for boys from grades 9-12.

Weight Room – Beginners will learn about the equipment, what it is used for, and the proper way to use it