

Wednesday Electives Session 5 - 2019

Session Dates: 7 Weeks - April 3, April 17th, May 1st, May 8th, May 15th, May 22nd and May 29th

LEARN TO SEW – FEE \$25

Have you ever wanted to learn to sew things on your own? In this course you will learn some basic skills for hand sewing and using a sewing machine. We will be using EAS sewing machines. You will make a string bag with the basic skills you learn. If there is time, you will learn some basic embroidery needlework for the pocket of your bag. CLASS TAUGHT AT EAS. ADULT VOLUNTEER/HELPERS NEEDED.

VERTICAL WORLD BEGINNING AND INTERMEDIATE ROCK CLIMBING – FEE \$123

Always a favorite for electives. Join Vertical World instructors to learn the basics of rock climbing, OR build on the skills you already have, in a safe environment. Students learn gym rules, harness use, how to tie themselves in and how to belay and climb. Intermediate students will work on more advanced climbing skills. Intermediate students should have completed a beginning class at Vertical World or other climbing facility.

Class held at Vertical World in Redmond from 11:00 - 12:15. CARPOOL DRIVERS and CLASS CHAPERONE NEEDED

MAGIC THE GATHERING & BOARD GAMES - FEE \$50*

This class will give you the option of playing a variety of board games and/or challenging other in Magic the Gathering. This class is suited for anyone who enjoys playing board games or anyone who just can't get enough of Magic. Beginners as well as those who consider themselves game masters are welcome. A variety of games will be brought each week (suggestions welcome). Magic cards will be available to borrow for those who do not have their own. Class will be led by the ever popular Eric, from Math n' Stuff. *Class fee may be lower depending on number of students. CLASS TAUGHT AT EAS. NO CARPOOLS NEEDED.

ROWING - FEE \$150 (new participants)/\$125 (returning participants)

Ever see the crew teams on Lake Washington and wish you could give it a try. Here is your chance. Come learn to row at Kenmore Rowing Club! Class is designed for beginners. 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. Class will run from approximately 10:45-12:45/1:00 to maximize time on the water. CARPOOL DRIVERS/CHAPERONES NEEDED. Parent chaperone help may be necessary for the safe launching of our heavy training shells. Float test required for participation - <http://kenmorewac.org/wp-content/uploads/KRC-Float-Test.docx>. Elective coordinator will provide some options for float test if needed but most local pools with open swim times can conduct the test.

MOVIE MAKING - NO FEE

In this fun, fast-paced, learn-by-doing class, students will learn the basics of making a short film while we work on one large project together: "How to Make a How to Make a Video Video." Students will have the opportunity to try different jobs both on the crew and as on-camera talent. Each student will edit his or her own version of the video based on the script provided. Class materials: Please bring a large USB thumb drive and your own camera—a phone is fine—for capturing your own behind-the-scenes footage. Class will be co-taught by EAS parent, Mr. Rothkowitz who in addition to being a professional photographer, was an honest-to-goodness Television and Motion Picture Camera Assistant in Los Angeles for over ten years and Mr. Lawson Reinsch. Mr. Reinsch's novels have won First Place awards from Writer's Digest and the Pacific Northwest Writers Association, and his novel Uncle Kenny's Other Secret Agenda was a Finalist for the Nancy

Pearl Book Award. Both taught this fun and engaging class last spring. CLASS TAUGHT AT EAS. NO CARPOOLS NEEDED.

JR. CHEF, HEALTHY COOKING WORKSHOP - FEE \$50

This class will help students foster the joy of eating well by learning how to cook fun, delicious food with a focus on nutrition and health. Recipes will be vegetarian with dairy/gluten but will try to adapt where possible. Students will learn basic knife skills, how to incorporate more whole foods into their diet, and how to prepare dishes that are efficient and versatile. Students will work in groups, cook, clean up, and eat the food they prepare at the end of each class. Students should bring an empty container to each class to take any leftovers. Aprons are optional. Class will be held at instructor's, EAS parent Sarita Valji's, home in Redmond. Class size limited. CARPOOL DRIVERS NEEDED.

PARKOUR – FEE \$157

Join instructors at MoveFree Academy in Redmond for this fun and active 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. More information about MoveFree Academy and Parkour can be found at www.movefreeacademy.com. CARPOOL DRIVERS and CLASS CHAPERONES NEEDED.

COMPUTER GAME WORKSHOP - FEE \$110*

This new workshop is for you to learn and explore some characteristics of basic physics by developing computer games. We will use Unity, a professional game development tool and a scripting language called C#. You also learn logical thinking through making the games like Rube Goldberg machines, pinball machines. Don't worry if you have very little or no experience in programming! We start from the basics and work our way up. If you are interested in physics, game development, programming, or simply like working with computers, this workshop is for you!! This workshop will be instructed by Kunitake Aoki, an industry veteran since 1987, and worked on various titles such as Sonic3, Mario vs DonkeyKong at Sega and Nintendo. *10% discount offered to those students who have taken Mr. Aoki's previous classes this school year. CLASS TAUGHT AT EAS. PARENT CHAPERONES MAY BE NEEDED

PAINTING WITH BOB ROSS – FEE \$35

Come paint happy little trees and happy little clouds with Bob Ross! Lead by EAS 8th grader Austin Picinich, this on-campus elective will cover various techniques with acrylic paints and palette knives. Students will watch and paint along with a different Bob Ross video each week. Students will also learn to mix their own paints. This class is suited perfectly for any skill level of painter, from beginner to advanced. All students will be expected to help clean up after each week. Class fee covers canvases, paints, and a whole lot of fun. CLASS TAUGHT AT EAS. PARENT CHAPERONES NEEDED.

INTRO TO MODEL ROCKETRY - FEE \$65

In this elective students will build and launch model rockets. After some background, instruction and safety guidelines, Students will work in teams to construct/assemble their rocket, adding a motor and doing some preflight testing outside. The last class students will go to a nearby open field for the final launch and recovery day. This class was a favorite last spring. Class taught by Mr. Kurt who has taught guitar, photography, robotics and audio production electives in the past. Class will run approximately 1.5 hours, any extra time students will spend doing quiet study or reading toward their reading log goals. CLASS TAUGHT AT EAS

TENNIS ANYONE - NO FEE

Come learn and play the life-long sport of Tennis. Beginners as well as those who want to brush up on their skills are welcome. Students will be need to bring their own racket. Other equipment will be provided. Class runs approximately 1-1.5 hours, the remaining elective time students will be expected to complete homework or read towards their reading log goal. CLASS TAUGHT AT EAS. PARENT HELPERS NEEDED.

SAILING (5 WEEKS) - FEE \$250*

This is an unique opportunity to go sail on Lake Union with Center for Wooden Boats "Learn to Sail" program. The youth sailing programs at The Center for Wooden Boats are designed to engender skills in leadership, observation, and decision-making, while offering a chance to connect with nature and Northwest history in a hands-on marine environment. Students will learn the basic theory and terminology of sailing and build foundation skills while spending the majority of their time on the water every day learning to sail in 8' wooden boats. In higher winds or colder weather, they may be sailing in larger boats The youth sailing instructors are dedicated outdoor educators, trained in on-the-water safety, first aid, CPR, and are screened by the Washington State Patrol. RESTRICTIONS APPLY: Class runs from 11:00-2:00 so students will NOT return to EAS in time to catch buses home!! Students must be picked up at EAS at 2:30pm. Also, parents must sign up to help with carpool at least one date during the session NO EXCEPTIONS. This elective is a 5 week program. Class dates are as follows May 1, 8, 15, 29 & June 12th. There will be no sailing for students on April 3rd & 17th. Students can remain at EAS for quiet study or be picked up for dismissal at 10:30. Students will be excused from class activities on May 1st & 8th (extended Wednesdays). June 12th is an extra elective date, so students will not be missing class.

*FEE NOTE: Center for Wooden Boats does offer scholarships for students that may need some help.

<http://cwb.org/classes/scholarships/>