

Intermediate Electives 2012

Grades 7 & 8 only

Art Attack

Min 10

Cost \$75.00

Explore the basics of drawings and principles of design using mixed media, real artist-quality materials of watercolour, acrylic paint printmaking and pastel with a local artist and teacher.

Beading

Min 10 Max 25

Cost \$64.00

Go on a fun adventure and learn the art of Beading. You will learn several different methods of beading. By the end of the program you will take home several unique pieces that you have beaded.

Cross Country Skiing

Max 12

Cost \$52.00

Students will be instructed in classic cross-country skiing and skate skiing techniques and will be given the opportunity to try a variety of groomed trails. These sessions will help prepare students who are interested in participating in and training for the North Muskoka ski races that will also be held at Arrowhead.

Get Ripped at Motivations

Max 15

Cost \$65.00

Join the Motivations team as we take students through a fun effective exercise program! There will be a component of cardiovascular, strength, balance and flexibility training! The students will experience the joys of Spinning, Kickboxing, Zumba, Yoga and Circuit Training.

Horseback Riding

Max 18

Cost \$115.00

Introductions to Horsemanship appropriate for beginner riders. Students are given 1 ½ hours of ground and riding instruction. They will cover safe handling and conduct with horses, care, nutrition, breeds and English riding. Helmets are provided. Coaches are certified with the Horsemanship Association and are certified in First Aid/CPR. Please wear boots or a hiking boot with a heel (no flat soled shoes, track pants or snow pants rather than jeans please). Located at Woodridge Riding Centre in Utterson.

Hockey Skills

Max 20

Cost \$30.00

Each session will focus on an individual skill such as skating, passing, puck handling and shooting. We will be providing drills, games and a scrimmage within a 1.5 hour session. This is open to all who have basic skating ability and full hockey equipment including mouth guard.

Painting Fun

Min 10 Max 25

Cost \$64.00

During this elective you will learn to paint ceramic bisque using several techniques such as paint application, bubbling, sea sponging, dry brushing, working with stencils and freehand. You will work on several pieces throughout the elective.

Skiing Downhill/Snowboarding:

Costs:	Without Equipment rental	\$ 110.00
	With Equipment rental	\$ 150.00
	With Membership	\$ 65.00 – must have own equipment

Downhill skiing will be held at *Hidden Valley Highlands Ski Club*. The cost includes lifts, instruction and transportation. Each session will be made up of instruction time and free time for skiing.

IMPORTANT REMINDER: Skis and poles are not permitted on school buses; therefore parents of students are responsible for delivering equipment to and from school on each winter elective day. A staff member will transport ski equipment to the elective location. All skis should be in a ski bag and well identified. **It is board policy that all skiers wear a helmet, if you do not own one you can get one from the ski hill.**

Note: Students will be brought back to Riverside for 4:30 p.m. to maximize time on the hill. Parents will need to meet their child at Riverside at 4:30. Please be prompt.

Yoga

Max 20

Cost: \$ 40.00

Explore the joy of movement and discover the benefits of Yoga with a registered Yoga instructor. Have fun while creating greater body awareness, flexibility, strength, coordination, and a peaceful mind.

It is important to fill out the form COMPLETELY to ensure your child gets the activity they want.

RIVERSIDE PUBLIC SCHOOL

Intermediate Elective Program 2012

Dates are the following: January 16, 23, 30 February 6 (February 13 make up day)

A separate sheet for each student **must** be filled out and returned to the classroom teacher. Please include payment with the registration form. Cheques may be postdated for January 13th 2012.

REGISTRATION IS ON A FIRST COME, FIRST SERVED BASIS.
Place a number beside your First, Second, and Third preference of activity

Name						Grade		
Teacher								
Art Attack	Beading	Cross Country Skiing	Get Ripped at Motivations	Horseback Riding	Hockey Skills	Painting Fun	Skiing/ Snowboarding	Yoga
METHOD OF PAYMENT Please make cheques payable to "RIVERSIDE PUBLIC SCHOOL" <u>Please put student's name on front of cheque.</u>								
Amount \$ _____ <input type="checkbox"/> Cheque <input type="checkbox"/> Cash Postdated for: <input type="checkbox"/> January 13, 2012								
DOWNHILL OR SNOWBOARDING ONLY								
The student will require rental equipment YES <input type="checkbox"/> NO <input type="checkbox"/>								
The student is a member at Hidden Valley and will receive the discount Yes <input type="checkbox"/> No <input type="checkbox"/>								
PARENTAL PERMISSION FORM								
I acknowledge that _____ will be participating in the activity described above. (Student's Name)								
Date _____ Signature of Parent/Guardian _____								
PARENT VOLUNTEERS								
I am able to help with the Electives Program Yes <input type="checkbox"/> No <input type="checkbox"/> Name: _____								
I would like to help with the following activity _____								
My telephone number is _____								

If you need to discuss alternate payment arrangements for your child, please contact Paul Goldring, Todd Truax or Inga Craig at 705-789-2282.

Please return to the school by Friday December 16, 2011