

## Junior Electives 2012

### Grades 4 to 6 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.

#### Camp Mini-Yo-We

Max 40

Cost \$72.00

Come to camp Mini-yo-wee to enjoy a variety of winter sports. You will be able to experience 3 activities during electives. Learn how to play broomball on ice, enjoy snow-tubing and take part in snowshoe activities. Each day you will be able to experience two activities. You need to bring a safety helmet for playing broomball. Hot chocolate will be provided in the lodge.

#### 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.

#### Cooking

Max 10

Cost \$20.00

Have you always wanted to cook like a chef? Amaze your family and friends with your cooking skills as you join Madame and Monsieur in the Riverside kitchen. Sessions will cover delectable themes such as: healthy entrées, desserts and international flavours. One or two of the afternoons will be hosted by local chefs.

#### Gymnastics

Max 40

Cost \$58.00

Gymnastics is program designed for fun and the fundamentals of fitness. Groups will be divided according to ability and age. Classes will be coached by a certified Bracebridge Limberettes coach.

#### Horseback Riding

Max 18

Cost \$125.00

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). Taking place at the Woodridge Riding Centre in Utterson.

#### 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.

#### Soapstone Carving

Min 15 - Max 25

Cost: \$40.00

Try your creative talents in carving your own necklace then moving on to a larger sculpture. Elise Muller from Stone Tree Studio's is leading this exciting creative adventure.

#### Skating

Max 50

Cost \$30

Skating will take place at the Jack Bionda arena. Gloves/mittens and hats are required. Volunteers are required at the Arena for their expertise to help make this elective more productive. \*CSA hockey helmets are mandatory for anyone on the ice.\*

#### Swimming

Max 30

Cost \$35.00

Students will be given swimming instruction and free time done at the Bracebridge Sportsplex. Lifeguards and instructors provide the lessons and supervision. Proper swimming attire is a must.

#### 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 5:00. 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

## Junior 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 13<sup>th</sup> 2012.

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

<b>Name</b>				<b>Grade</b>				
<b>Teacher</b>								
Art Attack		Beading		Camp Mini-yo-we	Cross Country Skiing	Cooking	Gymnastics	
Horseback Riding	Painting Fun	Soapstone Carving		Skating	Swimming	Skiing/Boarding		Yoga
<b>METHOD OF PAYMENT</b>								
Please make cheques payable to "RIVERSIDE PUBLIC SCHOOL"								
<b><u>Please put student's name on front of cheque.</u></b>								
Amount \$ _____		<input type="checkbox"/> Cheque		<input type="checkbox"/> Cash		Postdated for: <input type="checkbox"/> January 13, 2012		
<b>DOWNHILL OR SNOWBOARDING ONLY</b>								
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"/>						
<b>PARENTAL PERMISSION FORM</b>								
I acknowledge that _____ will be participating in the activity described above. (Student's Name)								
Date _____				Signature of Parent/Guardian _____				
<b>PARENT VOLUNTEERS</b>								
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 _____								

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

**Please return to the school by Friday December 16, 2011**