

Riverside Electives 2016

Thursday January 26, February 2, 9, 16

All activities will have a 1:00 pm start, with students taking their regular bus home at night, except Skiers and Snowboarders, who will be returned to the school at 5:00 pm

<u>Bowling</u>	Grade 1 to 8	Max 48	Cost \$45.00
Join the fun with 5 or 10 pin bowling at Huntsville Bowl. Students please take your own snacks for this activity.			
<u>Camp Mini-Yo-We</u>	Grades 1 to 4	Max 40	Cost \$50.00
Come to camp Mini-Yo-We 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.			
<u>Cross Country Skiing</u>	Grades 4 to 8	Max 20	Cost Free
Using the property across the road from the school. Students will have a chance to improve technique and endurance			
<u>Dance</u>	Grades 1 to 3	Max 20	Cost \$35.00
This program is through Beyond Obstacles and enables students to try Hip Hop with the Dance Project, where they will learn a set dance and have an improvised movement circle plus a Grow Strong class with Beyond Obstacles, which will improve body awareness and develop strong movement pattern. Students comment that this class is like a jungle gym crossed with Ninja warriors.			
<u>French Cooking</u>	Grades 1 to 4	Max 15	Cost Free
Learn French cooking for friends and family. There will be dairy and wheat items made. Students will explore their creativity in the kitchen by making small healthy meals which they will eat on that day. It will cover all four food groups.			
<u>FittGym</u>	Grades 6 to 8	Min 8 – Max 15	Cost \$50.00
Students will participate in how to properly train for Triathlons. They will learn about nutrition and how to help maintain a Healthy Lifestyle. They will be completing a workout session, some yoga plus some fitness games and fun activities.			
<u>Gymnastics</u>	Grades 1 to 6	Max 40	Cost \$50.00
The Gymnastics program is 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. Day 4 will be held at Riverside due to scheduling conflict, prices have been adjusted accordingly.			
<u>Horseback Riding</u>	Grades 4 to 8	Max 14	Cost \$85.00
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 in Equine Assistive Learning and are certified in First Aid/CPR. NO jeans please. Taking place at Back of Beyond Equine Centre.			
<u>Laganza Guitar Lessons</u>	Grades 4 to 8	Max 20, (there is a minimum for this)	Cost \$40.00
The students choose a few songs, and then decide which song they would like to work on. They are given a chance to work in pairs or small groups while Tobin Spring offers one on one instruction. The focus is on learning the guitar, but also on performing whether it is individually or with a group. All levels are welcome. Guitars are provided.			
<u>Photography</u>	Grades 6 to 8	Max 10	Cost \$40.00
The goal is for students to create a photograph using film, a hand-made camera, and a darkroom. Once successful, they'll make another! Any person interested in creating images will enjoy these sessions, regardless of their level of experience in photography. The thrill of watching your imagination come alive and magically appear right before your eyes is never forgotten. The course is designed so every participant will succeed in creating a photograph with their hand-made pinhole camera. Then, with that working tool and some knowledge under-belt, creativity is set loose!			
<u>Rock Climbing & Snowshoeing</u>	Grade 3 to 7	Max 20	Cost \$65.00
Students will do half of the activity on the rock climbing wall at Deerhurst Resort then venture out to snowshoe on their many trails. They will need to dress in Phys. Ed. clothes for the rock climbing part but will also need to have their winter clothes for when they go snowshoeing.			
<u>Sewing</u>	Grades 4 to 8	Max 10	Cost \$30.00
Students will have the opportunity have the option to create one or two projects (example: personalize a pillowcase, make pj bottoms, create a T-shirt and some form of carry all for various items).			

Skating

Grades 1 to 8

Max 50

Cost \$25.00

Skating will take place at the Jack Bionda arena. Gloves/mittens and hats are required. Volunteers with expertise are required at the Arena to help make this elective productive for all levels of learners. Students must have their own skates. *CSA hockey helmets are mandatory for anyone on the ice.

Swimming

Grades 1 to 8

Max 30

Cost \$30.00

Students will be given swimming instruction and free time at the Huntsville Summit Centre. Lifeguards and instructors provide the lessons and supervision. Proper swimming attire is a must.

Winter Fun

Grades 1 to 8

Max 40

Cost Free

Come and enjoy the outdoors on the schools property across the road. Students will be cross country skiing, snowshoeing, building shelters and fire, along with many outdoor games. Hot chocolate will be included each week.

Skiing Downhill/Snowboarding:

Grades 4 to 8

NO Max

Costs: ~~Without~~ Equipment rental \$ 110.00

Members pay for lessons and bus \$65.00

With Equipment rental \$ 160.00

Downhill skiing will be held at Hidden Valley Resort here in Huntsville. The cost includes lift ticket, instruction and transportation. Each session will be made up of instruction time and free time for skiing. All students must participate in the lessons.

IMPORTANT REMINDER: Skis and poles are not permitted on school buses, therefore, if students have their own equipment parents must deliver to the school NO later than 9:30. All skis should be in a ski bag and well identified as they are going in storage under the bus.

It is board policy that all skiers wear a helmet, if you do not own one you can rent one from the ski hill. **Note: Students will be brought back to Riverside for 4:30 p.m. to maximize time on the hill. Please be prompt.**

It is important to fill out the form COMPLETELY to ensure your child is placed into the activity they want. Number each activity as to their preference in case their first choice is full. Students are taken on a first come first served, basis so please don't delay.