



MS Winter Term: 5th and 6th Grades Courses & Electives Catalog 2026-27

5th and 6th grade courses: MORNING COURSE OPTIONS

Engineering Challenges

This course will incorporate skills and design thinking expected in engineering. Students will learn how to use an engineering notebook and then create prototypes and products that look at a variety of problems. They will construct and build a variety of different engineering products to demonstrate to others at the end of the course, including a roller coaster and functioning egg car, among other creative engineering endeavors.

Fun with Sewing

Learn the basics of sewing through fun, hands-on projects while exploring both hand sewing and sewing machine techniques. The course will begin with basic hand sewing skills such as threading needles and practicing stitches by hand before transitioning to learning how to safely and confidently use a sewing machine. Students will practice measuring fabric, stitching, and assembling creative projects while building confidence and creativity throughout the course.

Game On! Mastering Strategy and Winning Moves Through Board Games

Game On! Mastering Strategy and Winning Moves Through Board Games is the ultimate showdown where brains meet fun. In this class, students will dive into exciting strategy games like Chess, Risk, and Othello, unlocking the secrets to outsmarting opponents and mastering game-winning tactics. Get ready to level up your critical thinking, teamwork, and decision-making skills while having a blast!

History or Hollywood? Digging for the Truth Behind Animated Legends

Are you a huge fan of History? Ever wondered how much of your favorite animated movies are actually true? In this eye-opening course, we'll explore Pocahontas, Mulan, The Lion King, and Anastasia to uncover the real history behind the fantasy. Through a mix of movie viewing, historical deep-dives, and critical discussions, you'll learn how filmmakers twist, enhance, or erase facts for the screen. You'll dive into stories like the Epic of Sundiata and compare it to Simba's journey, and examine how the legend of Hua Mulan differs from the Disney portrayal. By the end of this course, you will create and present your own idea for a historically grounded animated movie concept.

Muggles of Messing

**This course is not available to students who took it in past years.*

Did your letter to Hogwarts never arrive? Do you enjoy creative arts and crafts? Check out Hogwarts MICDS-style this Winter Term. Get sorted into your house, and experience a variety of mini-classes inspired by those from Hogwarts. You'll practice a little bit of Herbology, History of Magic, Study of Ancient Runes, Care of Magical Creatures, and more! Please note that this class is heavy in arts, crafts, and creativity. You'll be making fun HP-related items to take home almost every day!

Rams Can Swim

Designed for the student with little or no swimming skills. In this course, we will develop water safety skills in shallow and deep water. Students will go at their own pace while learning to challenge themselves and work hard to achieve water confidence. Students will learn how to breathe correctly while in the water, how to float and move on their back, how to kick on their back and stomach and become more confident in the water.

Rams Teach Rams How to Swim

Designed for the student with strong swimming skills who would like to learn how to teach others how to swim. In this course, we will develop the skills needed to be able to teach others how to swim in shallow and deep water. Students will work with beginner swimmers and will learn the techniques and skills needed to help them develop and achieve water confidence. Students will learn how to breathe correctly while in the water, how to float and move on their back, how to kick on their back and stomach and become more confident in the water.

Sustainable House Design

**This course is not available to students who took it in past years.*

What if our buildings were built using more recycled materials? How can our buildings help us conserve water? Can Minecraft Education help us explore sustainability? If these questions caught your attention, then your problem-solving skills can help us to contribute to a more sustainable world. By the end of this course, participants will explore various sustainable design solutions and incorporate these systems into their own house design using Minecraft.

Winter Term Techies

Every great show deserves great techies. Help build, paint and prep for the Winter Term Musical. You'll build platforms, design and paint the stage and set, organize props, help with lights and more

Zoology

Learn about the anatomy, physiology, ecology, and evolutionary relationships of various groups of animals. Sample activities include dissections, behavioral studies, and categorizing body parts and structures. Dive into the animal kingdom through an exploration of models, biological samples, and techniques used by zoologists and wildlife scientists. Develop an appreciation for endangered animals and how scientists are working to save them; along with the native animals you can find in your backyards and neighborhoods.

5th and 6th grade courses: AFTERNOON COURSE OPTIONS

Bridge To Success

Learn about geometry, design and engineering through hands-on experience. We will use string, glue, toothpicks, creativity, and engineering skills to build a bridge that will hold the most weight possible (2026 students' record was 5 46bs!!). We will end our class by testing the strength of each bridge. This course will require you to actively be designing, constructing and building your own bridge, as well as adapting along the way and lots of on the fly problem solving!

Chomp to Build - Built to Chomp

In this creative building class, students will use the Chomp saw and other cutting tools to create your own creature design out of cardboard, wood and other building materials. If you would like to build a creative, 3D form that has teeth, this course will make you a building "Chompian"!

The Creative Lab: Makers, Crafters, and Creators

Step into a world where your imagination takes a physical form! In this course, students will explore a variety of artistic mediums to transform everyday objects into personalized treasures. From hand-painted tumblers to custom-designed journals, we will deep dive into the joy of "making" and discover how to express our unique personalities through color, texture, and design.

Maker

In this hands-on course, students will explore the fundamentals of tool safety and operation, including power tools, hand tools, and digital fabrication tools such as laser cutters and vinyl cutters. Through guided instruction and independent exploration, students will learn how to safely and effectively use these tools to design, prototype, and build functional objects. The course will conclude with a student showcase, where participants will display the products they created over the two weeks.

Recreating Historical Moments

**This course is not available to students who took it in past years.*

Let's revisit significant historical moments in history. Pay close attention to the little details and create what you imagine this to look like. You can construct these scenes from the past either through the physical (Lego) or digital (Minecraft) world. By the end of this course, participants will have replicated how they imagine certain events in history may have looked like (Artifacts, Settings and Monuments).

Rock Band

This course is for experienced student musicians who want to collaborate, rehearse, and perform as a real rock band. Students will work together to choose songs, refine their sound, and prepare a setlist for a live concert on the final day of Winter Term. Whether you sing, play guitar, bass, drums, keys, or another instrument, you'll be part of a creative and high-energy ensemble focused on teamwork, musicianship, and stage presence. General expectations for students in this group include: can play in time with a steady beat, can follow a chord chart, lead sheet, or basic notation and are comfortable practicing independently and with others.

Smash Boom Best Debates

This course is inspired by the podcast titled *Smash Boom Best*. Every episode takes two arguably cool things, smashes them together and lets YOU decide which is best. For example: Spiderman vs. Batman... or Birthday Parties vs. Trick-or-Treating... or Ice Cream vs. Nachos! Which side would you take?! After listening to a few episodes, debaters (YOU!) will use facts and passion to make your case about a topic of your choice -- learning how to defend your opinions along the way. By the end of the course, you will engage in a real-time debate to see which side is the Smash... Boom... BEST!

Who Killed Pikachu?

Students will explore the basics of forensic science by analyzing evidence from a crime scene in order to write a probable cause for the arrest of a suspect in the murder of Pikachu. For example, students will learn how to test blood types and analyze fingerprints to identify a suspect. By the end of this course, students will construct and defend a written probable cause statement using evidence from the crime scene.



MS Winter Term: 7th and 8th Grades Courses & Electives Catalog 2026-27

7th and 8th grade courses: All Day Options

Winter Term Musical: Beauty & The Beast Jr.

Calling all 7th and 8th graders! Come BE OUR GUEST as we bring the magic, music and fun of Beauty and the Beast Jr. to the Freeman Theater during Winter Term. Whether you love singing, acting, dancing, or helping create a show-stopping production, this is your chance to be part of a TALE AS OLD AS TIME with friends laughter and unforgettable memories.

Winter Term Musical: Design and build costumes! (All day option)

Have you ever wanted to design costumes for a musical? Have you ever wanted to create them? This class is for you! We will work with the musical group and create costumes for their production. Students will spend some time in the first several classes learning techniques in stitching, sewing, building and constructing costumes. Then the remaining classes will focus on designing and creating the costumes for the musical. Walk away from this course with your first IMDb credit!

7th and 8th grade courses: MORNING COURSE OPTIONS

Authentically You: Watercolors

Unleash your creativity and learn the magical world of watercolor painting! In this hands-on course, students will explore the fundamentals of watercolor techniques, including washes, blending, texture, and color mixing. Students will be introduced to watercolor brushes and techniques, practice new skills, and create their own unique masterpieces. Through guided lessons and personal expression, students will build confidence in their artistic abilities while developing an eye for color, composition, and creativity. As part of this creative journey, you will share your art with the community by publishing your works for a final gallery wall exhibition. Additionally, you will select one to two of your completed watercolor paintings to be professionally printed as custom greeting cards, ready for you to write on and share with others. No prior experience needed—just a love for art, nature, and a willingness to explore!

Becoming the BEST Babysitter!

**This course is not available to students who took it in past years.*

Interested in playing with and caring for children of all ages? In this course you will learn about children's needs at different ages, fun activities and games that are appropriate for children, how to market yourself as an awesome babysitter, and be CPR/AED and First Aid certified. Our time will be balanced between having fun (testing out different foods that are safe for children, planning and playing games, and interacting with children) and becoming well-informed as a babysitter (knowing how to change a diaper, being able to respond appropriately when a child is choking, and how best to manage challenging behaviors during babysitting). By the end of Winter Term you will be in high demand by local families looking for excellent babysitters

Bridge To Success

Learn about geometry, design and engineering through hands-on experience. We will use string, glue, toothpicks, creativity, and engineering skills to build a bridge that will hold the most weight possible (2026 students' record was 546bs!!). We will end our class by testing the strength of each bridge. This course will require you to actively be designing, constructing and building your own bridge, as well as adapting along the way and lots of on the fly problem solving!

Economics for Leaders

Economics is the study of how humans choose to use scarce resources to achieve personal and social goals. Historical events, environmental issues, opportunity cost, markets, incentives, property rights, government, money, inflation, trade, and leadership will be examined through discussion, activities, and simulations. Learn how to conduct land use site selection, how cartels and competition works, how “rules of the game” make a difference in the level of conflict over water, and more. By the end of this course you will gain a deeper understanding of how economic principles apply to the world around you.

Exploring War and Military Strategy through Documentaries

Do you enjoy learning about military battles and strategy? Do you enjoy learning about the causes and effects of wars? Do you enjoy watching historical documentaries? Do you enjoy creating your own movies? This course will explore important wars that have impacted our world and our history. We will watch historical documentaries, we will research a war or battle of your choosing, and we will learn from technology experts on how to create an awesome historical documentary. By the end of course, students will research a war they want to study and explore and create and produce their own historical documentary.

Hooked on Crochet

Want to turn yarn into something amazing? Join *Hooked on Crochet* and learn the basics of this relaxing and creative craft. From keychains to cozy coasters, you'll be stitching up your own projects in no time. No experience needed—just bring your imagination and get ready to get hooked!

Maker

In this hands-on course, students will explore the fundamentals of tool safety and operation, including power tools, hand tools, and digital fabrication tools such as laser cutters and vinyl cutters. Through guided instruction and independent exploration, students will learn how to safely and effectively use these tools to design, prototype, and build functional objects. The course will conclude with a student showcase, where participants will display the products they created over the two weeks.

Peak Performance for Aspiring Collegiate Athletes

**This course is not available to students who took it in past years.*

This class is designed to prepare aspiring collegiate athletes to take full advantage of their MICDS experience. Students will learn about the importance of sleep, nutrition, and recovery to reach peak performance. Daily alumni guest speakers will share about their experience as collegiate athletes, and they will share their experience with recruiting and the transition to varsity athletics in upper school and transition to college.

Rams Can Swim

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The Reflection Project

In this two-week workshop, students will slow down, unplug, and explore creativity in a different way. Through short readings, journaling, sketching, guided quiet time, and group discussion circles, students will reflect on big ideas, express themselves creatively, and build confidence in sharing their thoughts. The course focuses on mindfulness, imagination, and personal growth while creating a relaxed, supportive environment where students can recharge and connect with others.

SLAY with CLAY

Who likes to work with clay? This whole course is designed for working only with CLAY. During our time together we will create 3 art pieces using 3 different hand building methods; pinching, using slabs, and building hollow forms. After 2 weeks of focused work, by the end you will SLAY at building with CLAY.

Studio Pro: Advanced Design & Curated Craft

Elevate your creative output to a professional level by mastering the intersection of utility and high-end aesthetics. In this advanced studio, students will utilize industrial materials like resin and precision vinyl to create durable, "retail-quality" lifestyle products. Whether you choose to become a Master Sampler of all techniques or a Studio Specialist focusing on one 9-day masterpiece, you will leave with a portfolio of sophisticated, custom-engineered work.

Winter Term Techies

Every great show deserves great techies. Help build, paint and prep for the Winter Term Musical. You'll build platforms, design and paint the stage and set, organize props, help with lights and more.

7th and 8th grade courses: AFTERNOON COURSE OPTIONS

American Politics 101 (How the American Political System Works)

Everyone seems to have an opinion about how the United States of America should be run....but how do you become the president, or a Supreme Court justice or a U.S senator or a U.S. Representative? The final project includes running your own campaign for the U.S. Congress along with a mock debate based on a platform of issues.

Becoming the BEST Babysitter!

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Interested in playing with and caring for children of all ages? In this course you will learn about children's needs at different ages, fun activities and games that are appropriate for children, how to market yourself as an awesome babysitter, and be CPR/AED and First Aid certified. Our time will be balanced between having fun (testing out different foods that are safe for children, planning and playing games, and interacting with children) and becoming well-informed as a babysitter (knowing how to change a diaper, being able to respond appropriately when a child is choking, and how best to manage challenging behaviors during babysitting). By the end of Winter Term you will be in high demand by local families looking for excellent babysitters

Bike and Sports Equipment Maintenance (Skis, Snowboards, skates, etc): Work Hard, Play Hard!

We will learn through hands-on experience how to change a bike tire, adjust, replace and repair brakes, bike chain, pedals, shifters etc. Students should have their own bike that can be brought in for these 2 weeks (as well as Skis/Snowboards if you have them). *We will have a few extra bikes and skis for those that do not.* We will learn routine maintenance for many other sports related equipment that benefits from regular maintenance and attention. All other sports equipment is welcome so that we can get it back to top shape. We will be riding our bikes and testing out our work on other equipment around campus most days so be ready to be outdoors

Championship Mindset: Learn How Sport Psychology can Help with Performance and Life

This course will include activities and lessons focused on the mental side of athletic performance. Students will listen to podcasts, speeches, and, hopefully, hear from guest speakers who can provide insight into the psychological aspects of sports. Students will also engage in activities that will help them understand the impact of the mental side of sport performance.

Chemistry and Gastronomy

Come explore how chemistry plays a role in our favorite place to hang out, the kitchen. Explore the difference between physical and chemical changes through melting and baking. Use chemical reactions to produce carbon dioxide to make bread rise and understand how yeast farts make bread so delicious. Let's figure out how many chemical reactions we can make to produce successful recipes.

Fun with Sewing

Learn the basics of sewing through fun, hands-on projects while exploring both hand sewing and sewing machine techniques. The course will begin with basic hand sewing skills such as threading needles and practicing stitches by hand before transitioning to learning how to safely and confidently use a sewing machine. Students will practice measuring fabric, stitching, and assembling creative projects while building confidence and creativity throughout the course.

The Leadership Playlist

Ready to press play on your leadership journey? This series helps students discover who they are as leaders, define their vision and values, and build confidence. Through interactive labs, they practice teamwork, public speaking, interviewing, communicating, and conflict management while learning to lead with integrity and empathy.

MICDS Newsroom

**Priority will be given to students who have not taken this course.*

Join the MICDS Middle School Newsroom as a student journalist and take your storytelling skills to the next level! You'll learn how to make better photos and craft compelling stories while covering all the news that's fit to print during Winter Term. You'll be given an all-access press pass at the beginning of the course, and by the end, you'll be a published author and photographer on the School's website, in the Ram Review, and on our social media channels

Microscopy

Students will explore small things, as well as taking a closer look at the small parts that make up big things. This will include learning how to properly use magnifying devices such as microscopes and macrosopes. Students will also learn how we are affected by small things, such as how bacteria can spread disease. By the end of the class, you will make a "field guide" of all the tiny things you have observed. This will include making and labeling DETAILED drawings.

Movie Magic: Documentaries that Inspire and Inform

**This course is not available to students who took it in past years.*

Do you enjoy learning about real people, real events, and powerful true stories? In this class, we'll watch a variety of exciting and eye-opening documentary films that will inform, inspire, and entertain you, all while helping you see the world in new ways. This class will challenge you to think deeply, ask questions, and maybe even feel inspired to make a difference in your own way. By the end of this class you might just change how you see the world.

Muggles of Messing

**This course is not available to students who took it in past years.*

Did your letter to Hogwarts never arrive? Do you enjoy creative arts and crafts? Check out Hogwarts MICDS-style this Winter Term. Get sorted into your house, and experience a variety of mini-classes inspired by those from Hogwarts. You'll practice a little bit of Herbology, History of Magic, Study of Ancient Runes, Care of Magical Creatures, and more! Please note that this class is heavy in arts, crafts, and creativity. You'll be making fun HP-related items to take home almost every day!

Rock Band

This course is for experienced student musicians who want to collaborate, rehearse, and perform as a real rock band. Students will work together to choose songs, refine their sound, and prepare a setlist for a live concert on the final day of Winter Term. Whether you sing, play guitar, bass, drums, keys, or another instrument, you'll be part of a creative and high-energy ensemble focused on teamwork, musicianship, and stage presence. General expectations for students in this group include: can play in time with a steady beat, can follow a chord chart, lead sheet, or basic notation and are comfortable practicing independently and with others.

Winning the Financial Game of Life

In this course, participants will explore the financial decisions made in adult life: choosing a career, college choices, buying or renting a home, paying taxes, saving for emergencies, and planning for retirement. We will look at national statistics to anticipate income and costs, and we will learn about spreadsheets to organize our expenses. Students will learn to budget their money each month and year, building to a full 20 year plan, which will be presented to the class.

Winter Term Musical: Design and build costumes! (Afternoon only option)

Have you ever wanted to design costumes for a musical? Have you ever wanted to create them? This class is for you! We will work with the musical group and create costumes for their production. Students will spend some time in the first several classes learning techniques in stitching, sewing, building and constructing costumes. Then the remaining classes will focus on designing and creating the costumes for the musical. Walk away from this course with your first IMDb credit!

5th-8th Electives

52 Deck Card Games

Learn how to play hearts, spades, stud, draw, and other group card games with French-suited (standard 52-deck) cards. No experience necessary.

5K Train Your Way

Have you ever wanted to train for a 5K race? Do you love to run? Are you intimidated by running? Do you find running relaxing? Do you want to get better at running? All of these are reasons to sign up for this 5K training elective. Whether you are an experienced runner, or just a beginner, we will create a plan together that fits your needs. During this course you will learn about the benefits of running, good technique, and proper nutrition. You will learn about the importance of rest, recovery and positive self talk. We will discuss how to set attainable goals, put your plan into action, and even get you registered to run in a 5K race if you would like. The end goal of this unit is to ignite your enjoyment of running.

Book It!

Do you enjoy reading and wouldn't mind some extra time for it? Then come join us! It doesn't matter whether you like fantasy, science-fiction, romance, adventure, biography, mystery or history... All genres are welcome! So grab your favorite book and come sprawl out in a chair, on the floor, or in a corner and settle in with whatever book interests you. By the end of this elective, it's highly likely you'll have finished an extra book or two.

Dancing Around the World

Interested in learning dances from around the world? Well this is the elective for you. Come learn dances from Panama, India, Israel, Russia, Romania and others. We will also learn social dances such as swing, salsa, and square dancing.

Dungeons and Dragons

Brave the wild adventures of Elves, Trolls, Dragons, and more. Students will learn the basics of the "World's Most Popular Role Playing Game," including how to make a character, how to create a story for your character, and how to role-play your character in a group setting of cooperative play. A love of fantasy, acting, writing, and simple math is a must as we journey together through the perils of Stormwreck Isle. By the end of this elective, participants will have created their own fantasy character, and taken that character on a grand adventure of mystery and intrigue through cooperative play and storytelling.

Football 101

Have you ever wanted to learn more about football than how to throw and catch a football? This elective will teach you each position and their roles, and also some basic football strategy. By the end of the course you will be able to put your knowledge into play with a 4 day tournament, giving you a chance to be a player and coach!

Hand Games

This session transitions from basic rhythmic coordination to high-speed reaction and mental strategy, using hand games to sharpen focus and hand-eye speed.

Physical: Improve hand-eye coordination and reaction time.

Mental: Increase processing speed and strategic anticipation.

Rhythmic: Master timing and interpersonal synchronization.

The Hip Hop Experience

In this elective, students will explore the roots and evolution of hip hop through listening, discussion, and hands-on practice. We'll look at how hip hop grew from a local movement in the Bronx to a global force, and how it continues to reflect identity, culture, and community. Students will try their hand at turntablism, dive into classic and contemporary tracks, and collaborate to create an original hip hop piece.

Improv Soup

Want to start the day thinking on your feet? This course will combine theatre games with long and short form improv. Sure to be fun. No acting or improv experience required.

Kids Kare

"Though she be but little, she is fierce" - William Shakespeare from *A Midsummer Night's Dream*.

Regardless of your age or size, you can make a difference in your community. Community service is a great way to practice responsibility, empathy, and teamwork while making a positive impact in the community. This elective will involve hands-on activities and explore several service-learning opportunities.

Learn Ukulele!

**This elective is not available to students who took it in past years.*

Students will learn the basics of the Ukulele, learning the chords needed to play along to your favorite song. No prior experience necessary!

Let's Break Some Guinness World Records!

**This course is not available to students who took it in past years.*

Are you competitive? Do you like challenges? Let's work together to try and break some Guinness World Records! Possible challenges include: Let's see how long you can keep two balloons in the air—using only your head! Let's see who can build the tallest Lego tower in 30 seconds—using only one hand! Let's see how fast you can sort 30 M&Ms— using only chopsticks! Ready, set, let's go!

Needlepoint Nook

Unplug and discover the super-satisfying world of modern needlepoint! This hands-on workshop is designed specifically for those who want to learn a cool, portable craft. Think of needlepoint like physical pixel art: you will use colorful threads to stitch awesome, vibrant designs onto an open-grid canvas following a pre-painted design. It is the perfect creative outlet to relax, listen to music, and hang out with friends while making something completely unique. No stitching or crafting experience is needed. Just bring an open mind and patience.

Origami Station

Unfold your creativity in our Middle School elective, Introduction to Origami! Students will explore the ancient art of paper folding while creating animals, geometric shapes, and decorative objects that strengthen fine motor skills, focus, and spatial reasoning. Along the way, students will discover the mathematical concepts and cultural traditions connected to origami and gain an appreciation for the artistry of paper transformation.

Pass the Bricks

In this elective you will be able to work independently or in groups to create models using random donated Legos as well as the instruction manual. In creating the instruction manual, you will be using photography and technology to create the document for the instruction manual that can be used to recreate your model. Your goal is to have one or more completed models with instructions ready for donation. These models will be donated to children who do not have Legos so you will not be taking anything home. No purchase necessary to participate.

Perfecting Your Dude Perfect Trick Shot

Try your hand (or feet) at creating, designing, and carrying-out the perfect shot inspired by Dude Perfect. Each day in this elective will bring new challenges filled with sports equipment, collaboration, constraints, and fun!

Pokémon Club: Gotta Catch 'Em All (Together!)

Calling all trainers-newbies and experts alike! Join us for a winter term adventure into the world of Pokémon. Whether you're just learning about Pikachu or you've been battling with Charizard for years, this club is for YOU. We'll explore different Pokémon card games, including friendly face-offs and team-based challenges. No cards? No problem! We've got everything you need to start your journey, but feel free to bring your own decks from home too. Get ready to trade, battle, strategize, and connect with fellow fans as we dive into the fun and excitement of the Pokémon universe.

QB/WR/TE/RB Skill Development

We will teach the skills of each position, have agility stations and a series of routes to run and practice them.

Relax, Reset, Recharge!

Want a class that helps you feel less stressed and ready for the semester ahead? This Winter Term elective is all about helping you relax, recharge, and build healthy habits you can actually use in your everyday life. In this class, you'll try out different ways to take care of your mind and body. You'll learn how to journal, practice simple meditation and mindfulness techniques, create music playlists to match your mood, get moving with fun physical activities, spend time outside, and even take a break from screens. You'll also explore how things like sleep, food, and movement affect how you feel. There's no pressure—this is a space where you can unwind, try new things, and figure out what works best for you. If you're looking for a calm, positive class where you can take a break from the usual routine and learn ways to feel your best, this is the one for you.

Shorts: Let's Watch SHORT Movies

**This elective is not available to students who took it in past years.*

If you want to explore short movies, then this class is for you! We'll dive into the world of short films that are fun, fast-paced stories packed with emotion, action, suspense, and laughs. Each day, we'll watch several short films and talk about what makes them interesting, surprising, or meaningful. By the end of this class you will build skills in critical thinking, empathy, and communication as we share different points of view and interpretations.

Squash

Start each morning of Winter Term playing squash with your peers. We will play fun games to improve our squash skills like Attackers and Defenders and King/Queen of the Court with a culminating tournament at the end of the two weeks. No experience necessary, and all equipment will be provided.

Step In Time

Our step and slide class is for anyone. We use step dancing as a form of exercise, a way to build community and an avenue to find a child likeness in our day. This class doesn't require any previous dance experience, just a willingness to try. We dance popular line dances like the Tamia Slide, Electric Slide, Cha-Cha Slide, Cupid Shuffle, YMCA, Dougie, and many more.

Walk the Plan

This two-week walking elective combines movement with meaningful goal setting to help students build habits for success. Each day, students will walk together while reflecting, planning, and tracking personal goals in a supportive and active environment. By the end of the course, students will leave with a clear plan, stronger mindset, and practical strategies to achieve their goals.