

# Summer Experience 2017!

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## Registration

**Registration Opens: April 26 - 5:00pm - - - - - Registration Closes: May 12 - 11:55pm**

**\*Early registration is encouraged as courses will fill up quickly! If you cannot find a course on the listings, it is because the courses is full and registration for that course has closed.**

Students set up to use My Payments Plus may register online at [www.gunnisonschools.net](http://www.gunnisonschools.net), select "parents", then "My Payments Plus" beginning **April 26 @ 5:00 p.m.**

Students not set up on my Payments Plus may register on **April 26 @ GCS Commons 5:00 - 7:00pm**, or the school front lobby between 7:00-7:30 a.m. April 27 & 28 (GMS Registration only). After that you will need to email the above contact to set up an appointment (GMS Registration only).

- **Students Must be Accompanied by a parent**
- **The Course Planning Grid MUST be complete before registering in person (see pg. 2)**

**Free Breakfast and Lunch** will be provided daily to all students for no additional fee! Breakfast will be served at 8:00 a.m. and lunch will be served at 11:30 a.m. in the GCS cafeteria.

### Instructions to register your student:

- Review the course catalog and course offerings in this packet
- Complete the Course Planning Grid to assure courses do not overlap.
- Log into or sign up for MyPaymentsPlus on the Gunnison Schools website
- Scroll down to "Other Payments"
- Find GMS Summer Experience 2017. Click "+" to see options
- **BEFORE ADDING COURSES**, add the GMS Summer Experience - REQUIRED WAIVER AND FEE to your cart for each student
- Click the "+" for each session to view and add courses Available to your student(s)
- Click "Continue Payment"
- Sign the waiver and pay the fee (\$15 per student) at checkout
- Print and save the receipt for your own records

\*Cash payments can be processed at the registration night

# Course Planning Grid

Using the course offerings (pg. 3), to plan the courses you intend to take, even if it is only one course::

	<u>8:30-9:30</u> <u>Extended</u>	<u>9:30-10:30</u>	<u>10:30-11:30</u>
<b>Week 1</b>	_____	_____	_____
	_____	_____	_____
<b>Week 2</b>	_____	_____	_____
	_____	_____	_____
<b>Week 3</b>	_____	_____	_____
	_____	_____	_____
<b>Week 4</b>	_____	_____	_____
	_____	_____	_____
<b>Week 5</b>	_____	_____	_____
	_____	_____	_____
<b>Week 6</b>	_____	_____	_____
	_____	_____	_____

Please list all 2nd choice courses below (in case your first choice courses above are already filled)

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**. All courses are Monday through Thursday.**

## Course Choices:

Please see the course catalog (beginning on page 3), describing the courses offered. Please be aware that some courses last 1 hour/day, while others last 2 or 3 hours. When selecting courses, pay close attention to what week(s) the courses are offered and how long each course is, so that your courses do not overlap.

Example #1: If you want to take the 3-hour Creative Cake Decorating course during Week 5, you

would not be able to take any other morning course offered in Week 5 (because you already filled the 3-hour time slot.)

Example #2: If you signed up for High Intensity Fitness (which is a 3-week course during weeks 1, 2

& 3) you would not be able to sign up for Chopped! week 3 because the times overlap.

## Course Offerings

<u>Course</u>	<u>Length of Course</u>	<u>Week(s) Offered</u>	<u>Time</u>
Advanced Mountain Biking 8:30am -2:30 p.m.	1 week, 3 hrs/day	Week 5	
Adventurous Farm Overnights description)	(see description)	Week 3 or Week 4	(see
Basic Archery 10:30 a.m.	1 week	Week 2 or Week 4	8:30 -
Beauty, Fashion, and Runway 8:30 - 11:30 a.m.	3 weeks	Weeks 4, 5, & 6	
Beginning Band Lessons description)	(see description)	Weeks 6 and beyond	(see
Cake Decorating 11:30 a.m.	1 week	Week 5 or Week 6	8:30 -
Chopped! 3:30 p.m.	1 week	Week 3 or Week 5	12:30 -
Cooking With 4 Ingredients: 3:30 p.m.	1 week	Week 1	12;30 -
Farm To Table Cooking 3:30 p.m.	1 week	Week 6	12:30 -
High Intensity Fitness 9:30 - 10:30 a.m.	3 weeks	Weeks 1, 2, & 3	
Hiking 4:30 p.m.	1 week	Week 5	12:30 -
Intermediate Mountain Biking 3:30 p.m.	1 week	Week 1	12:30 -

11:30 a.m.		Week 3	8:30 -
Intro to French Language/Culture	1 week	Week 4	8:30 -
10:30 a.m.			
Intro to Off-Grid Living (Camping Trip)	1 week	Week 1	8:30 a.m.
Mon - 5:00 pm Thurs.			
Introduction to River Guiding	1 week	Week 3 or Week 4	12:30 -
3:30 p.m.			
Low Intensity Fitness	3 weeks	Week 4, 5, & 6	10:30 -
11:30 a.m.			
Mud Master's Clay Experience	3 weeks	Week 1, 2, & 3	12:30 -
2:30 p.m.			
Outdoor Adventures	1 week	Wk 1, Wk 2, or Wk 4	10:30
am - 4:00 p.m.			
Primitive Survival Skills (camping trip)	1 week	Wk 2 or W 3	8:30 a.m.
Mon - 5:00 pm Thurs.			
Rookie Mountain Biking	1 week	Week 1	8:30 -
11:30 a.m.			
		Week 2	12:30 -
		3:30 p.m.	
Rugby for Boys and Girls	3 weeks	Weeks 4, 5, & 6	9:30 -
11:30 a.m.			
Sea Kayaking/Paddle Boarding	1 week	Week 5 or Week 6	8:30 -
11:30 a.m.			
Sweet Harmony	3 weeks	Weeks 1, 2, & 3	12:30 -
1:30 p.m.			
Throwing Kindness/Puppy Love! #1	1 week	Week 4	
8:30 - 11:30 a.m.			
Throwing Kindness/Puppy Love! #2	1 week	Week 5	
8:30 - 11:30 a.m.			
Throwing Kindness/Puppy Love! #3	1 week	Week 6	
8:30 - 11:30 a.m.			
Video Game Design	3 weeks	Weeks 4, 5, & 6	8:30 -
9:30 a.m....or			9:30 -
10:30 a.m.			
What is Leadership?	1 week	Week 1	8:30 -
9:30 a.m.			
Youth Money Matters	2 weeks	Week 1 & 2	
9:30 - 10:30 a.m.			

**Summer Experience Sessions are as follows:**

**Week 1: June 12 - 15**

**Week 2: June 19 - 22**

**Week 3: June 26 - 29**

**Week 4: July 10-13**

**Week 5: July 17 - 20**

**Week 6: July 24 - 27**

# **2017 Summer Experience ----- GMS Course Catalog**

## **Advanced Mountain Biking**

Students will practice advanced riding skills with single track riding, climbing and descending during rides exceeding 15 or more miles. Examples of trails at Hartmans include: Becks, Rocky ridge, Water treatment plant, Jack's trail, and Rattlesnake. Other examples of trails that might be on the riding list include 401, Doctor's park, Strand Hill, and CBMR trails. Qualified leaders will teach basic methods of bike riding, trail etiquette, and bike maintenance. Students will learn and ride various area trails accessible by bike. Students are encouraged to supply their own bikes and helmets. Bikes and helmets are available for participants (please inform Mr. Harris so he can plan accordingly). Students will need to bring their own water bottles, snacks, and sunscreen. Meeting and return location: GMS Mustang Park.

## **Adventurous Farm Overnights**

Spend a day and night on an adventure to a working farm in the North Fork Valley. We'll leave Gunnison at 1pm Thursday and head over Kebler Pass. Upon arrival at the farm, we'll take a tour of the farm to meet the farmers and the animals, and set up camp. Then, be prepared for a little craziness, whether it's a mud war, slack lining, or other fun team building games. At sunset, we'll build a campfire and you'll learn how to prepare and cook nutritious, seasonal, farm-fresh food on cook stoves or over an open fire. The magic on a farm begins early as roosters crow at sunrise and the farm comes to life. Everyone participates in morning chores, chosen and led by the farmer and farmhands, which could include gathering eggs, milking cows, feeding animals, tending crops, and so on. If time on the way back, we will hike on Kebler Pass. We will return to Gunnison by 2:30pm on Friday. Meeting and return location is GMS Mustang Park. STUDENTS MAY ONLY SIGN UP FOR 1 ADVENTUROUS FARM OVERNIGHT TRIP.

## **Basic Archery**

Using Archery in the Schools National curriculum, students learn the 11-steps to successful shooting and will participate in a variety of stations to practice their newly founded skills. All equipment provided. Location: Middle School Gym.

## **Beauty, Fashion, and Runway**

Are you interested in modeling or fashion? How about how to apply trendy makeup looks and hairstyles? Maybe you have been thinking of taking cosmetology courses in high school. If this sparks your interest, then course is for you! This will be a fun way for you to explore and dig deeper into the beauty, fashion, and runway/modeling industries. We will be working together to provide many different techniques and looks for applying makeup, styling hair, and learning more about how to care for our skin. We will learn the skills needed for introductory designing, creating our own clothing line, walking the runway, posing for the camera, and runway auditions. After this course is completed, you will be given the opportunity to showcase what you have learned in a community fashion show. You will be able to choose all or any of the following; applying makeup, styling hair, walking the runway modeling your own or another's design. Location: GMS Library

## **Beginning Band Lessons:**

Get started learning a band instrument! Have you ever watched marching bands and wish you could be a part of that group? Have you ever listened to a band at a basketball game with envy? Have you ever wished that you could play an instrument? Then, this course could be for you. Students will learn the first five or six notes on an instrument, and a few songs that these notes will enable them

play. Instruments offered include flute, oboe, bassoon, clarinet, saxophone, trumpet, French horn, trombone, baritone, tuba and percussion. Interested students should see Mr. Koepsel, the instructor, to find out how and where to acquire an instrument. Lesson books will be available for \$10.00. Learn to play with a small group in a fun setting and a relaxing atmosphere. Location: GMS Band Room.

### **Beginning Band Lessons, Continued...**

Week of July 24th, there will be 3 groups meeting Monday through Friday in the afternoons:

Woodwinds from 1:00 to 2:00 PM

Percussion from 2:00 to 3:00 PM

Brass from 3:00 to 4:00 PM

Week of August 7, there will be 6 groups meeting Monday through Friday during the day:

Flutes and Oboe from 9:00 to 10:00 AM

Trumpets from 10:00 to 11:00 AM

Trombones, Bassoon, Baritone and Tuba from 11:00 AM to 12:00 Noon

Clarinets from 1:00 to 2:00 PM

### **Cake Decorating**

A fun, hands-on introductory course for the beginner baker (both girls AND boys!) who would love to learn the life-long skills of how to make and decorate cakes. Explore how to successfully bake at altitude, learn how to construct a layered cake from start to finish, and then execute a finished cake of your choosing. As part of this course you will receive a beginner's set of cake decorating tools to bring home at the end of the course. Location: GMS Life Skills Room.

### **Chopped!**

Chopped is a popular show on the food network. Just like in Chopped, 3 teams will receive a basket with 3 to 4 items and they are expected to create something edible for their classmates. There will be a fourth rotating group of judges for the day who will judge who had the most tasty dish and incorporated all items from their baskets into the dishes. Two categories will be cooked. Main dish and desert. Judges get to cook something edible for the entire group. Students will have access to a "pantry" and to cook books. Game on.! Course location: GMS Life Skills Room.

### **Cooking With 4 Ingredients:**

Learning to cook with 4 ingredients. Students will use recipes that use only up to only 4 ingredients to make a delicious meal. Students will prepare and eat these meals they create. On the fourth day, the students will choose the menu to be cooked from the array of recipe books available. Students will also bring home all the recipes in a recipe box you create. Location: GMS Life Skills Room.

### **Farm To Table Cooking**

Middle School chefs get an opportunity to cook a farm-fresh meal from the ground up using in- season, locally grown ingredients. Spend the afternoon exploring recipes, using fresh ingredients from the source. Create kid-friendly menu items from scratch, and bring the recipe home to share with your family for future meals! Potential menu items may include pizza, pasta, homemade mini pies, yogurt and cheese, omelets, and much more. If you have any dietary restrictions, please inform this course contact. We will be able to accommodate any and all restrictions if we are made aware of them ahead of time. Location: GMS Life Skills Room.

### **High Intensity Fitness For The Athlete**

This course is a 2-week high-intensity conditioning program, modified for the middle school athlete and/or fitness enthusiast. Workouts are concentrated toward improving core strength, cardiorespiratory

system, muscular strength, muscular endurance, and flexibility needed for vigorous activities. There will also be focus on coordination, agility, power, balance and stability through proper form and technique. Participants must be able to run at least 10 minutes without stopping. Location: GMS gym

### **Hiking**

Grab your backpack, water bottle, raincoat, & friends and head out for some hiking fun! Students will learn basic trail skills and enjoy hiking a different trail each afternoon. Have your towel handy also - on a hot day, a cool dip in a stream, river, or lake might be in order! Meeting and return location: GMS Mustang Park.

### **Intermediate Mountain Biking**

Students practice intermediate riding skills with single track riding while climbing and descending during rides exceeding 10 or more miles. Examples of trails at Hartmans for this group would include: Becks, Rocky ridge, Water treatment plant, Jack's trail, and Rattlesnake. Qualified leaders will teach basic methods of bike riding, trail etiquette, and bike maintenance. Students will learn and ride various area trails accessible by bike. Students are encouraged to supply their own bikes and helmets. Bikes and helmets are available for participants (please inform Mr. Harris so he can plan accordingly). Students will need to bring their own water bottles, snacks, and sunscreen. Meeting and return location: GMS Mustang Park

### **Introduction to French Language and Culture**

In this one-week immersion-style course, students will gain basic conversational skills in French as well as an understanding of French culture, including cuisine and history. Being immersed in a foreign language is a fun, challenging and natural way to learn quickly. Location: GMS 1st floor - Mrs. Pollards Room.

### **Introduction to Off-Grid Living (Camping Trip)**

We will camp at Wellington Lake in Bailey, CO. It is a beautiful Lake with an old rustic cabin beside it. Within this week you will learning about Leave No Trace, camp site ethics, hiking ethics, cooking on a pot-belly stove, along with all of the lessons of living off-grid! Meeting and return location: GMS Mustang Park.

### **Introduction to River Guiding**

Qualified leaders will teach basic river navigation, water safety, and boat maneuvering. This course introduces young participants to the skills needed to become a whitewater raft guide. Students will spend most of their time boating on the river. All river equipment and transportation is provided. Students will need to bring their own water bottles, snacks, sunscreen and jacket. Meeting and return location is GMS Mustang Park. STUDENTS MAY ONLY SIGN UP FOR 1 WEEK OF THIS COURSE.

### **Low Intensity Fitness**

Improve your health and have fun! This 3-week course is a conditioning program to improve fitness. Workouts are concentrated toward improving core strength, cardiorespiratory system, muscular strength, muscular endurance, and flexibility needed for activities. There will also be focus on coordination, agility, power, balance and stability through proper form and technique. Location: GMS gym.

## **Mud Master's Clay Experience**

Get ready to get your hands in clay! In this 3-week course, students will use slab building, coiling and other techniques to make functional pieces such as mugs, plates and bowls. We'll also get those creative juices flowing while creating individual clay totems. All of the work will be kiln-fired, glazed, and fired again, before we add all the extras to come away with wonderful works of art! Location: GMS art room.

\*Students may be required to pick up finished work during Week 4 (July 10 - 13) as some pieces may not be fired by the end of the session.

## **Outdoor Adventures**

This course gives students an opportunity to try some of the amazing recreational opportunities we have here in Gunnison! We will cook our own food with Mt. Roots, we will rock climb and mountain bike at Hartman Rocks, and we will stand up paddle board at Blue Meas. It will be four days of adventure and fun! (The July week we will be rafting instead of cooking). Meeting and return locations: GMS Mustang Park. STUDENTS MAY ONLY SIGN UP FOR 1 WEEK OF THE OUTDOOR ADVENTURE COURSE.

## **Primitive Survival Skills (camping trip)**

We will be camping at Taylor Reservoir. Within this week you will learn about knots, lashing, edible plants, how to build a shelter and fire; camp site ethics, hiking ethics, cooking and cleaning, along with lessons and hardships of primitive survival. This course is designed for the experienced camper. Students will meet and return to the GMS Mustang Park. STUDENTS MAY ONLY SIGN UP FOR 1 WEEK OF THE OUTDOOR ADVENTURE COURSE.

## **Rookie Mountain Biking:**

This course is designed to introduce students to single track riding. Students will navigate moderate climbs and descends during rides shorter than 10 miles. Examples of trails at Hartmans for this group would include: McCabes, Buddy bear, Broken shovel, Sea of sage, and the Luge. Qualified leaders will teach basic methods of bike riding and trail etiquette. Students are encouraged to supply their own bikes and helmets. Bikes and helmets are available for participants (please inform Mr. Harris so he can plan accordingly). Students will need to bring their own water bottles, snacks, and sunscreen. Course meets and ends at GMS Mustang Park.

## **Rugby for Boys and Girls**

Participants will receive a brief history and learn the basic skills and rules of the game. They will compete against each other in the flag-belt pulling version of the game. Location: GMS football field.

## **Sea Kayaking and Stand Paddle Boarding**

Explore Blue Mesa Reservoir on Sea Kayaks and Stand Up Paddle Boards! Wilderness Pursuits will provide all the required equipment and instruction for this course. All levels of experience are welcome! Meeting and return location: GMS Mustang Park. STUDENTS ARE MAY ONLY TAKE 1 WEEK OF THIS COURSE.

## **Sweet Harmony**



Girls only! Do you love to sing? This 3-week course is your chance to see what an all girls' choir is like! Sing in 2 and 3 part harmony, try songs from other cultures, and invite your parents for a mini concert at the end! Location: GMS choir room.

### **Throwing Kindness Like Confetti and a Little Bit of Puppy Love! Take 1!!**

During this course, you will engage in the contagious effects of kindness. Kindness for yourself and your community. Why kindness? The action of kindness predicts future success, is an important competitive skill set and it creates “social contagion”, where all those involved, and those watching, benefit from the release of feel good chemicals within the brain. You will have the opportunity to participate in a variety of activities which may include, and are not limited to: “I” Constitution writing, the creation of vision boards, gratitude journaling, student generated random acts of kindness, community service, letter writing, interactive games, exercising, the creation of kindness videos and/or planning and building of “buddy benches”. Students may also have the opportunity to initiate socialization and begin basic training of a future community and school therapy Newfoundland puppy. As weather and time permits, we will be outdoors and in the Gunnison community. Although this is a single week course, you may also be interested in the Week 5 and 6 courses also! This course will meet upstairs in GMS - Mrs. Childerston (Chili) room.

### **Throwing Kindness Like Confetti and a Little Bit of Puppy Love! Take 2!!**

Second week offering-ALL NEW ACTIVITIES NO NEED FOR WEEK 1 PARTICIPATION TO ENROLL:

- See above for course description
- Although this is a single week course, you may also be interested in the Week 4 and 6 courses also! This course will meet upstairs in GMS - Mrs. Childerston (Chili) room.

### **Throwing Kindness Like Confetti and a Little Bit of Puppy Love! Take 3!!**

Third week offering-ALL NEW ACTIVITIES NO NEED FOR WEEK 1 OR 2 PARTICIPATION TO ENROLL:

- See above for course description
- Although this is a single week course, you may also be interested in the Week 4 and 5 courses also! This course will meet upstairs in GMS - Mrs. Childerston (Chili) room.

### **Video Game Design**

Do you love playing video games? Would you like to create your own games? This 3-week course will use online resources to learn the basics of video game design. Instead of just playing games, create your own! Location: GMS Library Computer Lab.

### **What is Leadership?**

Discussion of Leadership styles and the importance of each. Location: GMS 1st floor - Mr. Dunda's Room.

### **Youth Money Matters**

Discussing the importance of saving and budgeting money. Location: GMS 1st floor - Mr. Dunda's Room.