

Academy Descriptions - Fall 2021

Monday

Core Golf (K-2nd)

Core Golf teaches children golf, athleticism, and life skills in a safe and fun holistic learning environment, with beginner-oriented golf equipment. During these academies, children will learn foundational golf skills such as full swing, putting, chipping, and pitching. Along with golf skills, children will learn how to become better athletes and valuable life skills such as respect, sportsmanship, and perseverance.

3:00-4:00

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$175)

Session 2: 10/25, 11/1, 11/8, 11/15, 11/29 (\$175)

Led by Max Sabo from Core Golf

Developmental Play (PK-K)

Join our licensed occupational therapist for specialized play to challenge and develop your child!! Children learn and develop through PLAY. This academy focuses on providing appropriate developmental challenges, all while having fun. Your child will work on his/her gross motor, fine motor, visual motor and executive function skills through obstacle courses, crafts, and games. The best part, kids will be challenged and learn without even realizing it.

2:45-3:45

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$250)

Session 2: 10/25, 11/1, 11/8, 11/15, 11/29 (\$250)

Led by Dr. Dominique Kiefer

Friendship Island (1st-6th)

Sail the Seas (Cs) to "Friendship Island" and discover your full potential with your captain, Mrs. Grenci. The voyage will take you through seven seas (Cs): caring, consideration, commitment, communication, concern, curiosity, and cooperation. You will survive team building games and activities. You will explore literature, movies, and music about friendship. You will create tokens to remind you of your journey. Join alone and make new friends or bring friends to form stronger relationships.

3:30-4:15

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$135)

Session 2: 10/25, 11/1, 11/8, 11/29 (\$110)

Led by Ingrid Grenci

Fun with Food (PK-K)

As a kid, did anyone ever tell you to stop playing with your food?

"Playing with your food" by creating food art is a great way to introduce healthy foods in a fun and interactive way. What is food art? It's fun, creative and delicious!

****Please note ingredients containing gluten, nuts, and dairy will be used.**

2:45-3:45

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$195)

Session 2: 10/25, 11/1, 11/8, 11/15, 11/29 (\$195)

Led by Catherine Johnson

Girls ReCode (Girls: 3rd-6th)

Girls ReCode is a student-run organization that aims to bridge the gender gap in Computer Science and STEM by teaching young girls how to code. This fall, Girls ReCode's LHP Chapter Club that consists of Upper School girls, invites 3rd-6th grade girls to learn game development with the programming platform Scratch. This academy will also include special hands-on computer science activities! No prior coding experience is required!

3:30-4:30

Session 1 Only: 9/13, 9/20, 9/27, 10/4, 10/18 (\$200)

Led by the US Club: Girls ReCode and Jennifer Baselice

Holiday Gift Making (PK)

"The present you give to another, Need not be a costly thing. If you have tucked some love inside, Before you tie the string!" - Author Unknown

Gift giving can be lots of fun especially when the gifts are made by the loving hands of your child. During this academy, the children will make a variety of gifts that can be given to both family members and friends. They will also wrap and label the gifts for a finished product. This is a wonderful opportunity for the children to express their creativity and desire to give gifts to the people they love... all while having fun with friends! The children will create a new gift each session. Get a head start on your holiday gifts now!

2:45-3:30

Session 2 Only: 10/25, 11/1, 11/8, 11/15, 11/29 (\$210)

Led by Sue Koch

I Heart Art (1st-2nd)

It's time for an extra dose of heART! Join us for this mixed-media art workshop filled with painting, drawing, sculpture, collage, and more for the art lover! As we experiment with new materials, discuss artwork, and create process-focused art, children learn to verbally and visually communicate feelings and ideas, gain attention to detail and nuance, and enhance their sensory development. Let's get making!

3:00-4:00

Semester: 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, ~~11/4~~, 11/8, 11/15, 11/29, 12/6 (\$330)

Led by Jackie Juaristi

iPadography (5th-6th) **CANCELLED**

Discover how to take stunning photos with your Apple iPad. The simple approach to iPadography is perfect for helping children learn to see the world as a photographer. Using nature, math, and a keen artist's eye, children will learn how to compose a photo and use apps to transform it into an incredible work of art. LHPS iPads will be used for this academy. Finally, we will turn your favorite photo into art by printing it on canvas. Sign up today and find the photographer in you!

3:15-4:15

Session 1 Only: 9/13, 9/20, 9/27, 10/4, 10/18 (\$195)

Led by Pamela Greening

Mindfulness and Yoga (PK-K)

Mindfulness and Yoga is an exploration and education of the journey of the body, mind, spirit and self for students of all ages. The practice of yoga is designed to strengthen, align and balance the body, focus the mind and to soothe and recharge the nervous system. Students will learn how to move gracefully, breathe smoothly and deeply, sustain their focus and concentration by developing strength, flexibility, mental clarity and emotional stability. Students may bring their own mats or borrow from the instructor.

2:30-3:15

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$145) ****CANCELLED****

Session 2: 10/25, 11/1, 11/8, 11/15, 11/29 (\$145) ****CANCELLED****

Led by Kym Perritt

Mindfulness and Yoga (1st-5th)

Mindfulness and Yoga is an exploration and education of the journey of the body, mind, spirit and self for students of all ages. The practice of yoga is designed to strengthen, align and balance the body, focus the mind and to soothe and recharge the nervous system. Students will learn how to move gracefully, breathe smoothly and deeply, sustain their focus and concentration by developing strength, flexibility, mental clarity and emotional stability. Students may bring their own mats or borrow from the instructor.

3:30-4:15

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$145) ****CANCELLED****

Session 2: 10/25, 11/1, 11/8, 11/15, 11/29 (\$145) ****CANCELLED****

Led by Kym Perritt

Passion Pursuit (2nd-4th)

Is there something that you are super passionate about? Is there something you want to learn more about? During Passion Pursuit, students will have the opportunity to design with creative projects centered around what matters most to them. Each individual student will be given the time and resources to dig deeper into something they are most passionate about. We look forward to helping you learn and grow!

3:00-4:00

Session 2 Only: 10/25, 11/1, 11/8, 11/15, 11/29 (\$195)

Led by Drew Shaner

Soccer (1st-3rd)

FC Highland features the highest level of soccer coaches in Orlando. The club is run by ex-professional players Jeremy Christie, Giles Barnes, Khano Smith and current pro Toni Pressley. All hold or are currently completing either their USSF A or B coaching licenses. They are all members of the Lake Highland Prep varsity soccer coaching staff. They have studied and researched youth training academies at some of Europe's top clubs. They now bring these training methods to the LHP Soccer academy. Training sessions will be designed to teach the basic skills and mechanics needed to start building the foundations of a soccer player. This will be done in a fun environment that also teaches valuable life lessons that are part of the Highlander way. Lead coach Jeremy Christie played professionally from 1999-2013. He played for the New Zealand National Team from 2005 - 2013 including the 2009 Confederations Cup and the 2010 World Cup. He became Lake Highland Prep Head Coach for the 2017/18 season and in the 2018/19 season Christie coached LHP to their first ever boys soccer State Championship. He was named Florida 2A soccer coach of the year, Florida Private/Parochial School coach of the year, and was selected to coach in the All-American High School soccer showcase game alongside USA soccer legends Brian McBride and Taylor Twellman.

NOTE: Students may bring cleats and/or shin guards, but it is not necessary.

Lake Highland's soccer academy is run by FC Highland. This year, building on the academies progress, success and development, FC Highland have opened up their development league games on Saturday Mornings to LHPS academy students. This provides a great outlet and opportunity for students to put their skills to the test in game settings each week and build on all they have learned in their sessions.

The development league runs every Saturday morning from September 18th to November 6th at Trotter's Park, Lee Road, Orlando. There is an additional fee of \$150 for the development league. Places must be booked in advance, you can do this by contacting Rebecca Clements; rclements@fchighland.com

3:30-4:15

Session 1: 9/13, 9/20, 9/27, 10/4, 10/18 (\$175)

Session 2: 10/25, 11/1, 11/8, 11/15, 11/29 (\$175)

Led by FC Highland

Tennis (3rd-5th)

We are excited to offer tennis again for the Fall term! We teach the fundamentals of tennis to all levels from the beginner to intermediate. Stroke production, service, and volleys are all backed by match play depending on the skill level. We will be teaching the game of tennis, good sportsmanship, and most important...FUN!

NOTE: Students may bring their own racquet if they have one. If not, one will be provided to use during their Academy time.

3:15-5:30

Full Semester: 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29 (\$505)

Led by Dave Dickinson and Ginny Reeter

We Run for Fun (1st-2nd)

We Run for Fun is a life-changing, experiential learning program for boys and girls. The running program prepares kids for running the mile in PE or any kids races in Central Florida. Our goals are to encourage positive emotional, social, mental and physical development. Kids will also earn running charms for every mile they run!!!

3:00-3:45

Session 2 Only: 10/25, 11/1, 11/8, 11/15, 11/29 (\$180)

Led by Christina Sahr and Mary Buckley

Tuesday

Academy Singers (3rd) **CANCELLED**

Welcome back 3rd Grade Academy Singers!

This group is for all 3rd grade students and will meet a few **Tuesdays** each month. The goal is to develop a quality sound, and to create captivating, and really fun, performances! 3rd Grade Academy Singers will have two performances during the fall season:

- ❖ **A Game Night** performance of the National Anthem for a home LHP Football game (tentatively in September).
- ❖ In November, you will take the stage for our annual **Veterans Day Salute!**

General Details for the Fall semester:

Each participant will be provided with costumes and/or a t-shirt, but will need to provide the following items for themselves: dark black jeans (pants only), black sneakers and black socks. Shoes are to be of the athletic type with rubber soles. Please adhere for safety and uniformity. Please, no exceptions.

All after-school rehearsals are **on Tuesdays from 3:15-4:15pm** on the following dates:

9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, and 11/9 (\$345)

Additional rehearsals include the football game day performance (TBD) and during the school day the week of November 8th for the Veterans Day salute.

All after-school rehearsals include snacks and drinks! Pizza will be provided for the Game Day and Veterans Day performances. Our fall registration includes all Thursday rehearsals, singers masks, costumes/t-shirt, snacks, and pizza for the two performance day events.

Led by Heather Di Stefano

Adventures in Clay (4th-8th)

Get creative with basic hand-building techniques to model an array of pots, animals and slab boxes. Experiment with contemporary techniques for surface decoration and glazing to create lasting treasures. Focus will be on the process and the enjoyment of exploring, working and creating with your hands in clay.

3:15-4:15

Session 1: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (\$230)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$205)

Led by Pamela Greening

Bicycling Fun (K-1st)

If your child enjoys the outdoors, and especially riding bicycles, this academy is for you. We will learn bicycle safety and riding etiquette (rules of the road) and ride on the urban trail and visit local sites in the area. This academy is sure to make you hit the trails. Children must be able to ride at least a mile without training wheels. Water bottles must be attached to the child's bike.

3:15-5:00

Semester: 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9 (\$350)

Led by Betsy Eveland

Big Dreams Bloom (girls: PK-K) **CANCELLED******

Emily Blomquist, former iLab Coordinator (and former student!) at LHP is the founder of Big Dreams Bloom, a girls empowerment program focused on learning about influential women in HERstory.

Although Big Dreams Bloom is a virtual program that aims to connect girls across the country, "virtual gal pals," Mrs. Blomquist is offering two special *in-person workshop* opportunities this fall just for the girls at Lake Highland!

Your daughter might not know the stories of these influential women now, but after engaging in hands-on STEM projects, science experiments, and art activities, she will soon discover why they made HERstory! Big Dreams Bloom and the stories of these women will inspire your daughter to make her own big dreams bloom!

Be sure to check out our virtual program and more at www.bigdreamsbloom.com

2:45-3:45

Tuesday, 9/21 (\$80)

Tuesday, 11/2 (\$80)

**Content will not be repeated and students may be registered for both.*

Led by Emily Blomquist

Executive Function Skills- BOTQ (4th)

Hey 4th graders, let's tackle your Book of the Quarter project together! This academy is run by our licensed occupational therapist and focuses on the development of executive function skills while working on their quarterly project. Students will learn how to plan out and organize a project, manage time and work towards task completion. Additional executive function skills such as mental flexibility, working memory and desk/supply organization will also be addressed.

3:30-4:30

Semester: 9/14, 9/21, 9/28, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30 (\$475)

Led by Dominique Kiefer

Fun with Food (PK-K)

As a kid, did anyone ever tell you to stop playing with your food?

"Playing with your food" by creating food art is a great way to introduce healthy foods in a fun and interactive way. What is food art? It's fun, creative and delicious!

****Please note ingredients containing gluten, nuts, and dairy will be used.**

2:45-3:45

Session 1: 9/14, 9/21, 9/28, 10/5, 10/19 (\$195)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$195)

Led by Catherine Johnson

Holiday Gift Making (K)

"The present you give to another, Need not be a costly thing. If you have tucked some love inside, Before you tie the string!" - Author Unknown

Gift giving can be lots of fun especially when the gifts are made by the loving hands of your child. During this academy, the children will make a variety of gifts that can be given to both family members and friends. They will also wrap and label the gifts for a finished product. This is a wonderful opportunity for the children to express their creativity and desire to give gifts to the people they love... all while having fun with friends! The children will create a new gift each session. Get a head start on your holiday gifts now!

2:45-3:30

Session 2 Only: 10/26, 11/2, 11/9, 11/16, 11/30 (\$210)

Led by Sue Koch

I Heart Art (PK-K)

It's time for an extra dose of heART! Join us for this mixed-media art workshop filled with painting, drawing, sculpture, collage, and more for the art lover! As we experiment with new materials, discuss artwork, and create process-focused art, children learn to verbally and visually communicate feelings and ideas, gain attention to detail and nuance, and enhance their sensory development. Let's get making!

2:45-3:45

Semester: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30 (\$355)

Led by Jackie Juaristi

Students may sign up for Tuesday **or Thursday, as content will repeat.*

Irish Dancing (1st-5th)

Faillte! At the Finnegan Academy of Irish Dance, we aspire to ignite a love of Irish Culture through learning the art of Irish Dance. We see every student as an individual shining star, to be encouraged and celebrated. Our academy prides itself on tailoring instruction to compliment each individual student's dancing style, thus equipping each dancer with a world class skill set to reach their personal Irish dance goals. The Finnegan Academy offers Irish Dance instruction by authentic, world class, certified, professional and vastly experienced Irish Dance Instructors. Each Finnegan Academy Irish Dancer is afforded the opportunity, if desired, to partake in recitals, events, Saint Patrick's Day parades and celebrations and once comfortable to do so are also granted many opportunities to compete both nationally and internationally. Whether you want to learn to Irish Dance just for fun or you have aspirations of one day being a dancer in Riverdance, the Finnegan Academy of Irish Dance can't wait to begin that journey with you.

***Shoes are highly suggested for the Academy but only mandatory if students wish to partake in performances and events with Finnegan Academy of Irish Dance.*

3:15-4:00

Session 1: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (\$290)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$250)

Led by Amanda Finnegan of Finnegan Academy of Irish Dance

Logic Games for Fun (3rd-5th)

It's time to play games together! Logic games help children develop their logic and spatial skills while having fun with their friends. In this academy we will learn the basics of chess and several other traditional and innovative strategy games. Together we will explore fun ways to engage our brains while emphasizing cooperation and learning together.

3:30-4:30

Session 1: 9/14, 9/21, 9/28, 10/5, 10/19 (\$170)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$170)

Led by Heather Walker

SAT/ACT Prep (11th-12th)

In a small group setting, this academy provides monitored practice sessions for the SAT and ACT standardized exams. Classes will run from 4:00-5:30pm and alternate each week from Math and English portions. This academy includes:

- *Introduction to the SAT and ACT,

- *Test specific strategies

- *Individual skill coaching

- *Practice tests

- *Progress tracking to identify areas for improvement

- *Direct and guided instruction

- *Review of major content topics.

- *Students must have completed Algebra II to qualify for the class.*

- *This fee does not include the practice books linked below which will need to be purchased separately.**

[SAT Book Link](#)

[ACT Book Link](#)

4:00-5:30

Semester: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30 (\$525)

Led by Lauren Casebolt and Amanda Jones

Soccer (PK-K)

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Note: Students do not need to bring any equipment.

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2:30-3:15

Session 1: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (\$205)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$175)

Led by FC Highland

Soccer (1st-3rd)

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NOTE: Students may bring cleats and/or shin guards, but it is not necessary.

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2:30-3:15

Session 1: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (\$205)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$175)

Led by FC Highland

Spirit Club (PK-K)

Does your PK/ K child have spirit, energy and a love for supporting their favorite sport or event? If so, we may have the perfect academy just for them! This fall join us for the LHP Spirit Club! The classes will include several cheerleading elements like cheers, dance, stunts, stretches, and jumps. Combining all of

these elements, the spirit club will put a routine together to showcase to parents at the end of the academy.

There will be plenty of team building and positive reinforcement that will be fun and empowering. The LHP Spirit Club will be run by Rebecca Clements who has coached cheer for over 12 years. She is USASF certified in levels 1-5 and she holds her UK Cheer qualifications (BGU levels 1-5), as well as being an accredited coach through the British Cheer Association. She is also a member of SportCheer Wales and holds her first aid qualification for sport.

2:30-3:15

Session 1: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (\$155)

Session 2: 10/26, 11/2, 11/9, 11/16, 11/30 (\$135)

Led by Rebecca Clements

Tennis (3rd-5th)

We are excited to offer tennis again for the Fall term! We teach the fundamentals of tennis to all levels from the beginner to intermediate. Stroke production, service, and volleys are all backed by match play depending on the skill level. We will be teaching the game of tennis, good sportsmanship, and most important...FUN!

NOTE: Students may bring their own racquet if they have one. If not, one will be provided to use during their Academy time.

3:15-5:30

Full Semester: 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30 (\$550)

Led by Dave Dickinson and Ginny Reeter

Wednesday

Design & Play- The Maker Way

A fun afternoon of building and design will be the best way to end each Wednesday! Students will use their creativity and imagination while problem solving with 21st Century Skills. Lego, and Lego Dots, clay, wooden blocks, and endless interesting, upcycled items will be provided so each child can plan, build, revise, and redesign their unique and fun creations. Each month the design challenge will be themed and changed and all the amazing "Creations" will come home to be presented after a mini design "charet" with the Student Maker Team. Creativity, Communication, Collaboration and Critical Thinking will be skills highlighted and developed each session.

2:45-3:30

Semester: 9/15, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 (\$250)

Led by Renee Watts

Gardening (3rd-6th)

Winter and Spring offers Florida gardeners their best vegetable growing seasons and is a great time for kids to explore the outdoors. We will plant a variety of vegetables in our school garden and care for them as they grow. We will visit some of the wildlife that winters in specially designed habitats on campus and learn about ways to support the wildlife in our backyard. Children will also get a chance to sample vegetables and herbs.

3:30-4:30

Semester: 9/15, 9/29, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1 (\$305)

Led by Heather Walker

Handwriting & Homework Developmental Skills (1st-2nd)

Run by our licensed occupational therapist, this academy focuses on your child's handwriting and executive function skills (planning, time management and working memory). Your child will learn proper handwriting mechanics in fun & engaging ways, complete their homework, and play on obstacle courses and swings in the OT gym. The occupational therapist will also check-in with your child and teacher once per week during academic writing time to ensure that handwriting and executive function skills are carrying over into the classroom.

3:00-4:00

Semester: 9/15, 9/29, 10/6, 10/27, 11/3, 11/10, 11/17 (\$340)

Led by Dr. Dominique Kiefer

Holiday Gift Making (1st)

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Gift giving can be lots of fun especially when the gifts are made by the loving hands of your child. During this academy, the children will make a variety of gifts that can be given to both family members and friends. They will also wrap and label the gifts for a finished product. This is a wonderful opportunity for the children to express their creativity and desire to give gifts to the people they love... all while having fun with friends! The children will create a new gift each session. Get a head start on your holiday gifts now!

3:00-3:45

Session 2 Only: 10/27, 11/3, 11/10, 11/17, 12/1 (\$210)

Led by Sue Koch

Mindfulness and Yoga (PK-K) **CANCELLED**

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2:30-3:15

Semester: 9/15, 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1 (\$240)

Led by Kym Peritt

Mindfulness and Yoga (1st-5th)

Mindfulness and Yoga is an exploration and education of the journey of the body, mind, spirit and self for students of all ages. The practice of yoga is designed to strengthen, align and balance the body, focus the mind and to soothe and recharge the nervous system. Students will learn how to move gracefully, breathe smoothly and deeply, sustain their focus and concentration by developing strength, flexibility, mental clarity and emotional stability. Students may bring their own mats or borrow from the instructor.

3:30-4:15

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Led by Kym Perritt

Pottery Projects (1st-3rd)

No kiln, no problem! You don't need expensive pottery equipment to be creative with clay. Join us as we experiment with different types of clay and pottery materials that you can create from anywhere. Students will have a great time learning pottery skills without the use of costly equipment so they can continue their clay journey at home long after the academy has ended. Are you ready to get your hands a little dirty and have a lot of fun?

3:30-4:30

Semester: ~~9/15~~, 9/29, 10/6, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8 (\$275)

Led by Kara Dobrowolski

Room on a Broom & Elf on a Shelf (1st-6th)

Create seasonal keepsakes for a haunting Halloween and a cheerful Christmas! Halloween creations will include crafts involving ghosts, pumpkins and witches. Elf On the Shelf will include crafts of Santa, Elves, and Christmas trees! We love to make "big" projects, so be sure to bring some spooky and some jingly energy!

3:15-4:15

Semester: 9/15, 9/29, 10/6, 10/27, 11/10, 11/17 (\$230)

Led by Pamela Greening

Soccer (PK-K)

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Note: Students do not need to bring any equipment.

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The development league runs every Saturday morning from September 18th to November 6th at Trotter's Park, Lee Road, Orlando. There is an additional fee of \$150 for the development league. Places must be booked in advance, you can do this by contacting Rebecca Clements; rclements@fchighland.com

2:30-3:15

Semester: 9/15, 9/29, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1 (\$295)

Led by FC Highland

Soccer (3rd-5th)

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NOTE: Students may bring cleats and/or shin guards, but it is not necessary.

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3:30-4:15

Semester: 9/15, 9/29, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1 (\$295)

Led by FC Highland

Tennis (1st-5th)

We are excited to offer tennis again for the Fall term! We teach the fundamentals of tennis to all levels from the beginner to intermediate. Stroke production, service, and volleys are all backed by match play depending on the skill level. We will be teaching the game of tennis, good sportsmanship, and most important...FUN!

NOTE: Students may bring their own racquet if they have one. If not, one will be provided to use during their Academy time.

3:15-5:30

Full Semester: 9/15, 9/29, 10/6, 10/13, 10/27, 11/3, 11/10, 11/17, 12/1 (\$460)

Led by Dave Dickinson and Ginny Reeter

Thursday

Academy Singers: 901 North (boys: 4th-6th) **CANCELLED******

It's Back! 901 North...a fun and exciting troupe just for boys!

901 North is just for the guys in 4th, 5th, and 6th grade and will meet a few Thursdays each month. The goal is to develop a quality sound, and to create captivating, and really fun, performances! 901 North boys will have two performances during the fall season:

- A *Game Night* performance of the National Anthem for a home LHP Football game (tentatively in September).
- In November, the boys will take the stage for our annual *Veterans Day Salute!*

General Details for the Fall semester:

Each participant will be provided with costumes and/or a t-shirt but will need to provide the following items for themselves: dark black jeans (pants only), black sneakers and black socks. Shoes are to be of the athletic type with rubber soles and be completely white. No colors, please. Please adhere for safety and uniformity. Please, no exceptions.

All after-school rehearsals are on Thursdays from 3:15-4:30pm on the following dates:

9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 11/4 (\$365)

11/11 is our Annual Veterans Day Salute so there will be no after school rehearsal this day.

Additional rehearsals include the football game day performance (TBD) and during the school day the week of November 8th for the Veterans Day salute.

All after-school rehearsals include snacks and drinks! Pizza will be provided for the Game Day and Veterans Day performances. Our fall registration includes all Thursday rehearsals, singers' masks, costumes/t-shirt, snacks, and pizza for the two performance day events.

Led by Delicia Egerton

Big Dreams Bloom (girls: 1st-5th)

Emily Blomquist, former iLab Coordinator (and former student!) at LHP is the founder of Big Dreams Bloom, a girls empowerment program focused on learning about influential women in HERstory.

Although Big Dreams Bloom is a virtual program that aims to connect girls across the country, "virtual gal pals," Mrs. Blomquist is offering two special *in-person workshop* opportunities this fall just for the girls at Lake Highland!

Your daughter might not know the stories of these influential women now, but after engaging in hands-on STEM projects, science experiments, and art activities, she will soon discover why they made HERstory!

Big Dreams Bloom and the stories of these women will inspire your daughter to make her own big dreams bloom!

Be sure to check out our virtual program and more at www.bigdreamsbloom.com

3:15-4:45

Thursday, 9/23 (\$105)

Thursday, 11/4 (\$105)

**Content will not be repeated and students may be registered for both.*

Led by Emily Blomquist

Cheer Club (3rd-6th)

Come learn the fundamentals of Cheerleading! We will learn proper formations to help us as we master basic cheers and a routine that we will perform at an LHPS sporting event (more info to come at a later date).

3:30-4:15

Session 1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 (\$175)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$155)

Led by Megan Maerkl

Holiday Gift Making (2nd)

"The present you give to another, Need not be a costly thing. If you have tucked some love inside, Before you tie the string!" - Author Unknown

Gift giving can be lots of fun especially when the gifts are made by the loving hands of your child. During this academy, the children will make a variety of gifts that can be given to both family members and friends. They will also wrap and label the gifts for a finished product. This is a wonderful opportunity for the children to express their creativity and desire to give gifts to the people they love... all while having fun with friends! The children will create a new gift each session. Get a head start on your holiday gifts now!

3:00-4:00

Session 2 Only: 10/28, 11/4, 11/11, 11/18, 12/2 (\$225)

Led by Sue Koch

I Heart Art (PK-K)

It's time for an extra dose of heART! Join us for this mixed-media art workshop filled with painting, drawing, sculpture, collage, and more for the art lover! As we experiment with new materials, discuss artwork, and create process-focused art, children learn to verbally and visually communicate feelings and ideas, gain attention to detail and nuance, and enhance their sensory development. Let's get making!

2:45-3:45

Semester: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 11/4, 11/11, 11/18, 12/2 (\$330)

Led by Jackie Juaristi

Students may sign up for Tuesday **or Thursday, as content will repeat.*

Mindfulness and Yoga (PK-K)

Mindfulness and Yoga is an exploration and education of the journey of the body, mind, spirit and self for students of all ages. The practice of yoga is designed to strengthen, align and balance the body, focus the mind and to soothe and recharge the nervous system. Students will learn how to move gracefully, breathe smoothly and deeply, sustain their focus and concentration by developing strength, flexibility, mental clarity and emotional stability. Students may bring their own mats or borrow from the instructor.

2:30-3:15

Session 1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 (\$165)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$145)

Led by Kym Perritt

Mindfulness and Yoga (1st-5th)

Mindfulness and Yoga is an exploration and education of the journey of the body, mind, spirit and self for students of all ages. The practice of yoga is designed to strengthen, align and balance the body, focus the mind and to soothe and recharge the nervous system. Students will learn how to move gracefully, breathe smoothly and deeply, sustain their focus and concentration by developing strength, flexibility, mental clarity and emotional stability. Students may bring their own mats or borrow from the instructor.

3:30-4:15

Session 1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 (\$165)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$145)

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2:30-3:15

Session 1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 (\$205)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$175)

Led by FC Highland

Soccer (1st-3rd)

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3:30-4:15

Session 1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 (\$205)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$175)

Led by FC Highland

STEM Building (3rd-4th)

Students are invited to explore, design, and build simple machines in creative ways with Legos© and other materials. Students will have fun challenging themselves to build towers, different types of load bearing bridges and lift machines. Students will engage in projects that help them learn to plan and anticipate a final design. Together we will work on learning from failures and adapting to address challenges.

3:30-4:45

Session 1: 9/16, 9/23, 9/30, 10/7, 10/21 (\$215)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$215)

Led by Heather Walker

Story Building: Once Upon a Time (1st-2nd)

For students who are full of stories! Perfect for dreamers writing their first story as well as experienced young writers who want to develop their skill set and be challenged in a fun, energetic and creative environment. This academy is perfect for the budding storyteller.

We'll discuss the elements and structure of a story, creating and defining characters and settings, and how to both give and receive helpful critique. Above all, though, students will be encouraged to have fun and treat writing as a form of play. This is a great, gentle class to introduce younger students to the concept of creative writing or to remind reluctant writers that not all writing has to be academic in nature! Each week, students will participate in a lesson focused on different elements of writing. They'll then apply this knowledge as they work on a single short story throughout the entire six-week period and finish with their very own book!

3:15-4:00

Session 1: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 (\$165)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$145)

Led by Rebecca Clements

Tennis (3rd-5th)

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NOTE: Students may bring their own racquet if they have one. If not, one will be provided to use during their Academy time.

3:15-5:30

Full Semester: 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 12/2 (\$550)

Led by Dave Dickinson and Ginny Reeter

Young Activist Club (3rd-6th)

The YAC (Young Activist Club) will discuss current issues and events in an age appropriate way. Students will participate in discussion and activities centered around speaking out about topics that matter most to them.

3:30-4:45

Session 1: 9/16, 9/23, 9/30, 10/7, 10/21 (\$225)

Session 2: 10/28, 11/4, 11/11, 11/18, 12/2 (\$225)

Led by Drew Shaner

Friday

Art Party: Pumpkins (1st-2nd)

Calling all art ghouls! we're having a pumpkin pARTy! Come celebrate Halloween in the art room by decorating a large pumpkin with paint pens, pompoms, yarn, gems, stickers, & other unconventional no-carve pumpkin décor! Listen to eerie tunes and munch on a spooky snack with friends, too!

3:00-5:00

Friday, 10/15 ONLY (\$130)

Led by Jackie Juaristi

Art Party: DIY Christmas Trees (1st-2nd)

Let's have a Do-It-Yourself Christmas pARTy! We'll be designing our own Christmas tree using a large kraft cone as a base, then adding color and embellishments! We'll shop in the "craft store" in the art room for glitter paint, pompoms, washi tapes, gems, and much, much more! We'll also enjoy Christmas treats & listen to holiday tunes as we DIY!

3:00-5:00

Friday, 12/3 ONLY (\$130)

Led by Jackie Juaristi

Chess Academy (1st-6th)

Learn new strategies, checkmates and openings from Coach Kiani at Board One Chess Academy! The Lake Highland Chess Academy will feature tournaments and prizes. Our coaches have the highest quality chess software and lesson plans so your child receives top quality instruction.

3:15-4:30

Semester: 9/17, 9/24, 10/1, 10/15, 10/22, 11/12, 11/19, 12/3, 12/10 (\$275)

Led by Board One Chess Academy - Coach Kiani

Holiday Pottery Workshop: Halloween (K-2nd)

Come paint your own Halloween-themed pottery to create forever keepsakes for your family! We'll be using ceramic glazes to paint pre-fired pieces, just like at a paint-a-pot studio like All Fired Up. Using crystal, crackling, and colorful glazes, we'll glaze a ceramic pumpkin mug and a ceramic jack-o-lantern for use and display throughout the years. After the academy, Ms. Juaristi will fire our pottery in the kiln and deliver it to students at school.

3:00-5:00

Friday, 10/1 ONLY (\$120)

Led by Jackie Juaristi

Mindfulness and Yoga (PK-K)

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2:30-3:15

Semester: 9/17, 9/24, 10/1, 10/15, 10/22, 11/12, 11/19, 12/3, 12/10 (\$240)

Led by Kym Perritt

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3:30-4:15

Semester: 9/17, 9/24, 10/1, 10/15, 10/22, 11/12, 11/19, 12/3, 12/10 (\$240)

Led by Kym Perritt

Parents' Night Out: Glass Ornaments (PK-6th)

While parents enjoy a night out, students will stay after school and make many beautiful ornaments, enjoy Christmas movies, stories, games and music. Dinner and holiday treats will be served.

3:30-10:00

Friday, 12/3 ONLY (\$180)

Led by Ingrid Greni and Pamela Greening

Saturday

Parents' Night Out: Spooktacular (PK-3rd)

Come and enjoy a Spooktacular night with us! We will play table games and have fun with Halloween arts and crafts. This will accompany a Halloween friendly movie and popcorn. We will also be serving pizza and a drink for dinner. The highlight of the night will be our walk around the Bradshaw Building to do our trick-or-treating. Make sure your child has their Halloween costume.

5:00-9:00

Saturday, 10/23 ONLY (\$195)

Led by Belem Shimp

Parents' Night Out: Santa is in Town (PK-3rd)

Join us on Saturday, December 4th, as we meet and take pictures with Santa! The evening includes fun holiday crafts, coloring, table games, and playtime with new friends. We will enjoy Christmas movies as we snack on red and green popcorn, sip hot cocoa, and decorate our own Christmas cookies. A pizza dinner and drinks will also be provided.

5:00-9:00

Saturday, 12/4 ONLY (\$195)

Led by Belem Shimp