

# MINI-COURSES

---

# Switching Gears 2017

The Elizabeth Ann Clune

Montessori School Of Ithaca

120 E. King Rd. Ithaca, N.Y.

277-7335

Week 1 (June 5th - 9th)  
Double Sessions  
9:30 a.m. -11:55 a.m.



# Switching Gears 2017

---

## Hiking and Helping - Ryan Zavel

---

Let's explore the hidden wooded trails in our school's neighborhood, as we venture out to volunteer at Hospicare and Longview. Once there, we help our neighbors by stone rubbing, preparing crafts, and giving in unexpected ways.

**DOUBLE SESSION** (9:30 a.m.-11:55 a.m.)

Ages: JL/UL

Max: 10 students

---

## Scenery - Dawn Grover & Julie Schaeffer

---

Upper Level students will have the opportunity to create scenery and props for this year's play. This will involve drawing and painting and whatever else is required to set the stage for our performance. We have one week to finish so wear clothes that you can get paint on, bring your steady hand, your eye for color, and be ready to create!

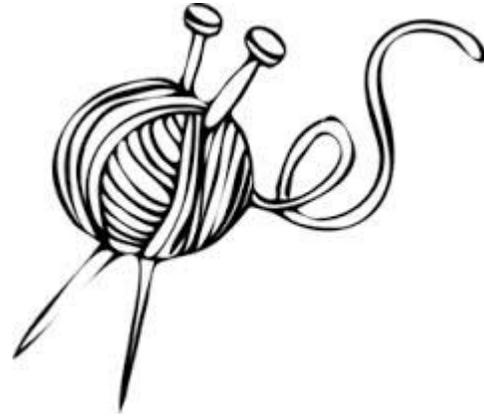
**DOUBLE SESSION** (9:30 a.m.-11:55 a.m.)

Ages: UL

Max: 20 students

Week 1 (June 5th - 9th)

9:30 a.m. - 10:40 a.m.



# Switching Gears 2017

---

## Beginning Knitting - Jacquie Kaden

---

Learn the basics-how to cast on, knit, purl and bind off. Start and finish an easy project and begin a project to give as a gift or keep for yourself!

Ages: JL/UL

Max: 10 students

---

## Drama Games - Sophia Krasnoff

---

Do you love acting? Do you dream of being in the movies or on the stage? Come get dramatic! We will play a variety of creative improv games including: The Human Knot, Two Truths and a Lie, Baby Kitten, and Angry Chihuahua! These exercises help actors develop character, build community, practice enunciation and stay in sync. Come ready to move your body and perform in playful ways with friends!

Ages: JL/UL

Max: 10 students

---

## Printmaking - Jeff deCastro

---

You will make block prints from different materials and then print the images on a press. We will experiment with the use of linoleum and wood block printing, acetate, and negative and positive processes.

Ages: JL/UL

Max: 10 students

---

## DNA Family Portrait - Tori Knapp

---

Are you interested in DNA? Have you ever been curious how you can look at your own DNA? In this course we will build models of DNA, talk about its structure, and even extract and purify our own DNA as well as a sample from our parents! At the end of the week you can take home your very own DNA family portrait!

Ages: JL/UL

Max: 10 students

---

## Book Arts - Patrice Jennings & Mary Beth

---

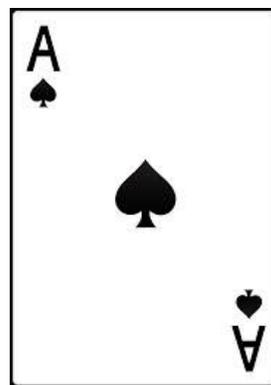
Accordion Folded Books, Origami Folded Star Books, Fan Books, Waterfall Books! Come join us and learn to make a variety of small books that you can use for your artwork, journal, scrapbook, or beautiful gift. We'll use super cool supplies, even recycled materials and found objects. Then we'll get even more creative and decorate them and fill them up!

Ages: JL/UL

Max: 16 students

Week 1 (June 5th - 9th)

9:30 a.m. - 10:40 a.m.



# Switching Gears 2017

---

## Soccer - Gary Weiss & Aili Seiler

Come explore Soccer, the world's most popular sport. Participants will practice and review their skills through drills and games on the Field of Dreams. Soccer balls are provided, but you may bring one from home (with your name on it). Water, sunglasses, rimmed hat, and sunscreen are suggested.

Ages: JL/UL

Max: 20 students

---

## Reggae Drumming - J.P. Nawn

Learn fundamentals of the reggae groove on drum set and percussion.

Ages: JL/UL

Max: 10 students

---

## Let's Sew Pillows - Tiana Trost

Join me for a fun hand sewing class. We will create brightly colored pillows to decorate your life with. Some of our creations can be filled with rice to be heated or cooled to soothe your aches and ouchies.

Ages: JL/UL

Max: 10 students

---

## Card Games - Becky Booth

Slap, Rummy, Hearts, and Spades -- play all kinds of fun card games. Teach and learn new card games with old and new friends.

Ages: JL/UL

Max: 12 students

---

## Creating Graphic Novels - Bill Martin

Students will learn the basics of visual storytelling - what makes a character special and a story interesting. Using storyboards, we'll enhance our stories using basic visual techniques developed in moviemaking. Each student will create a three or more page graphic story and share it with the class. All drawing levels are welcome!

Ages: JL/UL

Max: 10 students

Week 1 (June 5th - 9th)

10:45 a.m. - 11:55 a.m.



## Switching Gears 2017

---

### **3 on 3 Basketball -Scott Daigler**

---

If you like to play basketball this course is for you! Our time together will focus on the FUNdamentals of playing basketball. We will work on passing, dribbling and shooting skills as well as other basics of the game. We will end the week with a friendly tournament playing with teams of three players. The emphasis is on fun, friendly playing together and enjoying the great game of basketball!

Ages: JL/UL

Max: 18 students

### **Explore the Universe -Tori Knapp**

---

If you have an interest in Astronomy, this course is for you! We will take a tour of the universe, build 3D constellations, do an experiment with the doppler effect, and do a take home project on the moon phases. We will discuss some of the major players in the history of Astronomy as well as the importance of light.

Ages: JL/UL

Max: 10 students

### **The Power of One - Marianne Montague**

---

Ever find your friends laughing at or doubting one of your BEST ideas? You wouldn't be the first to find this happening. Explore the idea that just one person can have a huge impact in his/her community through watching and discussing 3-4 popular films: *Whale Rider*, *Chicken Run*, *Cool Runnings*, *Remember The Titans*, or *It's A Wonderful Life*. Activities will focus on self awareness, confidence, and negotiating skills.

Ages: JL Lions/UL

Max: 12 students

### **Frisbee Exploration - Gary Weiss**

---

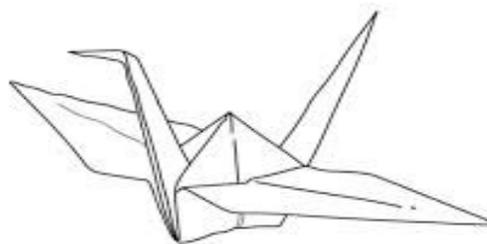
Practice your frisbee technique and play all sorts of throwing games! Frisbee Golf, Ultimate, and Bucket Frisbee -- you're sure to love them all! Don't forget your water bottle and some sunscreen.

Ages: JL/UL

Max: 16 students

Week 1 (June 5th -9th)

10:45 a.m. - 11:55 a.m.



## Switching Gears 2017

---

### La-di-dah Lawn Games -Katri Sampson

---

Croquet, bocci, horseshoes... lemonade, costumes, and parasols. Bring on summer with these pleasant pastimes and others from days gone by!

Ages: JL/UL

Max: 12 students

---

### Qigong -Jeff deCastro

---

What is qigong? With roots in Chinese [medicine](#), [philosophy](#), and [martial arts](#), qigong is traditionally viewed as a practice to cultivate and balance [qi](#) (chi), or "life energy". It is a holistic system of coordinated body postures and movements, breathing, and meditation for improved health.

Qigong is an ancient simple practice that has more than 10 million people in China enhancing their lives! During this mini-course we will learn movements from Zhineng Qigong that will open up your spine and vital organs. We'll learn simple movements and expand on them while getting a better understanding of chi.

Ages: JL/UL

Max: 12 students

---

### Origami - Linda Chen

---

Do you love to make origami? Origami is the art of paper folding. We will learn to make geometric folds and crease patterns. We will make lotus flowers, cranes, and more. Creations can be used as beautiful ornaments and decorations, as well.

Ages: JL/UL

Max: 12 students

---

### Card Games - Becky Booth

---

Slap, Rummy, Hearts, and Spades -- play all kinds of fun card games. Teach and learn new card games with old and new friends.

Ages: JL/UL

Max: 12 students

Week 1 (June 5th -9th)

10:45 a.m. - 11:55 a.m.

# Switching Gears 2017

---

## Secret Languages - Kathrin Achenbach

---

Cryptography, Codes and Cyphers and a bit of Programming

Codes have been used throughout history by spies, governments and the military to keep information secret. Learn about codes and ciphers and how to encode and decode messages. And while we're at it, how about inventing your own coding system? And how about learning to write your very first computer program?

Ages: UL only

Max: 10 students

---

## Take The Challenge - Karen McCaffery

---

How high can you build it? How well can you launch it? How far can you roll it? Teams of students receive a mystery basket of materials and a challenge to conquer. Take a new challenge each day. Warning! Some days you may get wet... .

Ages: JL/UL

Max: 12 students



---

## Cooking Desserts - Patrice Jennings

---

Join us as we learn how to make some delicious treats! Chocolate Mousse, Strawberry Shortcake, Chocolate Lava Cake, Berry Pavlova and home made ice cream are some of our ideas! Learn some good kitchen practices and head home with some recipes you can teach your parents.

Ages: JL/UL

Max: 16 students

Week 2 (June 12th - 16th)

9:30 a.m. - 10:40 a.m.

## Switching Gears 2017

---

### **EAC Carwash - Scott Daigler**

---

You all learned about being "Goodness Gorillas" in Extended Day and it is time to get to work. Let's surprise several EAC teachers by cleaning their car inside and out. We will be using super duper shop vacuums, squeegees, sponges, buckets, polishing cloths, and a hose! Join us if you're willing to work, have fun, get wet, and make some lucky teachers very happy.

Ages: EXT/JL /UL

Max: 16 students

---

### **Vamos Cocinar - Angela Cohen**

---

Come and learn how to cook traditional food from Spanish heritage. Join the class and try wonderful recipes with a variety of ingredients! Meat and dairy may be used.

Ages: EXT/JL/UL

Max: 10 students



---

### **Harry Potter Yoga - Jenni Cunningham-Ryan**

---

Join me, Hermione Granger, for some fun-filled Wizarding Yoga! We will fly on broomsticks, play Quidditch, give Dobby a sock, pet Fluffy, the three-headed dog, and cast a variety of spells. We will even defeat Lord Voldemort with our wands, all in yoga poses! Be prepared to laugh and have a blast as one of the characters from the story of Harry Potter (no costumes necessary).

Ages: EXT/JL/UL

Max: 10 students

---

### **Soccer -Gary Weiss & Aili Seiler**

---

Come explore Soccer, the world's most popular sport. Participants will practice and review their skills through drills and games on the Field of Dreams. Soccer balls are provided, but you may bring one from home (with your name on it). Water, sunglasses, rimmed hat, and sunscreen are suggested.

Ages: EXT/JL/UL

Max: 20 students

Week 2 (June 12th - 16th)

9:30 a.m. - 10:40 a.m.

## Switching Gears 2017

---

### **Badminton - Meridith Jones Scanlon**

---

Play and learn about the popular lawn sport of badminton. We will explore the rules, history, and techniques. Additionally, we will be making our own shuttlecocks.

Ages: EXT/JL/UL

Max: 12 students

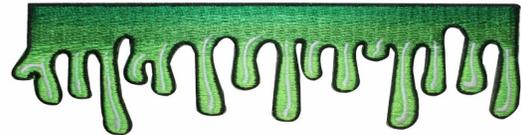
### **Field of Dreamers- Julie Schaeffer**

---

EAC's Field of Dreams boasts woods and trails to explore, a basketball court and soccer field for sport lovers, a track to race, a pond for discovery, and a labyrinth to enjoy. Travel with our band of explorers to uncharted territory as we broaden the landscape of our outdoor classroom, testing and creating new spaces and activities. Each day we will collaborate with nature, experiment with new games, instruments, and materials, and discover, uncover, and design the Field of Dreams of the future! Come with your wild side, sleeves rolled up, outdoor shoes on, and a sense of adventure!

Ages: EXT/JL/UL

Max: 10 students



### **Super Slime - Marisa Rae**

---

We'll be exploring the science of slimes and making the stickiest, wildest and wackiest creations in your imagination. Wear clothing that can get messy! (Borax free stuff of course!)

Ages: EXT/JL/UL

Max: 10 students

### **Fimo Clay Miniatures -Tiana Trost**

---

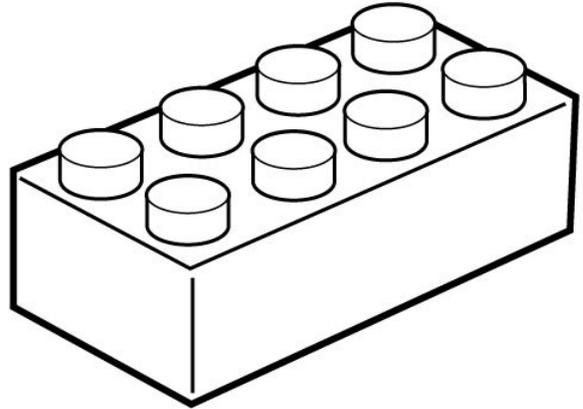
Let's create a world of mini food, animals, cars, jewelry, and fairies. The possibilities are endless! We will bake our creations so you can bring your miniature worlds home with you.

Ages: EXT/JL/UL

Max: 10 students

Week 2 (June 12th - 16th)

9:30 a.m. - 10:40 a.m.



# Switching Gears 2017

---

## Printmaking -Jeff deCastro

---

You will make block prints from different materials and then print the images on a press. We will experiment with the use of linoleum and wood block printing, acetate, and negative and positive processes.

Ages: JL/UL

Max: 10 students

---

## Build It With Legos -Allie Boex

---

Students will engage in freestyle lego-building -- each day will have a suggested structure (houses, spaceships, castles) for students to work on (or not -- self-generated projects also welcome!).

Ages: JL/UL

Max: 10 students

---

## Strawberries: Science & Snacks -Lizzie Antcak

---

Come learn about the fruit that makes the most delicious desserts! First we'll find out what a strawberry is, getting right down to the genetic material with a DNA extraction lab. Then we'll make and eat some strawberry treats. When we're done you'll have your own fact and recipe book to prove you're a strawberry scientist-chef.

Ages: JL/UL

Max: 10 students

---

## Creating Graphic Novels - Bill Martin

---

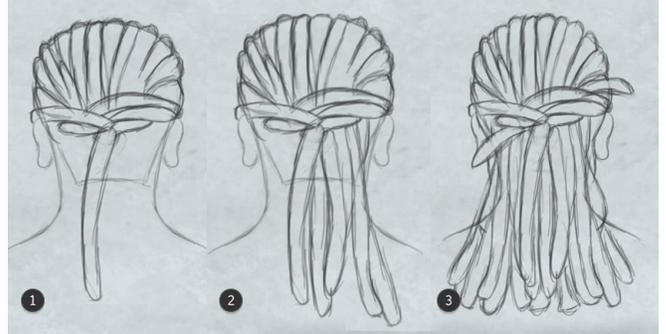
Students will learn the basics of visual storytelling - what makes a character special and a story interesting. Using storyboards, we'll enhance our stories using basic visual techniques developed in moviemaking. Each student will create a three or more page graphic story and share it with the class. All drawing levels are welcome!

Ages: JL/UL

Max: 10 students

Week 2 (June 12th - 16th)

9:30 a.m. - 10:40 a.m.



# Switching Gears 2017

---

## Learn To Sew - Cindy Rice

---

Learn how to use a sewing machine! In this class you will learn how to use a sewing machine, and make a pillow and something else of your choosing. If you have a machine at home and want to learn how to use it this is your opportunity! We have machines to learn on too, sign up for this class and let's sew!

Ages: JL/UL

Max: 10 students

---

## Beautiful Braiding -Patrice & Sophia

---

Have you always wanted to learn how to braid? How about how to French braid, Dutch braid, Rope braid, Fish tail braid, as well as to create all sorts of fancy braided hairstyles? Here's your chance! Bring your braidable hair or your braiding hands or both! You'll need to bring your own comb and hairbrush, and your own detangling spray. Come and have tons of braiding fun with us as we teach all kinds of super fun hair braids from the simple to complex.

Ages: JL/UL

Max: 24 students

---

## Reggae Drumming -J.P. Nawn

---

Learn fundamentals of the reggae groove on drum set and percussion.

Ages: JL/UL

Max: 10 students

Week 2 (June 12th - 16th)

10:45 a.m. - 11:55 a.m.



# Switching Gears 2017

---

## Project Runway Jr. - Cindy Rice

---

In this fun class you will use your sewing machine skills, use a pattern and make an item of clothing for you to wear! We will have a fashion show on Friday so bring your creative fashion mind and let's sew! This class is for students who have used a sewing machine before. Please talk to Cindy if you have any questions

Ages: JL/UL

Max: 10 students

---

## Qigong - Jeff deCastro

---

What is qigong? With roots in Chinese [medicine](#), [philosophy](#), and [martial arts](#), qigong is traditionally viewed as a practice to cultivate and balance [qi](#) (chi), or "life energy". It is a holistic system of coordinated body postures and movements, breathing, and meditation for improved health.

Qigong is an ancient simple practice that has more than 10 million people in China enhancing their lives! During this mini-course we will learn movements from Zhineng Qigong that will open up your spine and vital organs. We'll learn simple movements and expand on them while getting a better understanding of chi.

Ages: JL/UL

Max: 12 students

---

## Greek and Roman Mythology -Allie Boex

---

Students will explore the mythology of the ancient Greeks and Romans: we will begin with the creation of the world, the Titans, and the gods and goddesses, and then move on to stories of heroes and mortals.

Ages: JL/UL

Max: 10 students

---

## Get Messy - Karen McCaffery

---

Have you ever been told "Just don't get messy!"? Here is your chance to get marvelously messy and wonderfully wet. Puffy paint, oobleck and others messy mediums to explore. Don't plan to stay clean or dry. A change of clothes and shoes that can get wet and messy, and an adult who kindly agrees to wash them, are a must!

Ages: UL

Max: 12 students

---

## Vamos Cocinar - Angela Cohen

---

Come and learn how to cook traditional food from Spanish heritage. Join the class and try wonderful recipes with a variety of ingredients! Meat and dairy may be used.

Ages: JL/UL

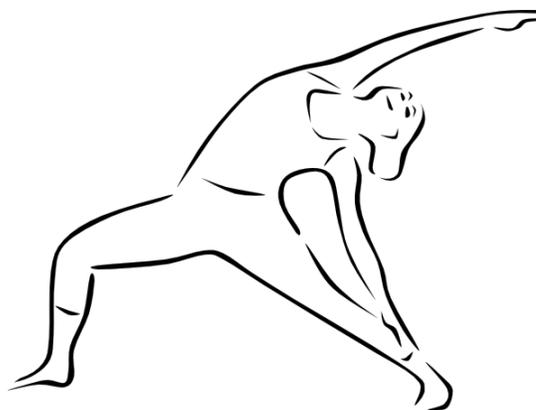
Max: 10 students



Week 2 (June 12th - 16th)

10:45 a.m - 11:55 a.m.

## Switching Gears 2017



---

### Boondoggle - Marianne Montague

---

Time to slip into summer mode weaving lanyards into an array of designs - learn one simple stitch or as many as you can -- box stitch, spiral, butterfly, or cobra. Create bracelets, key chains and zipper pulls while sitting and chatting with friends!

Ages: JL Lions/UL

Max: 10

---

### Yarn Crafts - Katri Sampson

---

Braids, cords, friendship bracelets, pompoms, mini-weavings and tassels!! Come create colorful objects and accessories to decorate yourself, your space, your stuff!

Ages: JL/UL

Max: 12 students

---

### Harry Potter Yoga - Jenni Cunningham-Ryan

---

Join me, Hermione Granger, for some fun-filled Wizarding Yoga! We will fly on broomsticks, play Quidditch, give Dobby a sock, pet Fluffy, the three-headed dog, and cast a variety of spells. We will even defeat Lord Voldemort with our wands, all in yoga poses! Be prepared to laugh and have a blast as one of the characters from the story of Harry Potter (no costumes necessary).

Ages: JL/UL

Max: 10 students

---

### Cooking Desserts - Patrice Jennings

---

Join us as we learn how to make some delicious treats! Chocolate Mousse, Strawberry Shortcake, Chocolate Lava Cake, Berry Pavlova and home made ice cream are some of our ideas! Learn some good kitchen practices and head home with some recipes you can teach your parents.

Ages: JL/UL

Max: 16 students





