

CATALYST

1. Advanced Drumming Techniques
2. Airplanes / Flight / Fun – theory & activities
3. Basic Self-Defense: learn basic moves from a karate instructor (**Parent Waiver Required**).
4. Basketball Techniques
5. BETA Projects – get ready for Convention
6. BINGO / Rapid Math
7. Board Games: participate in various board games including Sorry®, Monopoly®, etc.
8. Breakout Games: play a different Breakout Game each session (DIGITAL)
9. Buddies: play games with special needs students and help them socialize.
10. Calligraphy – learn basic and advanced lettering
11. Card Games – Rummy, Uno, etc.
12. Checkers
13. Chess
14. Chinese: learn basic words, phrases & culture
15. Crossfit: participate in a WOD
16. Celebrations Around the World: learn food, customs, & facts from cultures around the world.
17. Extreme Coloring.
18. Farming – learn the basics of farm life. Practice several techniques.
19. Forensics – learn basic CSI techniques
20. French: learn basic words, phrases and culture.
21. Guitar (acoustic-country): **Guitar required.**
22. Horrible Histories – learn some of the most bizarre stories!
23. Law Enforcement Intro

Class Descriptions

24. Leadership – learn some techniques to be a strong leader.
25. Lego's – be creative! Bring your own.
26. Line Dancing – learn several new dances.
27. Major League Wiffleball
28. Manga: create & share anime artwork
29. Origami: create various paper projects
30. Painting (on canvas) – Learn to paint a picture step-by-step. (**\$10 required**)
31. Paper Crafts – create amazing pieces of art with paper.
32. Photography – learn the basics of taking and editing pictures. Camera needed.
33. Pinterest Crafts: (**\$5 required**)
34. RACKS (Random Acts of Kindness): perform various acts (veterans, etc.)
35. Running – practice running techniques to run faster and longer. (Running clothes & water bottle required.)
36. Royalty Inc – learn the basics of make-up, nail and hair care and etiquette guidelines.
37. Self-management – learn to plan ahead, make self-improvements, set goals, reduce stress.
38. Stress Relief – learn strategies of self-care to manage and reduce stress.
39. Wreath-making – learn to make the latest style wreaths. (**\$10 required**)
40. Yoga (**mat / towel required**)