



Four Valleys Community School, Inc.

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www.fourvalleys.org

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Spring 2014 Program Guide

For classes held February 3– May 10, 2014

We provide high quality educational, recreational, and cultural activities for the communities of Girdwood, Indian, Bird, and Portage.

Register online @ www.fourvalleys.org

SCIENCE NIGHT

Wed, April 9th 6-7:30pm

The Alaska Museum of Science and Nature will bring two fantastic exhibits to the Girdwood School:

Dinosaur Fossils and Rocks, and It's Shocking

Let's celebrate Science! Join us for a night of hair raising experiences. Whether it comes from examining a T-Rex jaw, or static electricity experiments, you are sure to be shocked and amazed! Dozens of hands-on science stations are fun for all ages.

This exciting family event is brought to you by the Girdwood PTA and Four Valleys Community School.

ALYESKA
SNOW CLASSIC



Tickets on sale March 1st– 30th! Try to predict what the snow depth will be on Mt. Alyeska at elevation 1098ft on April 28th. Ticket sales will be split 50/50 between the winner and FVCS. Tickets are ONLY \$2.50 each, and can be purchased at most local Girdwood businesses. Go to www.alyeskasnowclassic.org for more details.

Don't Miss A Thing!

There are many wonderful things going on in the Four Valleys area; don't miss out on a thing! Be sure to "like" [FVCS on Facebook](https://www.facebook.com/fvcs) and sign up for our weekly email newsletter with timely events, announcements, and new class offerings at www.fourvalleys.org.

FVCS sincerely appreciates the generous donations from:

Pick.Click.Give. donors, The Randich Family Foundation via the Alaska Community Foundation, The Forest Fair Committee, The Fungus Fair Committee, Stefanie & Mike Flynn (The Bake Shop), Carol Makar (The Ice Cream Shop), and Mike & Kelly Miller (Alaska Wildlife Conservation Center), and Lee Ellis (Midnight Sun Brewing Co.), Carolyn and Ralph Brodin, Whitney Whitman, Jeff & Sharon Samuels, Beth Davidson, Cary & Nate Lukes, Rorie Hammel, Janette Kiland., Wendy & Nate Tueller, Kelvin Doyle (OTC Web Design), Alaska Drift Away Fishing and donations toward Annual Volunteer BBQ from Challenge Alaska.

This program is supported in part by the citizens of the Municipality through an appropriation by the Girdwood Board of Supervisors and the Anchorage Municipal Assembly.

Fitness and Sports

Circuit Training With Billy Crumm: Sundays

Location: Girdwood Community Room

Fee: \$210.00

10 Week Session

Sun, February 23 - Sun, May 4

Ages: 15 and up

Join trainer Billy Crumm for this athletic fitness class that will appeal to all levels of skiers and athletes, as well as those who simply desire to increase their personal fitness level. This class will challenge and improve your strength so you are ready for all those powder days we have ahead! This class will focus on a combination of injury prevention & body-weight strength training with high intensity metabolic conditioning under the instruction of a professional trainer. Class is held at the Girdwood Community Room. **No Class on Sunday April 20 (Easter).**

Girdwood Community Room
Sun, Feb 23 - Sun, May 4

Su

5:15pm to 6:15pm
Crumm, Billy

Circuit Training With Billy Crumm: Wednesdays

Location: Gymnasium at Girdwood School

Fee: \$210.00

10 Week Session

Wed, February 19 - Wed, May 7

Ages: 15 and up

Join trainer Billy Crumm for this athletic fitness class that will appeal to all levels of skiers and athletes, as well as those who simply desire to increase their personal fitness level. This class will challenge and improve your strength so you are ready for all those powder days we have ahead! This class will focus on a combination of injury prevention & body-weight strength training with high intensity metabolic conditioning under the instruction of a professional trainer. **No Class on March 12 (Spring Break), or April 9 (Science Night in Gym).**

Gymnasium at Girdwood School
Wed, Feb 19 - Wed, May 7

W

7:45pm to 8:45pm
Crumm, Billy

Introduction to Kung Fu for ADULTS

Location: Gymnasium at Girdwood School

Fee: \$96.00

13 week session

Ages: 18 and up

This class is a introduction to Kung Fu. Sifu Shayla has had years of experience teaching Kung Fu in our community, and lead a popular introduction class this past spring. Come learn the basics of this ancient form of martial arts. **No class March 4th & March 11th.**

Gymnasium at Girdwood School
February 4 - May

Tu

6pm to 7pm
Pedersen, Shayla

Open Gym Basketball for Adults

Location: Gymnasium at Girdwood School

Fee: Standard charge: \$55.00

Tue, February 4 - Tue, May 6

Ages: 16 and up

Recreational coed basketball with a friendly yet competitive spirit. Fast paced games are a great workout. Wear non-marking shoes. Drop in for \$5.00. **No class March 11th.**

Gymnasium at Girdwood School
Tue, February 4 - Tue, May 6

Tu

7pm to 9pm
Doyle, Kelvin

Pilates with Patty

Location: Girdwood Community Room

Fee: \$98.00

13 week session

Wed, February 5 - Wed, May 7

Ages: 13 and up

A conditioning routine to develop flexibility, strength, and endurance for a long, lean body. Pilates enhances core strength, proper breathing and awareness for controlled fluid movements for a balanced body and lifestyle. You can also drop in for \$11 or use your punch pass. **No class March 12th.**

Girdwood Community Room

8:30am to 9:30am

Punch Pass - 10 Classes or 5 Classes

For Use of Spring 2014 Adult Fitness Classes

\$90.00 for 10-punch pass

\$50.00 for 5-punch pass

Some adult fitness classes may be attended on a drop-in basis. Purchase a punch pass to fulfill the drop in charges at a rate of 10 classes for \$90 or 5 classes for \$50. Payment and registration, along with the "Release of Liability, Waiver of Claims, Assumption of Risks and Indemnity Agreement" must be completed before we process your punch pass. One punch pass can be used for all classes that allow drop-ins unless otherwise noted. Punch passes expire at the end of each session.

Wake-up with Weights

Location: Gymnasium at Girdwood School

Fee: Standard charge: \$182.00

13 week session

Tue, February 4 - Thu, May 8

Ages: 16 and up

Keep your body active. Wake up, get up and get your workout done! This is a total body conditioning workout that features cardio, resistance training, balance and flexibility. Great dry land training for skiing, and complements our active Girdwood lifestyles. No experience necessary. You can also drop in for \$11 or use your punch pass. **No class March 11 & 13.**

Gymnasium at Girdwood School

Tue, February 4 - Thu, May 8 **Tu Th**

6am to 7am

Malecha, Kris

Yoga Vinyasa Flow

Location: Meadows Community Center

Fee: Standard charge: \$91.00

12 Week Session

Mon, February 10 - Mon, May 5

Ages: 16 and up

Learn & practice basic yoga postures and breathing exercises to improve your mind and body awareness. Open to beginners and practitioners at all levels. Register for the entire class, drop-in for \$11, or use your punch pass! Held at the Meadows Community Center in the basement of Our Lady of the Snows Chapel. **No class on Feb 17th.**

Meadows Community Center

Mon, Feb 10 - Mon, May 5 **M**

6pm to 7pm

Propes, Carl



Yoga with Jen

Location: Girdwood School Gym

Fee: \$72.00

Wed, February 5 - Wed, April 30

Ages: 18 and up

Practice yoga to increase flexibility, balance, strength and agility. Start with warm-up, move into warrior series, focus on certain muscle groups and strengthening muscles. Cool down; feel great. Register for the entire class, drop-in for \$11, or use your punch pass! Held at the Girdwood School Gym. **No class March 12th.***Register for the entire session of this class and you can save up to \$50 over using a punch pass*

Girdwood School Gym

Wed, February 5 - Wed, April 30 **W**

6:30pm to 7:30pm

McComb, Jen

Arts, Crafts, Cooking

Community Mosaic Workshop February, March, and April

Location: Girdwood Community Room

Fee: FREE

Sun, February 23, 2014

Ages: Any

Leave your mark on Girdwood! Your help is needed on the next community mosaic project. Individuals and families are invited to help with this fun & creative indoor project. Our finished pieces will be installed in the new park next summer! Thank you to Girdwood Parks & Recreation and the Girdwood Board of Supervisors for donating the use of the Girdwood Community Room. Four Valleys Community School is providing administration for this class gratis. You must register for each class separately.

Girdwood Community Room

Sun, 2/23, 3/30 and 4/27 **Su**

1pm to 5pm

Wilkinson, Thalia

Fused Glass for ALL levels!

Location: Art Room @ Girdwood School

Fee: \$50.00

Mon, February 3 - Wed, February 5

Ages: 13 and up

Students will have the opportunity to create a plate, bowl, window or wall hanging from glass! The finished product will be returned to students ready to use or give as gifts. If you have any questions regarding this class, please call Laura Walter at 653-1926. Please bring a checkbook or cash on the second night to pay for materials- Cost will depend on the size of your piece and the type of glass used.

Art Room @ Girdwood School

Mon, February 3 - Wed, February 5 **M W**

7pm to 8:30pm

Walter, Laura

Glacier Valley Quilters

Location: Meadows Community Center at Our Lady of the Snows Chapel

Fee: \$60.00

Wed, January 29 - Wed, May 7

Ages: 13 and up

Join a group that has been meeting for years with the motto "quilting+sewing+knitting=camaraderie+laughter+creative products!" Bring your own machines and materials, and join in. This group gets together to knit, sew, quilt, and do other hand-made projects, and freely shares their vast experience with others. This group of local Girdwood residents also work together each year to produce a beautiful quilt that they donate to a local non-profit for auction, complete with their signature "gold piece". Drop-ins welcome, for \$5.

Meadows Community Center

Wed, January 29 - Wed, May 7 **W**

9am to 6pm

Goens, Aly

Let's Make Tamales!

Location: Meadows Community Center at Our Lady of the Snows Chapel

Fee: \$33.00

Thu, April 17, 2014

Ages: 16 and up

This popular class is back for its second year! What better way is there to make Tamales than with a group of friends? Join us to make two different kinds of tamales. A delicious chicken chili verde and a scrumptious cheese and chili tamale. Finished tamales will be divided equally for all class participants to take home. Please bring gallon Ziploc bags or Tupperware-type containers to take home your Tamales. Don't forget to bring an apron.

Meadows Community Center
Thu, April 17, 2014

Th

6pm to 8pm
Samuels, Sharon



Traditional Pine Needle Basket Making

Location: Art Room at the Girdwood School

Fee: \$38.00

Wed, April 16, 2014

Ages: 12 and up

This class is taught by a Dorrie Dean, a cultural anthropologist who is currently involved in the Anchorage School Districts "Artist in Residence" program. This class will focus on pine needle baskets. These baskets have been traditionally created by weavers in the southwestern U.S., such as the Seminole and Coushatta, along with the Gullah weavers of South Carolina. Starting with a wood base, weavers will use needles from the long-leaf pine of Florida to create their own basket. All materials for the class, including a hand-out of weaving instructions and color photos are included. You will start the basket in class, and then take it home to finish.

Art Room at the Girdwood School
Wed, April 16, 2014

W

6:30pm to 8pm
Dean, Dorrie

No-Knead Bread, Pizza Dough and More

Location: Meadows Community Center

Fee: \$20.00

Thu, May 1, 2014

Ages: 16 and up

This class will show you how to make delicious bread at home in just a few minutes a day. We will make an artisan loaf, pizza dough, bread sticks and Algerian spice bread. Please bring an apron to wear and ziplock bags to bring home some of your own bread dough.

Meadows Community Center
Thur, May 1, 2014

Th

6pm to 9pm
Samuels, Sharon

Craft Time

Location: Art Room

Fee: Standard charge: \$16.00

8 Week Session

Tue, March 18 - Tue, May 6

Ages: 18 and up

Come join us for some good fun productive craft time! Bring your own craft project to work on while visiting with other crafters. Finish that watercolor, make a pinata for Cinco de Mayo, knit that hat, bead that necklace, weave that scarf, origami that paper! Bring a cup for tea while you work and visit. The small class fee covers administrative cost and classroom space.

Art Room
Tue, March 18 - Tue, May 6

Tu

6pm to 7:30pm
Denny, Glenda

Special Interest

Calling all Pets I

Location: Art Room at Girdwood School

Fee: \$5.00 for each pet plus Dr. Leibold's fees

Mon, February 10, 2014

Ages: Any

Dr. Michelle Leibold provides physical exams, consultations and vaccinations for your pet here in Girdwood. Register here on-line, then call 345-5886 for your specific appointment time and to review your pet concerns. Price listed here is per pet, payable to FVCS. Pay Dr. Leibold's fees at your appointment. Registration will close one week prior to appointment day.

Art Room at Girdwood School
Mon, February 10, 2014

M

4pm to 9pm
Leibold, Michelle

Calling all Pets II

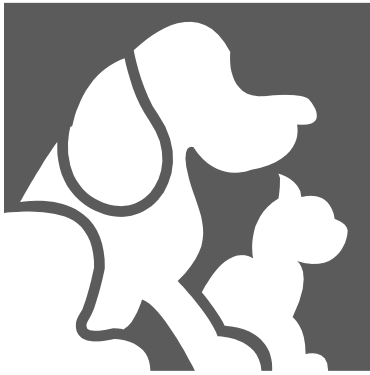
Location: Art Room at Girdwood School
Fee: \$5.00 for each pet plus Dr. Leibold's fees
Mon, April 14, 2014
Ages: Any

Dr. Michelle Leibold provides physical exams, consultations and vaccinations for your pet here in Girdwood. Register here on-line, then call 345-5886 for your specific appointment time and to review your pet concerns. Price listed here is per pet, payable to FVCS. Pay Dr. Leibold's fees at your appointment. Registration will close one week prior to appointment day.

Art Room at Girdwood School
Mon, April 14, 2014

M

4pm to 9pm
Liebold, Michelle



The Camino de Santiago - A walk across Spain

Location: Art Room at Girdwood School
Fee: \$3.00
Wed, March 19, 2014
Ages: Any

A slide show and stories from our walk on the historic Camino de Santiago in Northern Spain. People have been traveling this route for hundreds of years and you could too. Come find out how we did our trip and start planning your adventure!

Art Room at Girdwood School
Wed, March 19, 2014

W

6:30pm to 7:30pm
Samuels, Sharon

Heartsaver CPR, AED, and First Aid

Location: Library at Girdwood School
Fee: \$95.00
Wed, March 26 - Wed, April 2
Ages: 15 and up

Heartsaver First Aid, CPR, and AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond and manage a first aid, choking, or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) can arrive. This course is for anyone with limited or no medical training who needs a course completion card in first aid, CPR, and AED use to meet job, regulatory, or other requirements. Upon completion of this course, students receive an American Heart Association Heartsaver First Aid CPR AED Course Completion Card that is valid for two years. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult and child CPR and AED use. Class meets two times, on two consecutive Wednesday evenings from 5:30-9pm.

Library at Girdwood School
Wed, March 26 - Wed, April 2

W

5:30pm to 9pm
Masolini, Linda

Starwatchers

Location: Library at Girdwood School/Phone Tree
Fee: FREE
Thu, January 16, 2014
Ages: Any

It's our 16th year! Join us to view the winter sky with your friends on clear nights. Orientation meeting for new and returning star watchers on Thursday, January 16th from 7-8:30pm at the Girdwood School. Subsequent meetings via phone tree depending on clear skies. Binoculars and telescopes are helpful, but not necessary (bring them to orientation meeting). Youth under 13 must be accompanied and supervised by registered adult. Watch those stars (and planets and other fascinating things in the universe)! Contact John Gallup at 783-2308 if you are not able to make it to the first orientation meeting. **THERE IS NO FEE FOR THIS CLASS.**

Library at Girdwood School
Thu, January 16, 2014

Th

7pm to 8:30pm
Gallup, John

Ed2Go: Online Classes

Standard charge: \$89.00 Mon, January 27 - Mon, May 12

Unique Instructor Facilitated Online Courses- Interested in Spanish? Grant-writing? Natural Healing? Photoshop? Personal Finance? and more. Each class is \$89. For a complete listing of classes, see :
<http://careertaining.ed2go.com/fvcsi/>.

From here, you can enroll, and either pay online, or make your payment through the FVCS office, and we will verify your status as an online student so you can get started. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of the courses entirely from your home or office and at any time of the day or night.

For 18 and Under

Arts, Music, and Crafts

Botanical Magnetism: Art Magnets For Your Locker

Location: Art Room
Fee: Standard charge: \$10.00
Thu, March 20, 2014
Ages: 5 and up

This class is brought to you by a partnership between the local artists at Girdwood Center for the Visual Arts and FVCS! We will explore and create beautiful flowers from recycled paper. It takes a while to make just one beautiful flower, but we will practice the steps so you can use this as the foundation to unlimited flower making for every occasion! These little guys are stunning and great fun to make. They are the perfect addition to any metal door, office equipment, locker or refrigerator! These flowers are on display at the Girdwood Center for Visual Arts (next to the Bake Shop) if you would like to see what they look like. This class is primarily for teens and tweens, but is open to all ages: little people will need an adult helper.

Art Room
Thu, March 20, 2014 **Th** 4pm to 5:30pm
Keusenkothen, Kathleen

Crayon Art: 3D Letter Art for K-5th

Location: Art Room at Girdwood School
Fee: Standard charge: \$7.00
Wed, March 26, 2014
Grades: Kindergarten - 5th

Using broken crayons, we will make a mosaic of the first letter of your child's name. You will leave with a colorful monogram to decorate your wall or give as a gift!

Art Room at Girdwood School
Wed, March 26, 2014 **W** 3:15pm to 4:15pm
Pekar, Misty

Easter Egg Colors

Location: Art Room at Girdwood School
Fee: Standard charge: \$6.00
Tue, April 15, 2014
Grades: Kindergarten - 5th

Join your friends for fun dying your own Easter eggs. Bring one dozen boiled eggs (with the shell on!); the dye is provided. Children under 7 must be accompanied by an adult.

Art Room at Girdwood School
Tue, April 15, 2014 **Tu** 3:15pm to 4:15pm
Moser, Jacqueline

Finger Weaving for K-5th

Location: Art Room at Girdwood School
Fee: Standard charge: \$7.00
Tue, April 29, 2014
Grades: Kindergarten - 5th

Learn how to weave using only your fingers and yarn! You can create a colorful belt, bracelet, scarf or headband depending upon the length that you choose.

Art Room at Girdwood School
Tue, April 29, 2014 **Tu** 3:15pm to 4:15pm
Pekar, Misty

Beginning Guitar Lessons: GROUP

Location: Library at Girdwood School
Fee: Standard charge: \$120.00
10 Week Session
Mon, February 24 - Mon, May 5
Ages: 9-18

This is a weekly 1-hour class for beginning guitar players 9-years old and up! Players will learn to play in a fun, social setting. Students will learn basic chords and how to keep time in a group, strum basic songs, and become familiar with their instrument. Scholarships are available! Call the FVCS office at 742-5317.

Library
Mon, February 24 - Mon, May 5 **M** 3:15pm to 4:15pm
Miskey, Bobby



Guitar Lessons: PRIVATE Lessons:4:30-5:00pm, 5:00-5:30pm, and 5:30-6:00pm

Location: Library at Girdwood School
Fee: Standard charge: \$190.00
Mon, February 24 - Mon, May 5
Ages: At least 9 but less than 18

These are weekly 1/2 hour private guitar lessons that teach to your ability levels and interests. Students will be coached and challenged to improve and build skills one-on-one with an experienced instructor. FVCS scholarships are available! Call the FVCS office at 742-5317.

Library
Mon, February 24 - Mon, May 5 **M** 4:30-5pm, 5-5:30pm, and 5:30-6pm
Miskey, Bobby

For 18 and Under

Mason Jar Lanterns for K-5th

Location: Art Room at Girdwood School

Fee: Standard charge: \$7.00

Tue, April 8, 2014

Grades: Kindergarten - 5th

We will transform ordinary mason jars into lovely luminaries using glue, tissue paper and battery-operated candle! Complete the project with a wire handle to hang your beautifully lit creation.

Art Room at Girdwood School
Tue, April 8, 2014

Tu

3:15pm to 4:15pm
Pekar, Misty



Mother's Day Craft for Grades K-2

Location: Art Room at Girdwood School

Fee: Standard charge: \$7.00

Wed, May 7, 2014

Ages: Grades K-2nd

Create a Mother's Day Craft after-school! Your child will work on a simple craft that will be wrapped and ready by the end of the class to present to Mom on Mother's Day! Mother's Day is Sunday, May 11th.

Art Room at Girdwood School
Wed, May 7, 2014

W

3:15pm to 4:15pm
O'Neill, Jen

Mother's Day Craft for Grades 3-5

Location: Art Room at Girdwood School

Fee: Standard charge: \$7.00

Thu, May 8, 2014

Grades: 3rd - 5th

Create a Mother's Day Craft after-school! Your child will work on a simple craft that will be wrapped and ready by the end of the class to present to Mom on Mother's Day! Mother's Day is Sunday, May 11th.

Art Room at Girdwood School
Thu, May 8, 2014

Th

3:15pm to 4:15pm
O'Neill, Jen

Fitness and Sports

Four Valleys Nordic Ski Club

Location: Moose Meadows and locations TBA

Fee: \$24.00

6 Week Session

Tue, February 11 - Tue, March 18

Ages: Grades 1-6

Get your skiing legs under you while you are young! Fun games, drills and exploration on cross country skis right here in our beautiful valley. Bring your own skis, boots and poles. We have a very limited amount of loaner equipment, contact FVCS if you are in need of gear. Location may vary each week. Meet at Moose Meadows first week.

Moose Meadows atnd locations TBA
Tue, Feb 11 - Tue, March 18

Tu

4pm to 5:30pm
Hoessle, Gabrielle

Four Valleys Kinder Nordic Ski with Coach Ari

Location: Moose Meadows and locations TBA

Fee: \$18.00

6 Week Session

Tue, February 11 - Tue, March 18

Ages: 4-6

Fun games, drills and exploration on cross country skis right here in our beautiful valley. Bring your own skis & boots (poles optional). Classic fish scale skis are mandatory. First class, parents must accompany student, meet at Our Lady of Snows Church parking lot. Location may vary each week. Ari has extra classic boots if needed.

Moose Meadows and locations TBA
Tue, Feb 11 - Tue, March 18

Tu

4pm to 5pm
Stiassny, Ari

Gym Games for High Schoolers

Location: Gymnasium at Girdwood School

Fee: \$14.00

Fri, February 21 - Fri, May 9

Ages: At least 14 but less than 19 (9th-12th grade)

Come play soccer, dodge ball, climb on the Traverse Wall, or bring a suggestion for an activity. The group will choose their own adventure! For 9th through 12th grades only. No Class March 14th.

Gymnasium at Girdwood School
Fri, Feb 21 - Fri, May 9

F

8pm to 9:15pm
Thompson, Jake

For 18 and Under

Kids Camp @ the Alaska Rock Gym

Location: Alaska Rock Gym at Alaska Rock Gym

Fee: \$23.00

Sat, April 19, 2014

Ages: 6-12

Two hours of supervised belayed climbing, and all gear is included. This is a great introduction to climbing or great for experienced climbers to gain more skills. Held at the AK Rock Gym in Anchorage 4840 Fairbanks Street. All participants must sign an AK Rock Gym waiver.

Alaska Rock Gym
Sat, April 19, 2014

Sa

10am to Noon
Moss, Siri

Kung Fu for Beginners Aged 3-5

Location: Gymnasium at Girdwood School

Fee: \$84.00

13 Week Session

Tue, February 4 - Tue, May 6

Ages: 3-5

Sifu Shayla has been working with Four Valleys Community School for years teaching our children martial art forms, take-downs, basic tumbling, discipline, self esteem, respect and rank advancement. Class is geared for children new to the martial arts, and specifically for children between 3-5 years of age. **No class March 4th (Science Fair) or March 11th (Spring Break).**

Gymnasium at Girdwood School
Tue, February 4 - Tue, May 6

Tu

3:15pm to 4pm
Pedersen, Shayla

Kung Fu for Beginner to Intermediate

Location: Gymnasium at Girdwood School

Fee: \$84.00

13 Week Session

Tue, February 4 - Tue, May 6

Ages: 6-10

Sifu Shayla has been working with Four Valleys Community School for years teaching our children martial art forms, take-downs, basic tumbling, discipline, self esteem, respect and rank advancement. Class is geared for children above the age of 5 who are new or have some experience with the martial arts. **No class March 4th (Science Fair) or March 11th (Spring Break).**

Gymnasium at Girdwood School
Tue, February 4 - Tue, May 6

Tu

4pm to 5pm
Pedersen, Shayla

Kung Fu for Advanced

Type: Standard Class

Location: Gymnasium at Girdwood School

Fee: \$96.00

13 Week Session

Tue, February 4 - Tue, May 6

Ages: 8-15

Sifu Shayla has been working with Four Valleys Community School for years teaching our children martial art forms, take-downs, basic tumbling, discipline, self esteem, respect and rank advancement. Class is geared for children who have been practicing the martial arts for several years. Please call the FVCS office if you have questions as to your child's placement. **No class March 4th & March 11th.**

Gymnasium at Girdwood School
Tue, February 4 - Tue, May 6

Tu

5pm to 6pm
Pedersen, Shayla

Intermediate Volleyball for Grades 6-8

Location: Gym

Fee: \$30.00

11 Week Session

Wed, February 5 - Wed, April 23

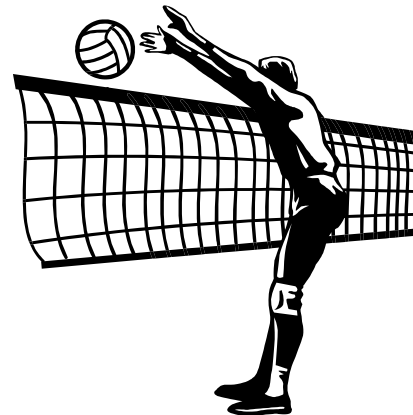
Grades: 6th - 8th

Calling all Intermediate Volleyball Players! Join Coaches Becca Parisen and Amara Norwood for this class designed to practice and refine your volleyball skills including setting, serving, hitting, and game play. This class is for girls Grades 6-8. Knee pads are required. **No class March 12 (Spring Break).**

Gym at Girdwood School
Wed, Feb 5 - Wed, April 23

W

4:30pm to 6:30pm
Parisen, Becca



For 18 and Under

Teens: Learn to Belay/Intro to Climbing

Location: Alaska Rock Gym

Fee: \$30.00

Sat, April 12, 2014

Ages: 13-18

This two hour introductory class teaches the basics of indoor climbing and belay technique. This is a great introduction to climbing or great for experienced climbers to gain more skills. All equipment provided. Held at the Alaska Rock Gym, 4840 Fairbanks Street. All participants must sign an AK Rock Gym waiver.

Alaska Rock Gym
Sat, April 12, 2014

Sa

10am to Noon
Moss, Siri

Tween Yoga

Location: Girdwood Community Room

Fee: \$32.00

4 Week Session

Wed, February 12 - Wed, March 5

Ages: 9-12

Branch out this winter with yoga. Learn or improve basic yoga practice with an introduction to poses, self-awareness, meditation and breath. Classes will incorporate the individuality of each Tween while increasing strength, flexibility and self-esteem. Join us in a welcoming environment of yoga! No experience necessary.

Girdwood Community Room
Wed, Feb 12 - Wed, March 5

W

3:15pm to 4:15pm
Sullivan, Briana

Yoga for Pre-Schoolers Feb/March

Location: Girdwood Community Room

Fee: \$39.00

5 Week Session

Tue, February 4 - Tue, March 4

Ages: 2 1/2 -5

Little Yogis is back! Fun, engaging, and healthy activity for children to balance your autumn. Kids will learn basic yoga poses and improve coordination, motor skills, and confidence in a safe and comfortable environment.

Girdwood Community Room
Tue, February 4 - Tue, March 4

Tu

10:15am to 11am
Sullivan, Briana

Special Interest

After sKEUL Youth Radio Spring Session

Location: Class will meet at KEUL in the Park

Fee: \$54.00

Mon, March 24 - Mon, May 19

Ages: 12-18

Become a DJ at Glacier City Radio and share the music you love over the airwaves. The mission of the class is to provide time and space for the youth of our community to express themselves through music, news, and other media at KEUL in the Park. Students will learn to be DJs that are a productive part of the station and our community. The first class will tour the studio, and observe while flowgirl broadcasts live. This class meets 9 times which offers students the opportunity to bring their own music and take turns broadcasting live.

Class will meet at KEUL in the Park
Mon, March 24 - Mon, May 19

M

3:30pm to 5:30pm
Montague, Karen



Chess Club

Location: Library at Girdwood School

Fee: Standard charge: \$11.00

9 Week Session

Wed, March 5 - Wed, May 7

Ages: Any

Think of chess as an exercise for the mind- come play and have a blast! Chess is a fun way to practice concentration, patience, logic, and mental calculations. Don't know how to play? Come learn how! Beginners and all levels welcome. If you have a portable chess set, please bring it along.

Library at Girdwood School
Wed, March 5 - Wed, May 7

W

3:30pm to 5pm
Galbraith, Gary

For 18 and Under

Forest Explorers

Location: Meet outside of Girdwood School

Fee: \$10.00

4 Week Session

Mon, January 27 - Mon, February 24

Grades: Kindergarten - 3rd

Join Kelly Miller (of the Alaska Wildlife Conservation Center) after school and have fun in the forest! Play games, learn basic survival skills, go animal tracking, and sharpen outdoor observation skills. We will meet and leave from the school entrance. You must be dressed for the outdoors and any weather! A snack will be provided. Please bring your own water bottle. Drop in for \$3.

Meet outside of Girdwood School
Mon, January 27 - Mon, Feb 24 **M**

3:15pm to 4:30pm
Miller, Kelly

Romp-n-Snore Mondays

Location: Gymnasium at Girdwood School

Fee: \$12.00 per family

Mon, February 3 - Mon, May 5

Ages: Less than 6

We will take over the gym and bring out the balls, mats, and hula hoops for free-play. Bring your own trikes, trucks, scooters, etc. Parents must be present to play with and supervise your child. This is a great chance not only for your child to run and play in a wide open space with other small children, but it is a great opportunity to get to know other parents in this community. Register only one child per family as class fee is per family. Drop-ins are welcome! \$2/class.

Gymnasium at Girdwood School
Mon, February 3 - Mon, May 5 **M**

9:30am to 10:45am
Wade, Ashley



Snow Cat Ride

Location: Meet at the Daylodge

Fee: \$6.00

Fri, March 21, 2014

Ages: 3-7

Come take a journey in a snow cat! Learn how these machines operate and how they are used in the snow here in the Girdwood Valley. Children must be accompanied by an adult. Participants will sign a waiver from Alyeska Resort. Meet at the daylodge.

Alyeska Resort
Fri, March 21, 2014

F

9am to 10am
McDermott, Catherine

