



Four Valleys Community School Inc.

P.O. Box 790, Girdwood, AK, 99587 Tel. 742-5317 Fax 742-5322

www.fourvalleys.org

Director: Catherine McDermott, cmcdermott@fourvalleys.org

Program Coordinator: Ashley Wade, awade@fourvalleys.org

Fall/Winter 2014 Program Guide

For classes held October 2014-January 2015

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

Register online @ www.fourvalleys.org

Sports Swap 10.18.2014

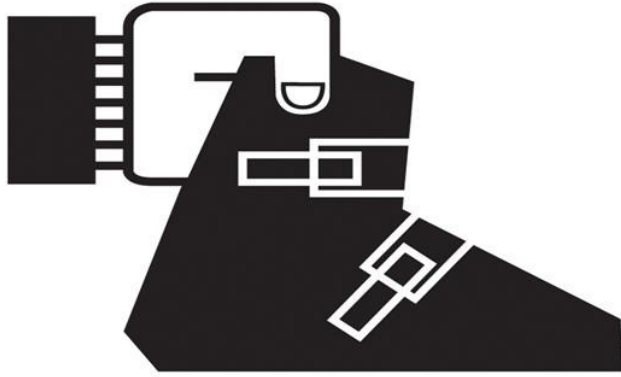
*Four Valleys Community School, Inc. is pleased to announce that the annual Sports Swap will be held **October 18th at the Alyeska Day Lodge from Noon-4pm**. Gear drop-off from 9-11am. Bring your high quality used sporting equipment to sell, and pick-up the gear you need for the upcoming snow season! You can prep your gear for sale ahead of time by picking up tags and control sheets from the FVCS office located in the Girdwood School beginning now. If you wish to volunteer please contact: sportsswap@fourvalleys.org.*

Call 742-5317 if you have questions. 25% commission on total sale to FVCS. This is our annual fundraiser!

FVCS sincerely appreciates the generous donations from: The Rancich Family Fund, The Alaska Community Foundation, Click.Pick.Give donors, The Forest Fair Committee, The Fungus Fair, The Bake Shop, The Ice Cream Shop, Alaska Wildlife Conservation Center, OTC Web Design, Midnight Sun Brewing Co. (Lee Ellis), Alaska CHARR, Gabrielle Hoessle, Jack Hickox, Ralph and Carolyn Brodin, a donation in memory of Rob Hammel by Ken and Jacky Graham, Alaska Drift Away Fishing, Alaska Wildland Adventures on behalf of Katie Cronk, Catherine R Smith CPA on the behalf of Sarah Cronk, Jerry and Rebecca Reichlin, Sherry Dugan, & others. This program is supported in part by the citizens of the Municipality through an appropriation by the Girdwood Board of Supervisors and Anchorage Municipal Assembly.

SKI

HERE'S A TIP! AVOID THE COAT CHECK! SAVE YOURSELF SOME TIME AND BYPASS THE SECURITY BY LEAVING YOUR COATS, HATS, AND SWEATSHIRTS IN YOUR CAR.



SWAP



ONE DAY ONLY

SATURDAY OCTOBER 18TH

NOON TO 4:00 PM

...@ALYESKA DAYLODGE...

IN GIRDWOOD

SELL YOUR QUALITY USED SPORTS EQUIPMENT!

EQUIPMENT ACCEPTED DAY OF SALE

FROM 9:00-11:00A 25% OF TOTAL SALE TO FVCS



Sponsored by Four Valleys Community School, a non-profit organization providing educational, recreational, and cultural activities for the residents of Girdwood, Bird, Indian, and Portage.

ADULT FITNESS

Introduction to Kung Fu for ADULTS

Location: Girdwood Community Room

Fee: \$133.00

14 Week Session

Tue, September 16, 2014 - Tue, January 20, 2015, 5:30-6:30pm

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. If registering after the class start date, the class price will be prorated. No class Oct 7th, Nov 4th, Dec 2nd, 23rd, & 30th. Class will meet 14 times total at the Girdwood Community Room.

Pilates with Patty

Location: Girdwood Community Room

Fee: \$135.00

18 Week Session

Wed, September 10, 2014 - Wed, January 21, 2015, 8:30-9:30am

Ages: 13 and up

A 18 class 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. Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. It puts emphasis on pelvic alignment, breathing to relieve stress and allow adequate oxygen flow to muscles, developing a strong core or center (tones abdominals while strengthening the back), and improving coordination and balance. Drop-in to this popular class for \$11.00, or use your punch pass! Register for this class, and the class is only \$7.50 per class!

Walking Club Wednesdays

Location: US Forest Service Office Parking Lot

Fee: \$15.00

8 Week Session

Wed, October 8 - Wed, November 26, 5:30-6:30pm

Ages: 18 and up

Stroll and walk with your friends on Wednesday evenings! Join this moving crowd to get some steps added to your autumn. Route will be determined at the beginning of each meeting. We will walk no more than 1 hour. Wear appropriate gear as we will still walk in the rain and snow.

Running Club Fridays

Location: US Forest Service Office Parking Lot at Girdwood Location

Fee: \$10.00

6 Week Session

Fri, October 17 - Fri, November 21, 6:30-7:30pm

Ages: 18 and up

Need a jogging buddy? Or a group to keep you motivated? Join us and start your weekend off right! We'll have a later start at 6:30p to accommodate commuters from town. We will determine the route at the beginning of each meeting and will run 30 min-1 hour. Wear appropriate gear as we will run in the rain and snow (and darkness!). Meet at the Forrest Service. Drop-ins welcome for \$2.

Pre-Ski Season: Hip Hop Booty, Abs, and Core

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

Fee: \$64.00

8 Week Session

Tue, October 14 - Tue, December 2, 6-7:30pm

Ages: 18 and up

Get ready for the ski season by joining us for a high pace 8 week circuit training class. The class setup will include 9 stations (two exercises at each) that focus on our abs, core, and booty! This is not an aerobics class, but instead a self-paced class that includes a blend of yoga, Pilates, and strength training exercises. You will see and feel the results! You can use your punch pass for this class, but we only have equipment for 16- first come, first served.

The Joy of Meditation

Location: Girdwood Community Room

Fee: Standard charge: \$30.00

5 Week Session

Sun, October 19 - Sun, November 16, 10-11am

Ages: 18 and up

Join us in this peaceful start to your Sunday! In this class Eva will teach you about meditation and how to meditate. We will learn about the benefits of meditation, obstacles to meditation, and techniques that help with meditation. We will also learn energization exercises and Raja yoga. Please bring a cushion or pillow and blanket to aid in meditation and keep you comfortable. You are welcome to use your punch pass or drop in for \$7.

Punch Pass 5 classes \$50 / Punch Pass 10 classes \$90

For use in some of our fitness classes. Fall/Winter passes expire on January 25th, 2015.

Arts and Crafts

Yukon-Kuskokwim Coiled Basket Weaving

Location: Math/Spanish Room at Girdwood School

Fee: \$30.00

Tue, October 14, 2014, 6-7:30PM

Ages: 13 and up

Cultural Anthropologist Dorrie Dean is back to teach another fascinating basket weaving class for Four Valleys! Using modern materials, she will teach you how to weave a coiled basket similar to those from the Yukon-Kuskokwim area of Alaska.

Glacier Valley Quilters

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

Fee: \$60.00

15 Week Session

Wed, September 10, 2014 - Wed, January 28, 2015, 9am-6pm

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". Find out what they are all about on Wednesdays. Come for one hour, or all day! Drop-ins welcome \$5/class. No class on 9/17, 9/24, 11/26, 12/24, 12/31, & 1/21

Knit and Crochet for Charity

Type: Standard Class

Location: Math/Spanish Room at Girdwood School

Fee: \$9.00

3 Week Session

Tue, October 14- Tue, October 28, 6-7:30pm

Ages: 18 and up

This loosely structured class is a gathering of all knitters and crocheter- from just learning to expert. Using a variety of free patterns and yarns donated by the owners and staff of The Quilt Tree in Anchorage, we'll knit and crochet blankets, hats, scarves, toys, etc. for donation to various charities (Red Cross, Claire House, etc.). Bring your own knitting needles or crochet hooks. We will have another section of this class later in the session.

SPECIAL INTEREST

Learn the Thriller

Fee: \$14.00

3 Week Session

Wed, Oct 8, 3:30-5:30pm at the Girdwood School

Wed Oct 15, 3:30-4:30pm at the Girdwood School

Wed Oct 22, 3:30-4:30pm at the Girdwood School

Sat, October 25, 8-10am & noon-2pm at the Girdwood Community Room

Ages: All Ages

Join your fellow "walking dead" and learn Michael Jackson's infamous "Thriller" dance. We'll transform you into a dancing zombie in no time! Two left feet? No problem; all ages and abilities welcome.

Calling all Pets

Location: Girdwood Community Room

Fee: \$8.00 for each animal

Wed, Dec 3rd, 2-9pm

Ages: Any

Dr. Michelle Liebold provides physical exams, consultations and vaccinations for your pet here in Girdwood. Call 345-5886 for an appointment time. Price listed here is per pet, payable to FVCS. Pay Dr. Leibold's fees at your appointment.

Starwatchers

Location: Math/Spanish Room at Girdwood School

Fee: FREE

Wed, October 8, 2014, 7-8:30pm

Ages: Any

It's our 17th year! Join us to view the winter sky with your friends on clear nights. Orientation meeting for new and returning star watchers on Wednesday, October 8th 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.

Geology, Fun, and Sun in the Canary Islands

Location: Math/Spanish Room at Girdwood School

Fee: \$3.00

Wed, October 15, 2014, 7-8:30pm

Ages: Any

John Gallup will take us on a virtual tour of the two largest of the Canary Islands, Gran Canaria and Tenerife. They are geographically a part of Africa and politically a part of Europe. Explore the unique volcanoes, plants, animals, and foods of this region.

Volcano Hazards!

Type: Standard Class

Location: Math/Spanish Room at Girdwood School

Fee: \$3.00

Wed, October 22, 2014, 7-8:30pm

Ages: Any

How scary are volcanoes, really? How can they harm you? Can they be dangerous in Alaska? What's the worst that can happen? When will it happen? Be prepared! John Gallup will answer all of these questions and more in this interesting class!

Under 18 Only

Girdwood Rhythm and Drum Camp

Location: Math/Spanish Room at Girdwood School

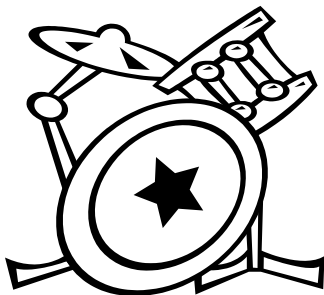
Fee: Standard charge: \$140.00

7 Week Session

Mon, October 13 - Mon, November 24, 4-6pm

Ages: At least 9 but less than 15

Prepare to get loud and have fun! The Girdwood Rhythm and Drum Camp (GIRD Camp) will explore the fundamentals of rhythm, syncopation, playing interlocking rhythmic "parts" as part of a group, "call and response", and drumset basics, including playing in a band context. Participants will need to buy drum sticks and drum pads; these will be available for \$25 from the instructor at the first meeting. Camp will be lead by local musicians Toby Quinn and James Glover.



Festive Holiday Craft

Location: Library at Girdwood School

Fee: Standard charge: \$5.00

Wed, December 10, 2014, 3:15-4:15pm

Grades: Kindergarten - 3rd

Join your friends right after school and have fun while being crafty! Make a special holiday craft to enjoy throughout the holiday season.

NATURE EXPLORER SERIES: register for one or all three!

Nature Explorers I- Tidal Flats

Location: US Forest Service Office in Girdwood

Fee: \$5.00

Sat, November 8, 2014, 1:30-3:30pm

Ages: At least 8 but less than 11

Join your friends for a fun nature craft at the Forest Service and a local hike! Sharpen your observation skills and explore our local ecosystems while learning about our beautiful valley at each meeting. November 8th we'll explore Tidal Flats, Nov 15th the Estuary Area, and Nov 22nd the Woodlands. Register for just one or all three! Be dressed for the weather as we will go on an easy hike, and bring a snack if you'd like one. For grades 3-5.

Nature Explorers II - Estuary

Location: US Forest Service Office in Girdwood

Fee: \$5.00

Sat, November 15, 2014, 1:30-3:30pm

Ages: At least 8 but less than 11 Join your friends for a fun nature craft at the Forest Service and a local hike! Sharpen your observation skills and explore our local ecosystems while learning about our beautiful valley at each meeting. November 8th we'll explore Tidal Flats, Nov 15th the Estuary Area, and Nov 22nd the Woodlands. Register for just one or all three! Be dressed for the weather as we will go on an easy hike, and bring a snack if you'd like one. For grades 3-5.

Nature Explorers III - Woodlands

Location: US Forest Service Office in Girdwood

Fee: \$5.00

Sat, November 22, 2014, 1:30-3:30pm

Ages: At least 8 but less than 11

Join your friends for a fun nature craft at the Forest Service and a local hike! Sharpen your observation skills and explore our local ecosystems while learning about our beautiful valley at each meeting. November 8th we'll explore Tidal Flats, Nov 15th the Estuary Area, and Nov 22nd the Woodlands. Register for just one or all three! Be dressed for the weather as we will go on an easy hike, and bring a snack if you'd like one. For grades 3-5.

Fire Station Tour for Pre-School to 2nd Graders

Location: Girdwood Fire Station at Girdwood Location

Fee: \$3.00

Fri, October 17, 2014, 10-11am

Ages: At least 2 but less than 9

What goes on inside of the Fire Station anyway? October is Fire Safety Awareness month, so come learn about fire safety, fire engines, ambulances, and other emergency vehicles as well as what makes for a well dressed firefighter. This tour is held on a Girdwood School in-service day, and is especially important to teach children about what to do in case there is a fire in their home. It also is a chance for firefighters to show children what a fully-dressed firefighter looks like, so that they will not be as afraid of them in the event of a rescue. Repetition with this tour is a positive thing so that your child remains familiar with our community fire-fighting staff and facility. Come visit the station once a year with this great class!

Spooky Halloween Craft

Location: Library at Girdwood School

Fee: \$5.00

Tue, October 28, 2014

Grades: Kindergarten - 4th

Make a surprise spooktacular Halloween craft to celebrate the season. Class will be held after-school; join your friends for a spooky good time!



Holiday Cookie Decorating I

Location: The Bake Shop

Fee: \$8.00

Wed, December 10, 2014, **3:30-4:30pm**

Ages: Any

The Flynns are celebrating their 15th year of inviting you and your children to decorate delicious cookies at The Bake Shop! All ages welcome, but children younger than grade 1 must be supervised directly by an adult.

Fire Station Tour/Extinguishing for 3rd-8th

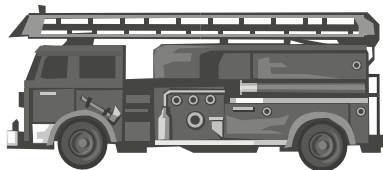
Location: Girdwood Fire Station

Fee: \$3.00

Fri, October 17, 2014, 1-2pm

Ages: At least 7 but less than 15

New this year- learn to extinguish fires! October is Fire Safety Awareness month, and the 3rd -8th graders are invited to join our local Girdwood Fire Dept volunteers and learn about fire safety. We'll be practicing hands-on fire extinguishing and cover some first aid basics as time allows.



Climbing Camp November

Location: Alaska Rock Gym at Alaska Rock Gym

Fee: \$22.00

Sat, November 1, 2014. Noon-2pm

Ages: At least 6 but less than 13

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. Parent or guardian **MUST** download and sign AK Rock Gym waiver in order for their child to participate: http://alaskarockgym.com/?page_id=153 Please note the new time this year: Noon-2pm.

Holiday Cookie Decorating II

Location: The Bake Shop

Fee: \$8.00

Wed, December 10, 2014, 4:45-5:45pm

Ages: Any

The Flynns are celebrating their 15th year of inviting you and your children to decorate delicious cookies at The Bake Shop! All ages welcome, but children younger than grade 1 must be supervised directly by an adult.

Kung Fu for Pre-School Aged 3-5

Location: Girdwood Community Room

Fee: \$150.00

17 Week Session

Tue, September 9, 2014 - Tue, January 20, 2015, 2:30-3:15pm

Ages: At least 3 but less than 6

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 preschool children between 3-5 years of age. This year's class has been significantly expanded and will meet for 17 classes at the Girdwood Community Room. If registering after the start date, class price will be prorated. No class November 4th, December 23rd & December 30th.

Kung Fu for Beginners/ Intermediate

Location: Girdwood Community Room

Fee: \$150.00 ***SORRY, THIS CLASS IS FULL***

17 Week Session

Tue, September 9, 2014 - Tue, January 20, 2015

Ages: At least 5 but less than 11

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 Nov 4th, Dec 23rd, and Dec 30th.

Kung Fu for Early Advanced and Advanced

Location: Girdwood Community Room

Fee: Standard charge: \$150.00

17 Week Session

Tue, September 9, 2014 - Tue, January 20, 2015, 4:30-5:30PM

Ages: At least 8 but less than 16

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. This year's class has been significantly expanded and will meet 17 times at the Girdwood Community Room. If registering after the class start date, the price will be prorated. No class Nov 4th, Dec 23rd, and Dec 30th.

Little Lotus Yoga Camp for K-1st

Location: Instructor's home studio

Fee: \$52.00

6 Week Session

Mon, October 6 - Mon, November 10, 3:30-4:45pm

Ages: At least 5 but less than 7 1/2

Kids yoga classes are fun, inspirational, educational and unique every time. Join us for Little Lotus Yoga Camp after school where kids will have a snack, practice meditation, and learn age appropriate yoga poses through creative storytelling. For grades K and 1st. Participating students leaving the Girdwood school will take the 622 bus to Gold and Main where Vesna will meet them and walk to the studio. If you wish to drop your child off at the studio, please call the FVCS office for information and directions, 742-5317.

Make -A-Plate

Location: Library at the Girdwood School

Fee: \$10.00

Wed, Oct 15th, 3:15-3:45pm

Ages: All ages

Make your dinner table an art gallery! Create a keepsake good enough to eat from! You can make a plate that will not only preserve the artwork and memories of your children, but it is a great opportunity for all ages to be creative. These make great gifts, and many people opt to keep for home use too. Have one for each year of your child's life! Open to all ages, adults can have fun with this too.



Instructors Needed!

Participate in your community and instruct a class for FVCS! We are building our fall class offerings now, and need people to lead classes.

We need childrens craft classes, adult fitness classes, romp & roar leaders, playgroup ideas, soccer coaches, you name it!

Email awade@fourvalleys.org or call the FVCS office [\(907\) 742-5317](tel:9077425317).



Children's Library Programs

Family Storytime Fridays 10:30am: 30 minutes of stories, songs & more to build early literacy skills; for children 5 and under and their caregivers.

Lapsit Saturdays 10:30am: 20 minutes of short stories, songs and lots of repetition for children 3 & under and their caregivers.

Both held at the Girdwood Community Room next to the Library.