



Four Valleys Community School Inc.

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www.fourvalleys.org

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Fall/Winter 2015 Program Guide

For classes held November 2015-January 2016

Providing high quality educational, recreational, and cultural activities for the communities of Girdwood, Indian, Bird, and Portage for 35 years.

Register online @ www.fourvalleys.org

Give Where You Live!

Four Valleys Community School has been providing locals from Girdwood, Bird, Indian & Portage with high quality activities for over 35 years! When you register for your PFD this January, don't forget to select Four Valleys Community School as your Pick.Click.Give. recipient.



Thank you to those who "give where you live"! FVCS sincerely appreciates the generous donations in 2015 from:

The Alaska Community Foundation, Alaska Wildlife Conservation Center, Carol Makar & The Ice Cream Shop, Mike and Stefanie Flynn & The Bake Shop, Girdwood Subway, The Grind, The Java Haus, Carrs Huffman, Bobbie Jo Skibo, Sarah Cronk, Dave Robinson, Jackie Moser, Eagle Safety, Forget Me Not Nursery, Girdwood Fungus Fair, Jacky Graham, Janette Kiland, Jodi Fischer, Katie Cronk, Lee Ellis & Midnight Sun Brewery, Misty Pekar, Pat and Betsy Preis, Shannon Earl, Lyn Hinderman, Rebecca Reichlin, Cyrus Read, Rich Parry, Cary, Lucy and Isabel Lukes, Carolyn Brodin, Joslyn and Chris Stinson, Christi and Mike Davidson, Donna Knutson, Rorie Hammel, Lou Theiss, Kerstin Johansson, Jeff Samuels, Kate Sandberg, Sherry Dugan, Trina & Hugh Short, Ken Graham, Julie Jonas, Loretta Daniel, Joan Frankevich, Anna Fleming, Jennifer Johnston, Eryn Boone, Kris Malecha, Barb and Paul Crews, Shannon Dierks, Stacey Kauffman, Gail Hille, Bethanie, George, Jesse, Gunnar, and Laurel Nix, Michael Gray, Maggie Donnelly, Tommy O'Malley, Martin, Madelyn, and Kristen Cassens, Samantha McMillan, Olivia Stone, Kate Gryn, Andy Preis, Arlene Weber Sword, Gail and Scott Pattison, Brooks Chandler, Selita Rios, Kelly Bandoch, Sam, Paula, Eli and Jeff Bogdan, Whitney Whitman, Jackie Moser, Andrew Elsberg, Clint Kyfin, Liz Loecher, Aaron Stiassny, Kevin Montague, Coltar Wolfe, Ashley, Guy and Hardy Wade, Specialty Imports, Carl Propes, Catherine Moncrieff and 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.

FIMO Holiday Pins: Milefiori Technique

Location: Art Room at Girdwood School

Fee: \$12.00

Thu, December 10, 2015

Ages: 9 and up

Join local artist Tommy O'Malley and play with polymer clay! Using millefiori glass blowing technique adapted to FIMO polymer clay, participants will create a dozen winter holiday themed pins. Open to those in 4th grade and up (adults, too!).

3:15pm to 5:15pm December 10, 2015 Th

Instructor: Tommy O'Malley

Make your Own Fused Glass Ornaments

Location: Art Room at Girdwood School

Fee: \$32.00

Wed, December 9, 2015

Ages: 16 and up

Join local glass artist Laura Walter and make your own fused glass ornaments. You will be provided with several basic designs to choose from (snowman, tree, etc.) to embellish as you see fit. Each student will create five unique ornaments just in time for the holidays! For ages 16 and up.

6:30pm to 8:30pm Wed, December 9, 2015 W

Glacier Valley Quilters

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

Fee: \$64.00

Wed, September 23, 2015 - Wed, January 27, 2016

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 Nov. 25th, Dec. 23rd, Jan. 13th

9am to 6pm Wed, September 23, 2015 - Wed, January 27, 2016 W

A Night of Basket Weaving

Location: Art Room at Girdwood School

Fee: \$32.00

Wed, November 4, 2015

Ages: 13 and up

Join cultural anthropologist and long-time weaving instructor Dorrie Dean for a night of basket weaving. We will have three styles of weaving available for you to try. You will pick one; however, extra kits of different styles will be available to purchase (along with instructions).

Twined Basket Weaving: Using rattan reeds, weave a basket similar in technique to those made by the Tlingit, Haida and Aleut/Aluutiq cultures.

Coiled Basket Weaving: Using modern materials, weave a coiled basket similar to those from the Yukon-Kuskokwim area of Alaska.

Pine Needle Basket Weaving: Using a long-standing method traditional in the Southeastern U.S., weave a coiled basket using 10-14 inch pine needles, threaded through a pre-drilled wooden base.

6pm to 8pm Wed, November 4, 2015 W

Instructor: Dorrie Dean

Calling all Pets II

Location: Art Room at the Girdwood School

Fee: \$10.00 for each pet

Mon, December 7, 2015

Ages: Any

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

4pm to 9pm Mon, December 7, 2015 M

Dr. Michelle Liebold

Basketball

Location: Gymnasium at Girdwood School

Fee: \$30.00

Wed, November 11, 2015 - Wed, January 27, 2016

Ages: 15 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 November 25th, December 16th, 23rd, 30th

7pm to 9pm Wed, November 11, 2015 - Wed, January 27, 2016 W

Volleyball for Adults

Location: Gymnasium at Girdwood School

Fee: \$90.00

Tue, November 17, 2015 - Tue, April 26, 2016

Ages: 16 and up

Intermediate to Advanced levels. Ages 16+ welcome. Fun and Friendly; yet competitive recreational coed play. Warm-up and drills from 7-7:30pm; Open play 7:30-9PM. Bump, Set, Spike it! Drop-in \$5

7pm to 9pm Tue, November 17, 2015 - Tue, April 26, 2016 Tu

Instructor: Nicole Geils

Mommy-Baby Fitness Fun Class

Location: Girdwood Community Room

Fee: \$104.00 or \$10 drop-in

Mon, October 12 - Mon, November 23

Ages: Any

This is a fitness class intended for moms with infants or young toddlers. It is the perfect class for moms wanting to start exercising, get back in shape, or looking for an extra active workout. This class will cover full body strength, agility, and cardio. The class is broken into 2 "areas". A 30 minutes outside session with a stroller and a 20-30 minute indoor session. Each mom will be able to work at their own pace. This class is a great way to get in better shape, meet new moms, and bond with your baby...Not to mention the opportunities to have a good laugh with respect to unpredictable happenings of working out with babies. \$104 for full 13 classes \$10 Drop In

11:30am to 12:30pm Mon, October 12 - Mon, November 23 M F

Instructor: Julie Leclerc and Melanee Stiansny

Running Track Punch Passes

Location: Girdwood School Gym

Fee: varies, see below

Mon, November 2, 2015 - Thu, May 19, 2016

Ages: Any

Interested in running but weather bogging you down? Come use our brand new indoor running track at Girdwood Elementary! Open Monday-Friday 5-9pm except school holidays. Purchase a punch pass that is good for the entire 2015/16 school year. 16 laps on this track =1mile. No strollers, walking poles, or weights. Clean indoor footwear required. Spikes are prohibited. No food or beverages (except plastic/metal water bottles) are permitted on the running track. Closed Dates: No weekends available. Closed during school holidays: November 25-29, December 19-January 3, January 18, February 15, March 14-18. Last day is May 19th.

Single Entry (drop-in) \$4.00

[10 Punch Pass \\$36.00](#)

[25 Punch Pass \\$83.00](#)

[50 Punch Pass \\$150.00](#)

Punch passes are good for the entire school year!

5pm to 9pm Mon, November 2, 2015 - Thu, May 19, 2016 M Tu W Th F

Heartsaver CPR, AED, and First Aid

Location: Art Room at Girdwood School

Fee: \$95.00

Wed, January 13, 2016 - Wed, January 20, 2016

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.

5:30pm to 9:30pm Wed, January 13, 2016 - Wed, January 20, 2016 W

Instructor: Linda Masolini

{ For 18 and under }

Chess Club

Location: Girdwood School Library

Fee: \$12.00

Thu, November 5 - Thu, December 17

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. Parents are welcome to stay and play, too! If you have a portable chess set, please bring it along. NO CLASS Nov. 26th

3:15pm to 4:30pm Thu, November 5 - Thu, December 17 Th

Instructor: Gary Galbraith

After sKEUL Youth Radio

Location: KEUL Building

Fee: \$24.00

Mon, November 30 - Mon, December 21

Ages: At least 12 but less than 19

Tune in to Youth Radio! Become a DJ at Glacier City Radio and share the music you love with our community. The mission of this class is to provide time and space for the youth of Girdwood, Bird, Indian and Portage to express themselves through music, news, and other forms of media at KEUL in the Park.

3:30pm to 5:30pm Mon, November 30 - Mon, December 21 M

Instructor: Flowergirl Karen Montague

Homemade Cards I

Location: Art Room at Girdwood School

Fee: \$5.00

Thu, November 5, 2015

Ages: At least 7 but less than 14

Hey kids! Do you ever find yourself needing a card? Having a card for every occasion is super handy! Whether it's a birthday, a thank-you card, or just a friendly note card, this class will prepare you for many occasions. Try out stamping, layering paper, and embellishing to design some pretty cool cards! Your friends and family will be delighted to receive your homemade cards. For 2nd -8th grades.

3:15pm to 4:15pm Thu, November 5, 2015 Th

Instructor: Christi Davidson

The Pillowcase Project

Location: Art Room at Girdwood School

Fee: \$5.00

Fri, November 13, 2015

Grades: 3rd - 5th

The Pillowcase Project is a preparedness education program for children in grades 3rd-5th, which teaches students about personal and family preparedness, local hazards, and basic coping skills. Generally given as a 60 minute presentation by Red Cross volunteers, the program leads students through a "learn, practice, share" framework to engage them in disaster preparedness. Students receive a sturdy pillowcase upon completion of the program in which they are encouraged to build their personal emergency supplies kit. Presentations are customized to focus on a hazard that is important and relevant to the local community.

3:15pm to 4:15pm Fri, November 13, 2015 F

Instructor: Erin Leighton

Homemade Cards II

Location: Art Room at Girdwood School

Fee: \$5.00

Thu, December 3, 2015

Ages: At least 7 but less than 14

Add to your collection of homemade cards. 'Tis the season to keep in touch with family and friends. Need a card to wish someone a Happy Winter or Merry Christmas or Happy New Year? Need a card to add to that gift for someone special? How about making some fantastic thank-you cards to give to those who splurged on you for the holidays! For 2nd-8th grades.

3:15pm to 4:15pm Thu, December 3, 2015 Th

Instructor: Christi Davidson

{ For 18 and under }

Holiday Cookie Decorating I

Location: The Bake Shop at Girdwood Location

Fee: \$8.00

Tue, December 15, 2015

Ages: Any

The Flynns are celebrating their 16th 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.

3:30pm to 4:30pm Tue, December 15, 2015 Tu

Instructor: Stephanie Flynn

Holiday Cookie Decorating II

Location: The Bake Shop

Fee: \$8.00

Tue, December 15, 2015

Ages: Any

The Flynns are celebrating their 16th 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.

4:45pm to 5:45pm Tue, December 15, 2015 Tu

Instructor: Stephanie Flynn

The Girdwood Girl's Workshop

Location: Girdwood Community Room

Fee: \$8.00

Sat, November 7, 2015

Grades: 6th - 8th

Join Four Valleys local Chelsea Holmes @ 1pm on Saturday November 7th for an afternoon which will include 1 hour of outdoor activity followed by a chat and activities exploring our pursuit of passions and the importance of perseverance. Chelsea will be leading the workshop from her background as a professional cross-country skier pursuing Olympic success. The workshop will focus on the importance and benefits of involvement in sport as well as positive peer groups and tools to fight through difficulties. Will meet at Girdwood Community Room.

1pm to 4pm Sat, November 7, 2015 Sa

Instructor: Chelsea Holmes

Fused Glass Ornaments for K-8th

Location: Art Room at Girdwood School

Fee: Standard charge: \$12.00

Mon, December 14, 2015

Ages: K-8th grades

Join local glass artist Laura Walter and make your own fused glass ornaments. You will be provided with several basic designs to choose from (snowman, tree, etc.) to embellish as you see fit. Each student will create two unique ornaments just in time for the holidays! For K-8th grade.

3:15pm to 4pm Mon, December 14, 2015 M

Instructor: Laura Walter

Gym Games for 6th-8th

Location: Gymnasium at Girdwood School

Fee: \$15.00

Fri, October 23 - Fri, December 18

Ages: 6th-8th grades

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 6th-8th grades only. No class 10/30, 11/6, 11/27, 12/4

5pm to 7pm Fri, October 23 - Fri, December 18 F

Instructor: Russ Stahla

Gym Games for High School (9th-12th)

Location: Gymnasium at Girdwood School

Fee: \$18.00

Fri, October 23 - Fri, December 18

Ages: 9th-12th grades

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-12th grades only.

No class 10/30, 11/27, 12/4

7pm to 9pm Fri, October 23 - Fri, December 18 F

Instructor: Tim Charnon

{ For 18 and under }

Create a Calendar

Location: Art Room at Girdwood School

Fee: \$10.00

Thu, November 12 - Thu, November 19

Ages: K-3rd grades

Have your little artist create a calendar! In two class sessions, your child will assemble a beautiful calendar for your home or as a gift to give. Each month highlights a unique art project created by your child. This is a good learning project to familiarize kids with a calendar, it's uses, and differentiating each month of the year. A great holiday present for grandparents, and a fun project that your child will be proud to use throughout the year! For K-3rd grades.

3:15pm to 5:15pm Thu, November 12 –and Thu, November 19 Th

Instructor: Jen O'Neill

Kids Yoga with Briana

Location: Library at Girdwood School

Fee: \$35.00

Wed, October 28 - Wed, November 25

Ages: K-2nd grades

Does your kindergarten, first, or second grader need something healthy and fun to do right after school? Kids Yoga with Briana is back! Kids will learn basic yoga poses and improve coordination, motor skills, and confidence in a safe and comfortable environment. No experience necessary. Please bring a snack to eat after school, a yoga mat, and water bottle.

3:15pm to 4:15pm Wed, October 28 - Wed, November 25 W

Instructor: Briana Sullivan

Make a Plate

Location: Art Room at Girdwood School

Fee: \$12.00

Fri, November 20, 2015

Ages: Any

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,

Are you signed up for our email newsletter? We add new classes weekly. Keep up with new classes and community happenings!

Sign up at www.fourvalleys.org

