

Loyal Heights Homeschool Program (LHH)

Spring 2023 Wednesdays March 29 – May 31st (9 Weeks, no class 4/12)

Note: All classes subject to cancellation or change. Please make sure you are on the LHH Email Group for timely announcements (At this time, all students are encouraged, but not required, to wear masks during classes).

Register online at <https://apm.activecommunities.com/seattle>. Use keyword “homeschool” to filter search. Registration may also be done in person (Loyal Heights Community Center) or by phone (206) 684-4052. Registration opens at 12:00 pm on March 7, 2023.

For more information, and to view the class schedule, visit www.loyalheightshomeschool.org.

Art Playground

Instructor: Stefanie Kahler

Ages: 2 - 5

Maximum class size: 10

\$95

In this parent-tot class, children are introduced to the elements of art, including shape, line, value, texture, and color. They will be encouraged to play with these ideas using a variety of age-appropriate, non-toxic materials. Each project will engage children’s imaginations and build their visual vocabulary. Projects will focus on process over product, while at the same time allowing a record of each child’s exploration and growth. The environment will nurture confidence, playfulness, and respect for each child’s process and work. This class is designed for parents and students to enjoy the process of creating together. No drop offs.

~~Calm~~ - Canceled

Instructor: Lucia Stakkestad

Ages: 6 - 11

Maximum class size: 12

\$185

Learn to read your body's emotional needs and use the appropriate calming techniques that will return self regulation for a healthier body and mind. We will explore breathing techniques, music, grounding, positive self talk and exercise as a way to get to calm. Parents encouraged to participate.

Cool Chemistry

Instructor: Shannon Hillinger

Ages: 7 - 11

Maximum class size: 15

\$100

Chemistry fizzes and bubbles, heats and glows, smells and changes colors. Why? How? In this class we’ll delve into these mysteries of chemistry and explore atoms, molecules, chemical reactions, the periodic table, and more through activities and experiments. This course will use household chemicals, and cover the scientific method and basic lab safety.

Cultural Anthropology

Instructor: Karen Radcliff

Ages: 11 - 18

Maximum class size: 10

\$150

Cultural anthropology focuses on an exploration of humankind as it lives right now. In this class we will discuss how anthropologists study different aspects of human life: education, religion, family and reproduction, food, work, music, and more. Why do these differ from one culture to another? How does living in one place affect how you might think, what you value, what you wear, what you eat? We will explore some of the belief systems, social relationships, economic and environmental contexts, gender roles, and international and intercultural relationships of a number of cultures. We will also explore how our own various cultures can influence how we perceive others and their ways of life. There will be short weekly assignments and a presentation to the class at the end.

Dye Lab

Instructor: Stefanie Kahler

Ages: 11 - 18

Maximum class size: 8

\$115

Welcome to the dye lab! We will start with dyeing your own fabric, thread, or clothing, and continue into creating a project with your materials. This class will be messy! Please wear clothes you don't mind staining.

Felt Animals

Instructor: Stefanie Kahler

Ages: 5 - 9

Maximum class size: 8

\$110

Learn how to sew one or more small felt dolls. This class is perfect for all sewing levels. Please be aware that this class will use sharp scissors and needles.

New Session! at 11 am

Fiber Play: Exploring Fiber Arts

Instructor: Karen Radcliff

Ages: 10 - 18

Maximum class size: 8

\$165

In this introduction to fiber arts, we will try our hands at several techniques used the world over in the making of cloth, whether for garments or for other uses, as well as discuss many more. Plan to spin your own yarn, knit, and try different types of weaving. We will also make brief forays into crocheting and sprang, learn a bit about naalbinding and lacemaking, discuss the properties of different textile fibers, and share a bit of textile history while we work. No prior experience is necessary. I will provide all the needed patterns and materials.

Kendo - Canceled

Instructor: Sean DeBleick

Ages: 10 - 18

Maximum class size: 15

\$100

Kendo is a Japanese form of fencing with two-handed bamboo swords (shinai), originally developed as a safe form of sword training for samurai. This series will teach the basics of Kendo with individual practice, no contact fun! Students should be physically able to swing a sword repeatedly and have good self control to be able to work without injuring themselves or others. Students will need to have a shinai, available for purchase from the instructor at the start of class for \$35.

Kitchen Chemistry

Instructor: Shannon Hillinger

Ages: 3 - 7

Maximum class size: 12

\$110

We do chemistry every day! When cooking, cleaning, and even making things to play with. In this class we will play with chemistry and explore atoms, molecules, chemical reactions, the periodic table, and more through stories, activities, games and experiments. This class will use nontoxic chemicals, and cover the basics of the scientific method and lab safety.

New Session! at 12 pm

Pickleball - Canceled

Instructor: Tim Ozog

Ages: 8-12

Maximum class size: 10

\$100

Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. Two, three, or four players use solid paddles made of wood to hit a wiffleball over a net. The net and rules are similar to tennis, with a few modifications. We will have lots of fun indoors learning the basics and competing with one another.

Soccer - Canceled

Instructor: Happy Feet

Ages: 2 - 3

Maximum class size: 10

\$72

25 minute class

This class is designed for the rapidly growing imagination of young children. With songs, stories, and games children as young as 2 years old go on fun and exciting adventures with their soccer ball, "Bob." This class not only helps with soccer and gross-motor skills, but also language skills, creativity and imagination, social skills, emotional skills, and most importantly self-confidence to help our HappyFeeters become Brave Creative Leaders.

Join "Bob" trips to the zoo, an enchanted castle, candy land and more!

Soccer - Canceled

Instructor: Happy Feet

Ages: 4 - 6

Maximum class size: 10

\$72

25 minute class

This class is designed for the rapidly growing imagination of young children. With songs, stories, and games children as young as 2 years old go on fun and exciting adventures with their soccer ball, "Bob." In this class, children will become more comfortable with the ball at their feet, and we will work on more complex skills and dribbling moves while learning in a fun and non-competitive environment. Play more challenging games designed to maximize balance and coordination, develop decision making skills, and continue to grow self-confidence.

Soccer - Canceled

Instructor: Happy Feet

Ages: 7 - 9

Maximum class size: 12

\$110

In this class, children will become more comfortable with the ball at their feet, and we will work on more complex skills and dribbling moves while learning in a fun and non-competitive environment. Play more challenging games designed to maximize balance and coordination, develop decision making skills, and continue to grow self-confidence. We will focus on allowing players to combine moves and be creative on the field. Each week we focus on a new skill!

Teen & Tween Book Club

Parent Liaison: Sara Cammeresi

Ages: 10 - 18

3rd Wednesdays

No registration needed

Join us every week in the teen room for a fun hang out and group activities.

Let's meet up to talk about our favorite books! The participants will take turns picking books. Parents are welcome to attend, but the teens and tweens will be encouraged to take the lead in facilitating the discussion.

Teen & Tween Handicraft Club

Parent Liaison: Stefanie Kahler

Ages: 10 - 18

Remaining Wednesdays

No registration needed

Supplies will be provided for various crafts, feel free to also bring your own projects to work on!

Offsite Classes:

Baking

Instructor: grettie's goodies

Ages: 5 - 11

Maximum class size: 8

April 19 - May 17

\$65 for Individual Classes

\$250 for 5 Class Session

For more information and to register, visit <https://www.grettiesgoodies.com/homeschoolclasses> Password: LHCC

Kids work alone or in teams to create different baked goods from cookies to cakes to breads to pretzels. The kids measure, mix, stir, and gain tips along the way. They are exposed to an actual commercial kitchen and follow Seattle Health Code policies. Each kid will get two baked goods to take home after each class. You can sign up for individual classes, or the whole 5 week session. If you have dietary restrictions, please let grettie's goodies know, they can tailor all classes for vegan/gluten free/Peanut allergies/etc. Peanuts are present in the kitchen. Drop off and pickup at grettie's goodies.

- Week One (April 19) - Breakfast Treats (Muffins, Coffee Cake and Dutch Baby)
- Week Two (April 26) - Lunch and Snacks (Galette and Snacking Cake)
- Week Three (May 3) - Dinner and Dessert (Pizza and Cookies)
- Week Four (May 10) - Brunch Treats (Bagels and Sweet Rolls)
- Week Five (May 17) - Party Treats (Pretzels and Cupcakes)

Fish Hawk Outdoor Academy

Instructor: Ignite Nature Connection

Ages: 8 - 12

Minimum class size: 6

Maximum class size: 8

\$340

For more information and to register, visit: <https://www.ignitenatureconnection.com/program/fish-hawk>

This is a weekly program designed for children to become immersed in a community of children who come together each week in the outdoors to build on the skills and practices of nature connection. A collective environment which allows children to build community through shared experiences and deepen connection with earth and each other. We begin each day with an acknowledgement of gratitude for the natural world around us and everything that it provides. Children learn quickly and authentically to identify all of the things around them in which they are grateful for. This is a precious and important practice and a theme that is held throughout the day. Students are taught how to safely use knives as tools for skills such as fire building, carving, and crafting. There is a strong focus on community building through working together on shelter creating, fire building, cooperative nature games and conflict resolution. This program is designed to build self confidence and awareness in ourselves and nature. Drop off at Ignite Nature Connection and pick up at the community center.

New Session:

\$280 for 7 classes

Thursdays 12:30 - 2:30 pm: March 30 – May 25, no class April 12 and May 18

For more information and to register, visit:

<https://www.ignitenatureconnection.com/program/fish-hawk-outdoor-academy-wednesdays>

Drop off and pickup at Ignite Nature Connection.

Fish Hawk Outdoor Academy - Fawns

Instructor: Ignite Nature Connection

Ages: 5 - 7

Minimum class size: 6

Maximum class size: 8

\$280

Thursdays 9:30 - 11:30 am: March 30 – May 25, no class April 12 and May 18

For more information and to register, visit: <https://www.ignitenatureconnection.com/program/fish-hawk-outdoor-academy-fawns>

This is a weekly program designed for young children to come together in the outdoors to build on skills and practices of nature connection. With age appropriate wilderness crafts, outdoor nature games and each child's very own "nature treasure box", children will spend the morning exploring, adventuring and fostering a deep love for birds, trees, plants, bugs and all things nature. We begin each day with an acknowledgement of gratitude for the natural world around us and everything that it provides. Children learn quickly and authentically to identify all of the things around them in which they are grateful for. This is a precious and important practice and a theme that is held throughout the day. Drop off and pickup at Ignite Nature Connection.