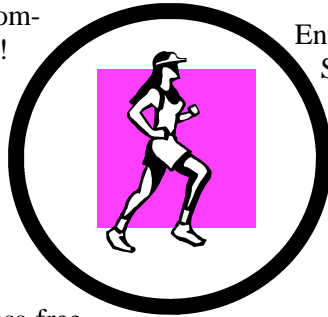


Feeling Fit and Relaxed with FryDawg!

Walking is the perfect way to combine exercising with socializing!

In this class you will have the opportunity to get in shape by taking daily walks around the Broadmoor neighborhood.

When the weather is not cooperating with our walks, we will spend our time inside learning techniques to keep our lives stress-free and relaxed. Students will be able to bring their iPods/Mp3 players on our walks.



**Taught by: Mrs. Fryman and
Mrs. Dawson**

Softball/Wiffle Ball

Students will learn the basic concepts of softball and wiffle ball as well as the proper way to play the game. Depending on the weather, we will be playing wiffle ball or softball.

Taught by: Mr. Jans

Book Club/Study Hall

This is for students who want some quiet time to read their favorite book. This will also be an opportunity for those who would like a daily study hall to finish up homework and projects.

Taught by: Ms. Schwarz

Speed Stacking

Enter the world of competitive Speed Stacking. We will start with the basics and let each individual progress at their own pace. Compete against each other or yourself as you race against the clock to build up your stacks and tear them down.

Taught By: Mr. Fowler

Yoga and Relaxation

Learn the basics of yoga and some excellent techniques for relaxation and stress relief. In this class you will practice exercises to help with positive thinking and overall stress reduction.

Taught by: Mrs. Sheppard

Anime and Manga

Ever wondered what anime is? Ever wanted time to read your manga books? This class is what you have been looking for! All levels of manga experience and knowledge are welcome. Students will be able to discuss their favorite characters and read, read, read.

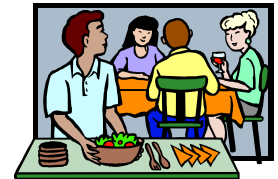
Taught by: Mrs. Walrath



Mind Your Manners

Need to get ready for a big date? Want to make a great impression the FIRST time? After taking this class, you will be ready with all of the tools you will need. Learn the proper etiquette for restaurant and formal dining. Strengthen your knowledge of what polite and courteous really mean. You will even learn how to tie a tie! You will have even have an opportunity to show what you have learned with a high class luncheon. (\$10 expense fee for this course).

Taught by: Mr. Smith



The Tough Stuff and the Fun Stuff

Taught by: Miss Reed and Miss Zaremba