2023 ASMS STEM LEADERSHIP ACADEMY

COURSE CATALOG

DAY – COURSES (PERIODS A, B, and C – 8:00 am – 3:00 pm)

2D DESIGN

Students will create 2D designs for CNC (Computer Numeric Control) Laser and Plasma cutters. The class will begin with a brief introduction to 2D Design principles, followed by lessons in Vector Graphics, CAD, and GCODE software. A variety of free and commercial software will be introduced: Adobe Illustrator & Photoshop, Inskape, Lightburn, LaserGRBL, and Firecontrol. With the designs made in this class, students will learn to cut wood and plastics with a CNC Laser Cutter and cut metals with a CNC Plasma Cutter. If time permits, students will visit the Laser Studio at the University of South Alabama Creative Technologies Department.
Instructor: Orren Kickliter
Offered: Week 1 and Week 2
Period: C
Room: West Campus

3D PRINTING AND DESIGN

In this course, students will model the workflow of industrial design and progress from 3D Computer-Aided Design software to a 3D physical model. Models will be created using a 3D printer. Students will get to keep their models.
Instructor: Dr. Matthew Davenport
Offered: Week 1 and Week 2
Period: A
Room: West Campus – RLC 101

ACT PREP

Students who will be seeking admission to colleges and universities upon high school graduation take the ACT test. The higher the score, the greater the college admissions and scholarship opportunities. Early preparation is the key to success! In this course, you will prepare with a professional tutor and practice the sessions along with learning strategies that will increase your confidence along with your scores.
Instructor: Kevin Dolbeare
Offered: Week 1 and Week 2
Period: A
Room: Media Room

ALABAMA PALEONTOLOGY

Did you know that the remarkable diversity of plants and animals alive today represents less than 1% of all life that has ever existed on Earth?! Paleontology explores ancient ecosystems by examining fossils of the countless species that have inhabited our planet during its history. Surprisingly, one of the best places to find fossils is the state of Alabama! In this course, campers will learn about Alabama's fossil diversity by examining the various methods paleontologists use to interpret the physical remains of organisms and the preserved traces of their behavior to better understand the biology and ecology of Alabama's extinct organisms.
Instructor: Dr. Andrew Gentry
Offered: Week 1 and Week 2
Period: A
Room: S306

ALL ABOUT ANIMALS

Do you love learning about animals? Do you have the interest to work in the field of zoology one day? Perhaps you want to be a veterinarian or even a wildlife biologist. If so, this course is for you. Students will explore the different classes of organisms within the animal kingdom, have hands-on experience dissecting organisms, including invertebrate and vertebrate species, handle preserved specimens, and explore how these organisms compare to one another anatomically. Learn about animal behavior, animal adaptations, and their interactions in the environment. Students will visit an animal rehabilitation center, visit the animal shelter, and take a trip to a local animal clinic to have a behind-the-scenes tour and speak to the veterinarians.
Instructor: Wilson McAll
Offered: Week 1 and Week 2
Period: A or B
Room: S405

BASIC CHEMISTRY OF THE FOOD WE EAT

Ever wondered why you can't un-boil an egg? Or how do those holes get into your bread? Or what that gross blue stuff is that your parents put on a salad? Students in this class will get to discover the secret world of food by learning how different foods taste, smell, and feed your brain. Topics in Biology and Chemistry will be included in an engaging and interactive environment.
Instructor: Dr. Matthew Davenport
Offered: Week 1 and Week 2
Period: C
Room: S302

BLOCK-BASED PROGRAMMING with SCRATCH

With Scratch, students can program their own interactive stories, games, and animations. Scratch helps young people learn to think creatively, reason systematically, and work collaboratively. Scratch is a project of the MIT Media Lab.

Instructor: Mr. Gaillard
Offered: Week 1 and Week 2
Period: A
Room: S202

CODE A MICRO:BIT

Learn how to program a micro:bit, a really cool mini-board computer that has LED lights, a radio and Bluetooth antenna, a compass, a temperature sensor, and an accelerometer plus pins for attaching external sensors. Use your imagination to create games and experiments or make a banana beatbox. We'll start with simple projects to display text and icons. Learn to write programs to keep score, play a song, or send secret messages to a friend's micro:bit. You'll be amazed at what you can do and control by the end of the week!

Instructor: Oscar Presnall
Offered: Week 1 and Week 2
Period: B
Room: S206

CREATIVE CHEMISTRY: WORKSHOPS OF CHAOS

Labwork is important to scientific inquiry and in this class, students will explore science from a different perspective. This course will mimic the laboratory experiments of famous fictional scientists while introducing students to basic laboratory principles and processes. Students should be prepared to be wowed and amazed. We will do a hands-on laboratory activity each day and as a result, closed-toe shoes will be required daily (no flip-flops allowed).

Instructor**:** Kevin Dolbeare
Offered**:** Week 1 and Week 2
Periods**:** C
Room**:** S401 and S402

CYBERDEFENDERS

Delve into the world of Cybersecurity by experiencing a week of learning about the basics of cybersecurity and web infrastructure and how to defend against the bad guys! It's the perfect way to get introduced to the expanding and important field of cybersecurity! In this course, campers do not need to have any prior knowledge of cybersecurity to participate and by the end of the week become CYBERDEFENDERS!

Instructor: Oscar Presnall
Offered: Week 1 and Week 2
Periods: A

Room: S206

DEBATE
When we feel strongly about something, it can be difficult to calmly argue with someone on the topic. However, staying calm and rational can be the best skill in these instances. Making sure to structure your argument logically is a necessary skill. In this class, we will discuss what debate is, common forms of debate (Lincoln-Douglas and Public Forum), and how to effectively debate with others. Debate is a great way to improve your thinking and hold conversations that actually help change people's minds.
Instructor: Amy McGowan
Offered: Week 1 and Week 2
Period: C
Room: B126

DISCOVERING THE WORLD OF TECHNOLOGY
From industrial cranes to cutting-edge ships and planes, explore the manifold applications of engineering science, and the exciting ways new technologies are transforming our world. This course will take you to local facilities where engineering science is being applied such as Airbus, Austal, AM/NS Calvert Steel Mill, and the Port of Mobile to see and learn firsthand about these exciting applications and innovations!
Instructor:
Offered: Week 1 and Week 2
Period: C
Room: West Campus – RLC102

ELECTRICAL ENGINEERING
From computers to microprocessors all the way to giant power generation for cities -- electricity runs the world! So much of what we do requires and revolves around electricity, and electrical engineers are the people who help work to create and sustain that power! Come learn the foundational principles of electrical engineering through engaging, hands-on activities that will put a "spark" in your summer camp experience!
Instructor:
Offered: Week 1 and Week 2
Period: B
Room: West Campus – RLC102

GEOLOGY ---DIGGING DEEPER THROUGH MINECRAFT
Geology is the science that allows us to unlock the secrets of the earth by studying rocks and stones, geochemistry, and geobiology. By "digging deep" into the earth mysteries of the past and even the future can be uncovered. Many students have been introduced to the science of Geology through the program Minecraft and in this course, students will compare and contrast

both the real and virtual worlds both in class and with three field trips to answer a multitude of questions such as “Can you really make a suit of diamond armor?” “Can obsidian stop TNT?”. Other real-world geologic processes replicated in the program will also be examined and “dug into”!
Instructor: Kevin Dolbeare
Offered: Week 1 and Week 2
Period: B
Room: S401

HANDS-ON GEOMETRY!
Get your “hands-on” in this Geometry course by creating tetrahedron kites, Pythagorean spirals, and robots from 3D figures. Haven’t taken Geometry yet? Don’t worry! You will learn the Geometry concepts needed to complete your projects.
Instructor: Meoshe Id-Deen
Offered: Week 1 and Week 2
Period: B
Room: S305

INDUSTRIAL DESIGN
Industrial Design is where science, technology, and design come together to create the products of the future. In this introductory class, students will design and create their own functioning portable Bluetooth speaker. To complete this students will need to learn to read an electronic circuit schematic, use a multimeter to test resistance, capacitance, voltage, induction, and current, understand introductory Thiele/Small Acoustic Parameters, drill, solder, saw materials, 3D print, and practice the fundamentals of 3D Design. Closed-toe shoes will be required.
Instructor: Orren Kickliter
Offered: Week 1 and Week 2
Period: A
Room: West Campus

INTRO TO ALGEBRA
Students will be introduced to concepts such as solving equations and inequalities, order of operations, properties of exponents, and linear functions, through the use of interactive activities and fun math games. Great preparation for students who will be taking Algebra I and also for those wanting advanced preparation for the ACT and standardized testing.
Instructor: Meoshe Id-Deen
Offered: Week 1 and Week 2
Period: A
Room: S305

JOURNALISM

News reporting is an extremely important part of society. In our technologically savvy society, the way we read the news is always changing. For example, a large part of the population gets all of their news from social media. Despite all of this, the basics of journalism have not changed. In this class, students will look at the changing world of news and discuss how to report and research it. In addition, students will work to improve writing skills and learn how our information is presented.

Instructor: Amy McGowan
Offered: Week 1 and Week 2
Period: A
Room: B126

LAND, SEA, AND AIR: BUILDING CARS, BOATS, AND PLANES...

Learn the latest automobile designs, how boats float, and how planes fly. Not only will we learn the science behind various modes of travel, but we will design, build, and test working models: boats that float (or not!), planes that fly, hot air balloons that float, and rocket cars propelled by air. We will also "dive in" and come to understand the mechanics behind one of the greatest design disasters of all time --- the Titanic.

Instructor: Glen M. Mutchnick
Offered: Week 1 and Week 2
Period: C
Room: S101

MARINE BIOLOGY

Earth is mostly water that is teeming with all types of incredible and interesting life! Marine Biology introduces you to the living things that inhabit the earth's waters from the beautiful deltas to the deep ocean and covers broad areas of biological oceanography, physical oceanography, and technology. Students will also learn why the oceans are important to humans and how human activities affect the marine environment.

Instructor: Dr. Rebecca Domangue and D. Buchanan
Offered: Week 1 and Week 2
Period: A
Room: S302

MINI MEDICAL SCHOOL (3 Period Course)

Get ready future doctors! Mini Med School is your awesome opportunity to delve into the exciting world of medicine! From learning how to suture (stitch or close a wound), DNA Analysis, How X-Rays Work, the Patient Interview Process, Clinical Manifestations of Disease, and more, to field trips to the USA College of Medicine and to meet local medical experts, this will be a phenomenally immersive experience! **(Extra $100 fee for this course)**

Instructors: USA College of Medicine Students: Kelly Blacksher, Caroline Clutton, and Macy McCollister
Offered: Week 1 and Week 2
Period: A, B, and C
Room:

MECHANICAL ENGINEERING
Are you interested in how things actually work, and how they are built? Do you enjoy taking things apart and putting them back together? You just might be an aspiring mechanical engineer and this is the perfect summer camp course for you! Discover how mechanical engineers put the 'engine' in 'engineer', the creative process of "design thinking" and so much more!
Instructor:
Offered: Week 1 and Week 2
Period: A
Room: West Campus – RLC102

PHUNDEMNTALS OF PHYSICS
In this course, students will examine various concepts in Physics using a hands-on application approach and participate in awesome laboratory experiences; some "shocking," some very sharp, and some that deal with 1000-degree soldering tools. Examples of some of the cool laboratory experiences that students will share include discovering the answer to; will a bullet dropped to the floor hit the ground at the same time as a bullet fired horizontally from a gun? Students will also discover the answers using projectile motion models and laboratory experimentation. Students will experience 50,000 volts of static electricity using a Van de Graaff generator. The big project of the week will be building a circuit board using resistors, capacitors, and transistors, and at the same time, the students will learn how to solder all the components to the board.
Instructor: Glen M. Mutchnick
Offered: Week 1 and Week 2
Period: B
Room: S101

PUBLIC SPEAKING
In high school, college, and almost every career, speaking in front of others will be a required skill. More than 75% of people say they are scared to give speeches. However, it does not have to be as scary as we like to imagine. In this class, we will talk about how to write a speech, practice it, and present it. This class is great for everyone, especially those who feel intimidated by public speaking or know it will play a major role in their future.
Instructor: Amy McGowan

Offered: Week 1 and Week 2
Period: B
Room: B126

PYTHON BASICS
This course reviews the basic syntax of the Python programming language. Students will learn about printing, data types, variables, user input, operators, random, conditionals, and loops. Students will also be expected to work on assignments to reinforce training topics.
Instructor: Mr. Gaillard
Offered: Week 1 and Week 2
Period: B
Room: S202

ROBOTICS
This class will explore the applications of robotics in the real world. From spacecraft to unmanned submersible vehicles, robots can do anything that we create them to do. Students will learn about the basics of building and programming a robot. They will be divided into teams to build and program a Lego Technic Robot to perform a simple set of tasks, such as delivering supplies over a taped-off course, stopping on a colored dot, and picking up small objects. As the class progresses, they will move on to the harder tasks that combine elements of the previous challenges. An example would be a scenario in which the students must pick up and deliver supplies to an outpost over difficult terrain. This will allow students to face real-world problems of Robotics Engineering from start to finish while having fun at the same time.
Instructor: Beth Quave
Offered: Week 1 and Week 2
Period: A, B, or C
Room: S106

ROCKETRY
Students will build various designs of model rockets in class!! During this course, students will learn about NASA and rocket design, leading up to their official launch date at the end of the week. Before building and launching model rockets, students will perform real-time engine thrust tests and data collection of various engine types. Each student will electronically launch his/her own rocket to altitudes of up to 1,000 feet!!
Instructor: Glen M. Mutchnick
Offered: Week 1 and Week 2
Period: A, B, or C
Room: S101 (Period A) RLC 103 (Periods B and C)

STUDYING NATURE-FIELD BIOLOGY (Two-Period Class)

Learn about the forests, savannas, streams, and shores of the Alabama Gulf Coast. Students will participate in a series of field trips to various nearby habitats, with an emphasis on nature study and biological investigation. Activities will consist of hiking the maritime forest on Dauphin Island, kayaking the delta of the Gulf of Mexico, bird watching in the bird sanctuary on Dauphin Island, collecting organisms in the salt marshes of Dauphin Island, nature study, visiting an ancient Indian Mound, and using a map and compass. Students will journal their experiences using digital cameras (phones).

Instructor: Mendel Graeber
Offered: Week 1 and Week 2
Periods: A and B
Room: S306

TECHNOLOGY AND DESIGN OF LIGHT METALS

This class will introduce the basic theory, tools, and skills of metalworking. While introducing various properties of nonferrous metals, students will saw, pierce, shape, solder, anneal, torch, melt, oxidize and cast different metals. Closed-toe shoes will be required.

Instructor: Orren Kickliter
Offered: Week 1 and Week 2
Period: B
Room: West Campus

TECHNOLOGY ENTREPRENEURSHIP – INVENTING THE FUTURE!

Whether you want to be the next Mark Zuckerberg or simply looking for a way to build something that could make money and help people, this class will help give you the right foundation and skill set. Through this course, students will learn how to identify and build something that customers want, learn how to test their hypotheses, and hear from actual entrepreneurs building technology companies today!

Instructor: Dr. Todd Greer and Nick Hampton
Offered: Week 1 and Week 2
Period: A or B
Room: B208

UNDERWATER ROBOT MISSION

Build an underwater robot – a remotely operated vehicle (ROV) -- to complete an underwater Spanish galleon mission. Students form small ROV companies to build an ROV, mission props, and tools for their mission tasks. They learn to pilot the ROV in the pool to collect sea urchins for scientific research, transplant endangered corals, and recover a cannon and shipwrecked items to identify the Spanish galleon. Other learning topics include buoyancy and ballast concepts and electrical circuits. In addition, students learn about real-world ROVs designed for

different missions from collecting organisms from under the polar ice cap to exploring the ocean on Jupiter's moon Europa.
Instructor: Oscar Presnall
Offered: Week 1 and Week 2
Periods: C
Room: B129

WEBPAGE BASICS
This course will teach students how to use Bootstrap with VS Code. They will learn how to set up a webpage using the most popular syntax.
Instructor: Mr. Gaillard
Offered: Week 1 and Week 2
Period: C
Room: S202

EVENING COURSES (PERIODS D, E, and F – 6:00 pm to 9:00 pm)

ADVANCED & INTERMEDIATE TENNIS

This is a beginning tennis class in which students will develop the basic skills necessary to play the game of tennis. Basic skills taught will include the forehand, backhand, volleys, lobs, and serve. Students will also learn how to keep score as well as tennis etiquette. At the conclusion of the week, students will use their newly acquired skills while participating in a round-robin tournament.
Instructor: Dawn Brouillet
Offered: Week 1 and Week 2
Period: E
Room: Tennis Courts – West Campus

ALL THINGS ANIME

Do you love to binge Anime and Manga into the night? Do you collect so many Anime figures that you could possibly make your own miniature army? Well, this class is definitely for you! We will view, discuss and debate all things anime and manga!
Instructor:
Offered: Week 1 and Week 2
Period: D or F
Room:

ARCHERY FUNDAMENTALS

This is a beginner's archery course and requires no prior experience. You will learn the fundamentals of archery using a compound bow and bullseye target. You'll learn proper posture, proper bow handling, and tips on how to increase accuracy and consistency. Class notes: Closed-toe shoes must be worn. Hair must be secured back and away from the face. All equipment is provided. Safety is our primary concern. One safety violation or repeated inability to follow instructions will result in immediate removal from the class and placement in an alternate class.
Instructor: Candace Howard
Offered: Week 1 and Week 2
Period: D or E
Room: Assemble in the Gym. Archery held on the outside court

ART AROUND THE WORLD

Take a journey around the world as we explore art from various cultures. Class experiences will include learning music, practicing cultural dance forms, and discovering visual artwork. Don't miss this awesome opportunity to explore the world and amazing art from across the globe!
Instructor: Anna Marzelle

Offered: Week 1 and Week 2
Period: F
Room: Auditorium

ARTS AND CRAFTS
Let's get creative! Come join in on the fun and be crafty. We will explore a variety of crafts: Drawing, Painting, Jewelry/Beading, and Bracelets. Students are asked to wear appropriate clothing as the coursework can get messy.
Instructor: Orren Kickliter
Offered: Week 1 and Week 2
Period: E
Room: West Campus – Art Studio

BASKETBALL TRAINING
This class is composed of high-energy sessions, focusing on proper mechanics, techniques, and skill development for up-and-coming basketball players. It includes individual and team drills, incorporating the main components of basketball: dribbling, passing, shooting, defense, and teamwork. It allows each player to build on a solid foundation, along with understanding the basketball rules to be a successful basketball player.
Instructor: Derek Barry
Offered: Week 1 and Week 2
Period: F
Room: Gym

BEGINNING TENNIS
This is a beginning tennis class in which students will develop the basic skills necessary to play the game of tennis. Basic skills taught will include the forehand, backhand, volleys, lobs, and the serve. Students will also learn how to keep score as well as tennis etiquette. At the conclusion of the week, students will use their newly acquired skills while participating in a round-robin tournament.
Instructor: Dawn Brouillet
Offered: Week 1 and Week 2
Period: D
Room: Tennis Courts – West Campus

BEGINNING FRENCH
Parlez-vous français? Join this class to get started! You will learn a variety of French words and phrases that will allow you to have short conversations. You will also learn some simple grammar rules to help you form your own original sentences. Additionally, there will be time to explore different aspects of French culture including customs, history, and monuments. The

class wouldn't be complete without a mention of the world-famous French cuisine, so be prepared to sample a few culinary delights!
Instructor: Angela Kennedy
Offered: Week 1 and Week 2
Period: D or E
Room: B129

BIGGER, FASTER, STRONGER
This course is designed to improve overall athletic performance and fitness. Students of any age, fitness level and gender are encouraged to attend. Each day there will be a variety of drills with weights, circuit training, and running designed to improve strength, speed, and agility.
Instructor: Jaleigha Hightower
Offered: Week 1 and Week 2
Period: D
Room: Fitness Room

CHEMISTRY AND CRAFTS OF TIE DYE
Tie-dye, long before the '70s, was known as Shibori, a Japanese term that encompasses a wide variety of resist-dyeing techniques. These techniques produce random patterns that are either geometric, loose, free-flowing or combinations of everything in between. Students will learn the fundamentals of different crafting techniques and make a variety of handmade projects, many of which will use tie-dye applications.
Instructor:
Offered: Week 1 and Week 2
Period: D or E
Room: Coffee House

CHESS STRATEGY & GAMEPLAY
With players as young as 12 years old hitting the ranks of Grandmaster, we have to ask: How did they get there, and what are their methods? The secret is no secret. You've got to practice deliberately, play constantly, and review each match you win or lose to continuously improve your internal mental model of the game. You'll explore classic opening moves, work toward the mid-game, and rack up more play time in a controlled setting, so you can continue to improve your game. Whether you're a novice or working your way up higher in the ranks, you'll have dedicated time to play and hone your skills.
Instructor: Jameel Id-Deen
Offered: Week 1 and Week 2
Period: D
Room:

CLASSIC BOARD GAMES

It is a fact that board games have been used by ancient cultures for several millennia. Board games were used by the ancient Egyptian civilization up to 4000 years ago. Recent discoveries in ancient Chinese culture indicate that people were playing the game *Go* several thousand years ago. Video games, smartphone apps, and board games share, in essence, the same DNA. Take this course to have fun delving into and playing the type of gaming that has been around and will be for a long time to come---board games!

Instructor:
Offered: Week 1 and Week 2
Period: D, E, or F
Room:

CROCHET 101

Have you ever wanted to make your own hat, blanket, or scarf? If so, this is the perfect course for you! Come and learn what makes this craft such a popular one for individuals of all ages!

Instructor: Shernell Mabien
Offered: Week 1 and Week 2
Period: D or E
Room: TV Room

DISNEY VS PIXAR

Disney and Pixar have dominated the animated world as well as the childhoods of most Americans. In this class, we are going to dive into just how much power these companies have over us, how we see the world, and the history surrounding these animation houses. During class, we will watch and discuss various Disney/Pixar films to understand how they shape our views and thoughts. We will also engage in a variety of activities ranging from re-imagining the key characters in new mediums (What would a Disney princess do in a video game?), recreating the painting techniques used in the early days, and battle it out to see which animation house truly wins the animation wars.

Instructor:
Offered: Week 1 and Week 2
Period: D or E
Room: DeBakey Hall

FLAG FOOTBALL (Two-Period Class)

Enjoy learning the fundamentals of football and playing flag football. Sharpen your skills in passing, receiving, and defense in a fun, competitive environment that focuses on fun and sportsmanship. This class is open to boys and girls.

Instructor: Bill Brouillet and Derek Barry
Offered: Week 1 and Week 2
Period: D and E

Room: B130 (Health Room) and West Campus

GENTLE STRETCHING AND RELAXATION
This course will introduce the participants to gentle and effective stretching routines. This slow-paced course will focus on developing a safe foundation to learn basic stretches, breathing techniques, meditation, relaxation methods, and creative games, and expand the participant's horizons in a supportive and easy-going environment.
Instructor: Jaleigha Hightower
Offered: Week 1 and Week 2
Period: E or F
Room: H304

HARRY POTTER BOOK CLUB
Do you love Harry Potter? This book club will help you explore the wizarding world as a turn wizard or witch!
Instructor:
Offered: Week 1 and Week 2
Period: F
Room: TV Room

HAVING A GROWTH MINDSET
This class will help campers develop and maintain an "attitude of gratitude" which is so important to health and success in life! Campers will engage in activities that help them understand concepts such as they are always in control of their attitudes and efforts, how to become more mindful of their actions and words, learning to anticipate obstacles and how to have a growth mindset about them, becoming a better communicator with those around them and more!
Instructor: Katrina Thompson
Offered: Week 1 and Week 2
Period: D
Room:

MYTHS AND MONSTERS
Join us to learn about ancient myths from worlds as far-ranging as Ancient Greece to Camelot. This class mashes together history, literature, and a dash of science as we explore the world of myths. We will watch film adaptations, play games, create our own mythological monsters, and much more.
Instructor:
Offered: Week 1 and Week 2
Period: F
Room:

ON BROADWAY
Learn what it takes to be a star on Broadway. Become the ultimate "Triple threat" as you sing, dance, and act your way through scenes in a Broadway show. From Mary Poppins to Rock of Ages, students will explore a variety of genres in the theater world. Each week will end with a small performance of the selected scenes.
Instructor: Anna Marzelle
Offered: Week 1 and Week 2
Period: E
Room: Auditorium

ONCE UPON A TIME: A MODERN TWIST ON CLASSIC FAIRY TALES
Prince Charming, evil witches, and fairy godmothers are everywhere in pop culture, in television shows, films, video games, and music. In this course, we will explore some of the lesser-known classic fairy tales and consider what our modern world might do to them. In class, aside from discussing the original fairy tales and watching films, students will engage in a variety of fairy tale-driven activities. We will play fairy tale games, put the Evil Queen on trial, create twisted tales of our own, and more.
Instructor:
Offered: Week 1 and Week 2
Period: E
Room: B

RUN RIGHT
Taught by a RRCA certified running coach, students learn learning running forms including a barefoot stride session, speed drills, stretching/flexibility, different bodyweight & core workouts that help runners stay strong, and all things running. Students will have the opportunity to complete a 3-mile course that includes an obstacle course. Students will need to bring water bottles, a yoga mat, and running shoes.
Instructor: Allison Gaillard
Offered: Week 1 and Week 2
Period: D
Room:

SHERLOCK MURDER MYSTERY
Interested in learning about Sherlock Holmes while playing murder mystery games in class? Join us for a course on the origins of this famous detective where we will delve into Sir Arthur Conan Doyle's original stories, watch modern film adaptations, and solve mysteries right here at AIMS. Find out if you are the villain, the detective, or the victim in this story.
Instructor:
Offered: Week 1 and Week 2

Period: F
Room:

SO YOU THINK YOU CAN DANCE
Learn how to dance like the stars! Each day students will explore different styles of dance including hip-hop, jazz, and more! The class will begin with a warm-up that increases flexibility and builds strength. Whether you are new to dance or a seasoned pro, this class will both challenge and excite you!
Instructor: Anna Marzelle
Offered: Week 1 and Week 2
Period: D
Room: Auditorium

SPA SCIENCE
Mix it, make it, try it out, and take it home! Students will make Fizzy Bath Bombs, Sweet Lip Smackers, Shake 'Em Up Bath Salts, Yummy Face Masks, and more. Students will become clever spa scientists for the week as they learn about ingredients and how to combine them to make fun (and fabulous!) pampering goodies. Students will also get busy playing around with packaging and naming their concoctions in this spa-chemistry exploration!
Instructor:
Offered: Week 1 and Week 2
Period: F
Room: Coffee House

SWIMMING POOL GAMES & EXERCISE
Summer in the South is the perfect time to be in the water! However, many may not know that you can combine the enjoyment of being in a pool with getting an awesome workout. Water resistance has been a proven method to bring about body toning and strengthening in a way that puts minimal stress on the joints, thereby greatly reducing the risk of injury! Just as important, to participate in an aqua training class, one does not need to know how to swim. From Aqua Aerobics to Aqua sports-specific drills, to Aqua flexing which improves flexibility, balance, and joint range of motion, this class will increase one's fitness while adding a high fun level as well!
Instructor: Bill Brouillet
Offered: Week 1 and Week 2
Period: F
Room: B129 and Swimming Pool

ULTIMATE FRISBEE

Ultimate Frisbee is a very fun, growing sport with many universities adding teams for competition at the national level. This course will introduce the rules and fundamentals of Ultimate Frisbee. Students of any age, fitness level, and gender are encouraged to attend.
Instructor: Orren Kickliter
Offered: Week 1 and Week 2
Period: D
Room: West Campus Field

WEIGHT TRAINING

Students will learn Proper Weight Room techniques/form, be able to understand why weight training is important, and how to safely progress. Students will also have the opportunity to do some HIIT training, core workouts, stretching/flexibility, and different types of workouts that enhance sports performance or health. Students will need to bring water bottles, a yoga mat, and closed-toe shoes.
Instructor: Alison Gaillard
Offered: Week 1 and Week 2
Period: E or F
Room: Fitness Room