

MDH Summer Activity Day

June 21st, 2013

Dear parents/guardians,

Please see below for the choices, explanations, needs, and funds required for our upcoming Summer Activity Day. Beginning on Tuesday May 28th we will be asking your son/ daughter to choose one of the activities below (starting with grade 9's, 8's then 7's). Permission forms will be given to the students once they have signed up for an activity and will need to be handed in to their homeroom teacher with the money no later than **Tuesday JUNE 6th**. **If you know in advance your child will be unable to attend on this (or any other) day it is mandatory that you indicate in writing that they will be absent. Please give a note to the office or email suzanne.vandervoort@cssd.ab.ca our office assistant.**

All info for the Day will also be posted on our PE website <http://mdhpe.weebly.com/special-eventsactivities.html> or D2L if you require updates as we get closer to the day of the event. Permission forms will not be available on the website. They will only be available at the school office.

After JUNE 6th, no refunds will be provided as we are committed to the facility and the number of students attending.

Many Volunteers are needed so please contact michael.murray@cssd.ab.ca as soon as possible if you are able to help out on June 21st. Please see below for the minimum number of volunteers needed per activity. Volunteers will be contacted at a later date with more information.

Please make cheques payable to Ecole Madeleine d'Houet.

Thank you very much!

MDH Athletics.

Schedule

9:00 - Attendance in homeroom

9:05 - Go to meeting room for your activity

9:15 – Leave for 1st Activity (unless it is at MDH)

11:30/12:00 – travel to second activity (if needed)

3:00 – Return to MDH

3:10 - Dismissal

1. Mountain Bike/Geocaching @ COP---\$41

AM- Geocaching uses GPS receivers to navigate from one set of coordinates (or caches) to another along a course in the Eastlands. This is a real-world game using any GPS enabled device to guide you to follow courses set around the world. Discover how to play so you can explore Calgary and many other courses around the world!

PM- Your mountain biking adventure will start with an introduction/refresher on basic controls of your mountain bike including braking, gearing and positioning. The group will break off into ability levels you will learn how or get a refresher on how to ride gentle single track trails in our learning centre, and then spend time testing out your skills on a guided ride in the various trails throughout the Eastlands.

Needs: Running/hiking shoes, sunscreen, lunch, snacks, a water bottle, dress in layers ready for the weather. If you have a CSA certified bike helmet you may bring it to wear, otherwise all rental equipment including helmets and bikes are provided.

MAX: 30/5 chaperones

2. Mini Golf/Mountain Biking @ COP---\$25

AM- Your mountain biking adventure will start with an introduction/refresher on basic controls of your mountain bike including braking, gearing and positioning. The group will break off into ability levels you will learn how or get a refresher on how to ride gentle single track trails in our learning centre, and then spend time testing out your skills on a guided ride in the various trails throughout the Eastlands.

PM- With the mountains to view in the distance, enjoy a scenic round of mini-golf on Canada Olympic Park's professionally designed outdoor 18 hole course

Needs: Running/hiking shoes, lunch, snacks, a water bottle, sunscreen, dress in layers ready for the weather. If you have a CSA certified bike helmet you may bring it to wear, otherwise all rental equipment including helmets and bikes are provided.

MAX:30/3 chaperones

3. Climbing @ the CRUX. ---\$35

ALL Day--Come enjoy a day of climbing, belaying, bouldering and slack lining at one of the tallest climbing gyms in North America. Students will rotate through sessions then will be given time to spend more time practicing their favorite activity.

Needs: Please bring clean indoor running shoes for climbing, a water bottle, snacks and a lunch. There is nothing close by if you forget!!!

MAX: 60/6 chaperones

4. Beach Volleyball and Tae Kwon Do ---\$25

AM-Students will walk to the beach volleyball courts (near the pumphouse across the river) in the morning and have fun in the sand with our amazing volleyball instructors Mme Kehler and her brother (U of A Volleyball player)Jarron.

PM-In the afternoon you will travel to Ardens TaeKwon Do in the NW and learn basic training in Taekwon-Do, high flying kicking and punching, self-defense, board breaking, games and more.

Needs: Students will need athletic clothing, sunscreen, a water bottle, lunch and light snacks. Everyone will be bare feet for in the sand and in the Tae Kwon Do studio - no shoes or socks.

MAX: 20/2 chaperones

5. Golf @ Riverside Golf /Bowling @ Chinook Centre---\$25

AM- This session will take place at Riverside Golf Center and is designed to introduce and promote the game of golf to junior golfers of all abilities. You will learn the importance of golf rules and etiquette, as well as the basics of the golf swing and the game in a fun and enjoyable learning environment. Students will rotate through the putting green/ sand trap, the driving range and the Virtual Golf screens.

PM- In the afternoon students will bus to Chinook Bowling Center and have fun learning and competing in the bowling alley!

Needs: Lunch, snacks, athletic clothing, a water bottle, snacks, golf clubs (if you have them), indoor shoes

MAX: 40/4 chaperones

6. Climbing at the U of C/Golf @ Riverside Golf Centre--\$27

AM- The Rockies experience – After learning the basics of climbing, youth climb through a variety of obstacle courses, a rappel station, movement challenges, slack line station and full wall climbing challenges in this fun. This program is sure to push youth physically and mentally, giving them an experience they will remember for years to come.

PM- This session will take place at Riverside Golf Center and is designed to introduce and promote the game of golf to junior golfers of all abilities. You will learn the importance of golf rules and etiquette, as well as the basics of the golf swing and the game in a fun and enjoyable learning environment. Students will rotate through the putting green/ sand trap, the driving range and the Virtual Golf screens.

Needs: Lunch, snacks, athletic clothing, clean indoor shoes(climbing), a water bottle, snacks, golf clubs (if you have them)

MAX: 30/3 chaperones

7. Yoga@ MDH/Zumba/Beat IT Boxing @ MDH--\$20

AM-Students will participate in a relaxing yoga session in which you will spend time doing yoga as well as other yoga-related activities you might like. This session will not only help you relax but will help you learn relaxation techniques that could help you during exams.

PM-Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. also students will participate in a new activity called "Beat it". A new locally developed program that uses boxing to improve your fitness and have fun.

Needs: *Proper athletic footwear, athletic clothing, lunch, water bottle and snacks.*

Max: 20/2 chaperones

8. Bowling @ Chinook Centre/Climbing @ U of C--\$27

AM- In the afternoon students will travel to Chinook Bowling Center and have fun learning and competing in the bowling alley! Come and enjoy the 5 pin game which was invented in 1909 by Canadian Thomas F. Ryan.

PM- Mt. Impossible – After learning the basics of climbing, youth climb through a variety of obstacle courses, a rappel station, movement challenges, slack line station and full wall climbing challenges in this fun. This program is sure to push youth physically and mentally, giving them an experience they will remember for years to come.

Needs: *Lunch, snacks, athletic clothing, clean indoor shoes(climbing), a water bottle, snacks, golf clubs (if you have them)*

MAX:30/3 chaperones

9. Zumba/Boxing/Synergy 360 @ NSD and Orienteering @ Fish Creek Park--\$20

AM- Our Zumba class will get you moving and grooving, while getting focused and fit. This is a crazy-cool dance-fitness class for kids set to hip-hop, salsa, reggae and more!

The Boxing Class has been designed to focus on foot work, hand positioning, and combinations, through the use of the heavy bag, speed bag, skipping rope, and hand pads all elements of the sport.

Synergy360 class – A training system that combines total-body and dynamic exercises in a fun workout.

PM- This is an excellent hands-on program to develop map reading and orienteering skills. There are curriculum connections with math, social studies, physical education and outdoor education. Additional activities enhance student learning about the cultural and natural environment, human impact and safety outdoors. Students should have basic map reading skills.

Needs: *Proper athletic footwear(indoor), indoor athletic clothing(shorts and t-shirt), outdoor clothing(dress in layers ready for the weather), lunch, water bottle and snacks.*

MAX:40/4 chaperones

10. Bowling @ Chinook/Fencing@ Epic Fencing - \$35

AM- - In the morning students will travel to Chinook Bowling Center and have fun learning and competing in the bowling alley! Come and enjoy the 5 pin game which was invented in 1909 by Canadian Thomas F. Ryan.

PM- This session consists of a warm up, basic footwork, blade work, explanation of the rules, safety education, and of course...fencing. All fencing equipment will be provided.

Needs: *Lunch, snacks, a water bottle, small towel, sweat pants, t-shirt, runners (no jeans, no barefoot, NO OUTDOOR SHOES)*

MAX: 12/2 chaperones with vans

11. Fencing@ Epic Fencing Zumba/Beat IT Boxing @ MDH - \$35

AM- This session consists of a warm up, basic footwork, blade work, explanation of the rules, safety education, and of course...fencing. All fencing equipment will be provided.

PM-Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. also students will participate in a new activity called "Beat it". A new locally developed program that uses boxing to improve your fitness and have fun.

Needs: *Lunch, snacks, a water bottle, sweat pants, small towel, t-shirt, runners (no jeans, no barefoot, NO OUTDOOR SHOES)*

MAX : 12/2 chaperones with vans