

## Single Sessions

<p><b>Archery: A Skill as Old as Mankind</b></p> <p><b>Sponsors:</b> Ms. Lawrence and Mr. Mathieson  <b>Session:</b> Single</p>	<p>"The very act of pulling back a bow opens your heart and builds strength and focus. Standing tall, rooted in the Earth, acting from your heart; good form is beautiful" (Alexandra Tait). In the Archery Winterim we will travel to the Asheville Archery Training Center to learn the techniques for shooting targets using a recurve bow. There will be time to learn and develop skills as well as engage in fun competitions. All equipment for recurve bows will be provided. Archers with their own equipment (including a compound bow) are welcome to bring and use it.</p>
<p><b>The Vinyl Destination</b></p> <p><b>Sponsor:</b> Mr. Johnson  <b>Session:</b> Single</p>	<p>1989 (Taylor's Version) just sold 693,00 copies on vinyl which was the largest week of vinyl sales since 1991, according to the New York Times. How is that possible? In this course students will critically evaluate the music that speaks to them by listening to it in its purest form, vinyl. We will visit local record stores to explore new musical genres and examine the revitalized record store market in Asheville and beyond. If you want to expand your musical horizons and better understand the economics of small business, then set a course for the Vinyl Destination.</p>
<p><b>Entrepreneurship 101: Ice Cream + Soda = Positive Impact on the World</b></p> <p><b>Sponsor:</b> Ms. Lawrence  <b>Session:</b> Single</p>	<p>Discover how entrepreneurship combines passions, earning an income, and creating a positive impact in the world. During this Winterim session, students will develop their own business ideas, create comprehensive business plans, and visit local entrepreneurs (including The Hop ice cream and Devil's Foot sodas) to gain real-world insights. The program will culminate in a pitch party competition, where students present their business concepts to a panel of local entrepreneurs. This hands-on experience will empower students to think creatively, develop leadership skills, and understand the fundamentals of launching and running a successful business.</p>
<p><b>It's (Not) Rocket Science!</b></p> <p><b>Sponsor:</b> Ms. Therriault and Mr. Mathieson  <b>Session:</b> Single</p>	<p>Are you ready to launch into the world of rocket science? Perfect for beginners and aspiring engineers, this hands-on week of exhilarating physics will allow you to channel your inner mad-scientist by designing, building, and launching your own rockets! While creating your rockets, you will learn the importance of Newton's Laws and how they govern the motion of objects due to outside forces. These 300+ year-old laws are still used today by engineers to predict the flight of full-scale objects!</p>

# Winterim Course Catalog 2025

<p><b>Positive Psychology and the Science of Happiness: (Or, what to do if everything is fine but you still don't feel OK.)</b></p> <p><b>Sponsor:</b> Dr. Miller <b>Session:</b> Single</p>	<p>Do you ever wonder why the things we get and achieve in life don't always make us happy? Or why other people's accomplishments often mean more to our happiness than our own?</p> <p>Join me in a class on the science of happiness that is based on the most popular class taught at Yale University. Why does our mind tell us to want the wrong things for our happiness? How does thanking others, focusing on our character strengths, and stopping ourselves from listening to our favorite song actually make us happier? We'll look at the scientific experiments behind the study of happiness and try some of these experiments out on ourselves.</p> <p>Research shows that students taking a Positive Psychology course improved their life satisfaction by over 10%. Take this class if your life could be 10% happier.</p>
<p><b>Let's Party!</b></p> <p><b>Sponsors:</b> Dr. and Ms. Sgro <b>Session:</b> Single</p>	<p>This course will cover all aspects of hosting an event. We will start with theme, invite, menu, decorations, cooking, and finish with hosting the event. We will plan an event from start to finish. The last day we will have the event.</p>
<p><b>Indoor Soccer</b></p> <p><b>Sponsor:</b> Mr. Isaq <b>Session:</b> Single</p>	<p>Are you interested in developing your soccer skills? Do you want to work on passing, shooting, and dribbling skills? If you answered yes to any of these questions, then Indoor Soccer/Futsal is where you need to be for Winterim! Come join us and learn about teamwork, build your spatial awareness, and practice making quick decisions with a soccer ball. Every day, we will start the session drills, then move on to small-sided (5v5) games in the south gym. Winners get bragging rights for the day.</p>
<p><b>Financial Literacy</b></p> <p><b>Sponsors:</b> Ms. Grant and Mr. Johnson <b>Session:</b> Single</p>	<p>Are you curious about what adulthood looks like after graduation? Come explore budgets, careers, credit cards, investments, and even the stock market in this interactive course on personal finance. We will utilize various tools to imagine our futures and learn more about how to manage money more effectively. We will discuss topics of interest and complete research to share information with the group. The course includes travel off campus to see how dedication to a living wage affects businesses in the Asheville area.</p>
<p><b>Cruciverbalism</b></p> <p><b>Sponsors:</b> Ms. Bergill <b>Session:</b> Single</p>	<p>Do you like wordle and connections but you're looking for something more challenging to brag about? Are you a fan of puzzles or trivia? Have you ever tried finishing a crossword and you got stuck? Do you ever get really bored on planes and wish you had something to do? If you answered yes to any of these questions you should try solving and writing your own crosswords for Winterim! A cruciverbalist is a person who is good at crosswords, which could be you after just one week! We'll solve puzzles as a team and individually, ranging in size and in difficulty and even try writing our own to challenge friends. Come hang out, learn a new skill that can keep you entertained, and maybe even enjoy some snacks.</p>
<p><b>Knit Happens!</b></p> <p><b>Sponsors:</b> Ms. Stark and Ms. Losey <b>Session:</b> Single</p>	<p>Get ready to ditch the screens and dive into a week of pure fun! Join us for Knit Happens!, a nostalgic adventure where you'll learn to knit, snack, and play like it's the 1980s. What's in it for you? You'll knit a trendy scarf to flaunt this season—one that'll make your friends wish they could knit. You'll be Instagram-worthy, whipping up delicious treats like a pro. And you'll challenge your friends to classic lawn games like bocce ball, badminton, and croquet—because who doesn't love a little friendly competition? No experience needed! Just bring your sense of humor and a playful spirit.</p>

<p><b>You Want Me to do What with These? (Handbell Intensive)</b></p> <p><b>Sponsor:</b> Mr. Crawley <b>Session:</b> Single</p>	<p>Have you ever wanted to try handbells but didn't have the time in your schedule to make it work? This is the Winterim for you! We will learn basic skills, handbell etiquette, and learn a piece to perform! Come find out why members of Handbell Ensemble are always raving about how awesome handbells are!</p>
<p><b>Build Your Own Cigar Box Guitar</b></p> <p><b>Sponsor:</b> Dr. Centeno-Pulido <b>Session:</b> Single</p>	<p>With its rustic looks and totally one-of-a-kind sound, the cigar box guitar has been capturing the imagination of players for decades. Blurring the line between guitar and resonator, strap it on and you have a totally new voice without having to learn a new instrument. No experience (or musical knowledge) necessary. It is a fun project to undertake!</p>
<p><b>Whodunit?: The Makings of Murder Mysteries</b></p> <p><b>Sponsor:</b> Ms. Givhan <b>Session:</b> Single</p>	<p>Pulling off a (fictional) murder is tricky business. Ask any famous mystery writer : Agatha Christie, Ruth Ware, Gillian Flynn, Lucy Foley... Even after centuries of murder mystery stories, authors find something new, unusual, or fun to freshen up the crime! But what makes a good murder mystery, and could we figure one out for ourselves? We will take a look at contemporary and classic examples of murder mysteries, discover their common tropes and their subversions, identify stock characters, and uncover what makes the conflict so engaging. Your detecting skills will then be put to the test, as you adopt a character and play through a murder mystery game, where everyone, even you, has secrets to hide.</p>
<p><b>A Marathon of Movies</b></p> <p><b>Sponsor:</b> Mr. Lakey <b>Session:</b> Single</p>	<p>Experience a marathon of five movies that changed everything. Smell the popcorn (yes there will be popcorn) and settle in to watch and discuss a series of movies that changed how movies were made. These are films that everyone should watch at least once in their life. They have influenced our culture, our media, the games we play and the way that stories are told. If you have not seen these movies, now is the time. So sign up and step into a darkened theater where you can watch and discuss five movies that changed the world. We will be watching and talking about these movies: <i>One Flew Over the Cuckoo's Nest</i>; <i>Jaws</i>; <i>Who Framed Roger Rabbit</i>; <i>The Matrix</i>; <i>The Fellowship of the Ring</i></p>
<p><b>Let the Words Flow</b></p> <p><b>Sponsor:</b> Ms. Sanderson <b>Session:</b> Single</p>	<p>Did you ever say to yourself, "Self, your handwriting is terrible. I wish I could write in cursive that's actually readable." Here is your chance! Ms. Sanderson will walk you through a cursive handwriting course in a relaxed atmosphere. At the end you will have the tools to better handwriting, and you also might apply your newfound skills to some school invitations!</p>
<p><b>Hot Yoga</b></p> <p><b>Sponsor:</b> Ms. Johnson and Ms. Fleming <b>Session:</b> Single</p>	<p>This hot yoga class will strengthen your core and your mind! Whether it's your first time on a yoga mat or you're an experienced yogi, this Winterim course will help you find more flexibility and balance in your life. We will also learn about the mental and physical benefits to the practice of yoga. Each day we will visit a local studio in East Asheville and experience a 60-minute class. The yoga room heats to 105°F, so come ready to sweat!</p>

# Winterim Course Catalog 2025

<p><b>Hold On to Your Tacos</b></p> <p><b>Sponsor:</b> Ms. Fleming and Mr. Gomez-Espana  <b>Session:</b> Single</p>	<p>In this Winterim, you will get to explore themes related to immigration right here in Asheville, from understanding the legal obstacles to immigration to uncovering the challenges of cultural assimilation. We'll learn about the journey of an immigrant's cultural adaptation balanced by holding onto their food traditions. Visit a local nonprofit, go on a scavenger hunt in a Mexican tienda, and eat fresh tamales from our local Tamería. The final project will be preparing authentic Mexican street tacos. Spanish is helpful but not necessary.</p>
<p><b>Breaking Down Beauty</b></p> <p><b>Sponsor:</b> Ms. Givhan  <b>Session:</b> Single</p>	<p>In every era, every civilization, every culture, beauty standards have existed and influenced society's norms. With social media, the spread of certain fashion trends, beauty products, color theories, and health and wellness beliefs have spread wider and faster than ever before. So where do trends come from? How do we distinguish between healthy or unhealthy advice? Where do we find our own self-confidence with all these different voices pulling us one way or another? For a week, we'll break down today's beauty standards, from fitness to skincare to clothing to body types, and take a look at what influences our style and routines. We'll try to find some truth in all the noise and help ourselves move forward with our own understanding of beauty.</p>
<p><b>Ballet Stretch, Flex, and Relax</b></p> <p><b>Sponsor:</b> Ms. Leiner  <b>Session:</b> Single (morning session)</p>	<p>Want to improve your flexibility, strength, balance, coordination, and memory? Want to practice self-care through relaxation? Did you know famous athletes use ballet cross-training to up their game both mentally and physically? Whether you are an experienced or a novice dancer, you can benefit from the fundamentals of ballet conditioning. We will spend time moving, watching video excerpts of dance, setting personal goals, and taking the last ½ hour of class to practice relaxation. Jump in and enjoy building a healthy body, mind, and spirit. (No experience needed to enjoy this class!)</p>
<p><b>Gouda Times Await! An Intro to Cheesemaking</b></p> <p><b>Sponsor:</b> Dr. Haugh  <b>Session:</b> Single</p>	<p>Cultures from all parts of the world have been making and eating cheese for thousands of years. These cheeses might have different flavor profiles and textures, but they're all made from the same basic ingredients: milk, salt, rennet, bacteria, and acid. In this course, we will learn about these similarities and differences and make (and eat!) multiple types of cheese. There is also the possibility of a field trip to a local dairy farm or cheese shop. Did I mention that we will be eating a lot of cheese?</p>
<p><b>Self-Defense: Protect Yourself, Protect Your World</b></p> <p><b>Sponsor:</b> Ms. Franklin  <b>Session:</b> Single</p>	<p>Interested in learning about self-defense? Join me for five self-defense classes which will take place in a martial arts studio in Asheville. We will learn basics necessary to begin learning fitness and self-defense in our systems of Muy-Thai Kickboxing and Krav Maga, as well as introductory strategies for real-world situations, while keeping everything fast and fun. All levels are welcome!</p>
<p><b>Climbing Skills Blitz</b></p> <p><b>Sponsor:</b> Dr. Letson  <b>Session:</b> Single</p>	<p>Rock climbing, or climbing, is super fun! We will learn the basics of the various types of climbing, bouldering, sport climbing, and traditional "trad" climbing. We will learn all about knots, safety systems, and do lots of bouldering, roped climbing, and rappelling. We will do all of this without leaving campus, so check out another Winterim course to pair with this one. You'll be "On Belay"!</p>

# Winterim Course Catalog 2025

5

<p><b>Let's Speak Deutsch!</b></p> <p><b>Sponsor:</b> Mr. Gomez-Espana <b>Session:</b> Single</p>	<p>Discover a new world with German! 🌐 Unlock opportunities, make friends across borders, and stand out with the language of innovation and culture. Ready to learn, laugh, and impress? Join our German class today – Bist du bereit? 🇩🇪 ✨"</p>
<p><b>Ready, Set, Rest! Recovery for Performance</b></p> <p><b>Sponsor:</b> Mr. Harger <b>Session:</b> Single</p>	<p>Stress and adaptation is a theme that runs through athletic performance and everyday life. Why does that matter and what does scientific evidence say about it? Curious minds will enjoy exploring tried and true recovery principles (sleep, hydration and nutrition), as well as taking a "plunge" into cold water and massage therapy, sauna, exercise, and technology. Expect a field trip or two and the opportunity to chat with experts in this field.</p>
<p><b>Dice and Dragons</b></p> <p><b>Sponsor:</b> Sol Swan-Tuite and Mr. Kozak <b>Session:</b> Single</p>	<p>Join our D&amp;D club for epic adventures, new friendships, and creative storytelling. Unleash your imagination by making heroes, show off your acting skills by role-playing unforgettable characters and solve thrilling quests together. Whether you're a seasoned player or a total newbie, everyone is welcome!</p> <p>We'll create unique characters and practice role-playing, bringing your ideas to life through acting and improvisation. It's a great chance to develop your skills while having fun! Escape reality, build teamwork skills and have a blast—let's embark on this journey together! You'll enhance your problem-solving abilities and learn to collaborate in creative ways. Come roll some dice, discover your inner hero, and let your story unfold! Don't miss out—your adventure awaits!</p>
<p><b>Fight Hunger!</b></p> <p><b>Sponsor:</b> Ms. McCuin <b>Session:</b> Single</p>	<p>Join us in fighting food insecurity and waste right here in Western North Carolina! Did you know that one in four children in our community faces food insecurity, struggling to get enough nutritious food each day? At the same time, nearly a third of the food in our grocery stores goes to waste. This is more than a statistic—it's a call to action.</p> <p>By partnering with local non-profits, our project tackles these issues head-on. We'll dive into the challenges our community faces, from food access to resource waste, and work together to make a difference. Whether you're passionate about reducing waste, supporting families, or helping kids in need, this is an opportunity to create change in your community.</p> <p>Join us, bring your energy, and let's make an impact!</p>
<p><b>Yearbook!</b></p> <p><b>Sponsor:</b> Jessie Acquah and Ms. Lawrence <b>Session:</b> Single</p>	<p>Get together with a group of enthusiastic students to charge forward in our yearbook. This student-lead offering will consist of students tackling different sections of the yearbook, venturing out to document some of the festivities of the week, and some time to bond with the staff. Yearbook is a great way to be involved in the spirit of Asheville School, and I hope you will join us for the 2024 yearbook! Please reach out to Jessie Acquah with further questions!</p>
<p><b>The Great British Bakeoff!</b></p> <p><b>Sponsor:</b> Mr. Crawley <b>Session:</b> Single</p>	<p>Fashioned after the Great British Bake-Off, students will choose 4 pastry options and then compete for the best 4 out of 4 bake offs. Each day would be a different pastry challenge which each member/team will decide on prior to the beginning of the bake off.</p>

# Winterim Course Catalog 2025

6

<p><b>Asheville Arts &amp; Eats</b></p> <p><b>Sponsor:</b> Ms. Leiner <b>Session:</b> Single</p>	<p>Join daily art projects inspired by local and global artists and enjoy exploring your inner artist. No previous experience is needed as we experiment with various materials and tools from paint and paper to found objects and film. Students spend time on and off campus creating and exploring local museums and galleries such as the Asheville Art Museum, Center for Craft, Black Mountain College Museum, and more. And, to fuel our creative process we will try a different local treat each day. Enjoy and expand your talents and tastes while supporting our beloved Asheville Arts &amp; Eats community.</p>
<p><b>FADE IN on a Hollywood Prodigy: Screenwriting 101</b></p> <p><b>Sponsor:</b> Mr. Kozak <b>Session:</b> Single</p>	<p>This course will explore the tools of the trade, the language of screenwriting, and the “rules” of writing for television and film. We will read example scripts and watch corresponding clips from famous films, cult classics, hit tv pilots, and arthouse bizarres. Throughout the course, each student will keep a journal of film/tv ideas, which we will use for pitches, writing exercises, and eventually our final projects. By the end of Winterim, each student will have written and workshopped a 5-minute action sequence, a silent screenplay and possibly a 30-minute first-act OR a 30-minute tv pilot. We'll also work on filming one of our written scenes!</p>
<p><b><i>Game Changers:</i> Exploring the Intersection of Race, Sport, and Entertainment</b></p> <p><b>Sponsor:</b> Dr. Onguetou <b>Session:</b> Single</p>	<p><i>Game Changers</i> is a dynamic, five-day program that examines the powerful intersection of race, sport, and entertainment. Through thought-provoking movies and documentaries, students will explore how sports and entertainment have historically served as platforms for addressing systemic inequities, challenging societal norms, and shaping cultural narratives. The Winterim integrates interactive discussions, creative group projects, and engaging activities to deepen understanding and foster critical thinking.</p> <p>Students will learn about the challenges faced by individuals in marginalized communities, the role of activism in sports, and the influence of media and entertainment in shaping public perceptions. By drawing connections between historical events and contemporary issues, students will be equipped to think critically about the ongoing impact of race in sport and entertainment.</p>
<p><b>Bagpipe Music Crash Course</b></p> <p><b>Sponsor:</b> Dr. Centeno-Pulido <b>Session:</b> Single</p>	<p>Do you ever hear Dr. Ce playing bagpipes on campus and think: "Hmmm. I don't hate it" or "I wish I could do that" or "That is the best thing ever, I want in!" or anything in between? Well, you can learn the basics of bagpipe music with him. You will learn the fundamentals of Highland Bagpipe music on the instrument that all pipers use even more often than actual pipes, the practice chanter. This is a recorder-like instrument that is used for learning tunes and improve technique. And it is far more affordable than a whole set of pipes. Believe me, this skill is a great conversation starter, so just because of this, this course is totally worth it.</p>
<p><b>Carve, Create, Construct: A Week of Woodworking Fun!</b></p> <p><b>Sponsor:</b> Ms. Therriault <b>Session:</b> Single</p>	<p>Have you ever dreamed of bringing your ideas to life by designing and building something entirely from scratch? Our week of woodworking fun is perfect for all experience and skill levels, allowing you to immerse yourself in the art of 3D design and woodworking. Under the guidance of experienced instructors, you'll learn crucial techniques and tool safety, ensuring a rewarding and safe crafting experience. With the artistic freedom to create a unique project, you'll not only unleash your creativity but also gain confidence in essential skills that will serve you for a lifetime. Join us and discover the joy of crafting something extraordinary with your own hands!</p>

<p><b>The Myelin Music Academy: "Excellence is a Habit" (Aristotle)</b></p> <p><b>Sponsor:</b> Ms. Boggess <b>Session:</b> Single</p>	<p>Get ready for an intense, transformative journey at Practice Boot Camp! This course is designed for musicians who are truly committed to mastering their craft and fast-tracking their progress. We're diving deep, starting with the fascinating brain science behind how we build and sharpen our skills—like discovering the power of myelin and debunking the myth that "practice makes perfect." Instead, you'll learn why practice makes permanent!</p> <p>From there, I'll arm you with practice techniques and hacks to maximize every session. You'll set goals and break your practice into highly focused 15, 20, or 30-minute segments, guided by timers to keep you locked in. Along the way, you'll maintain a journal to track your goals, obstacles, breakthroughs, and insights.</p> <p>By the end of the week, you'll perform for your peers, sharing not just your musical growth, but your newfound mastery of how to practice like a pro. Ready to push your limits? Let's get started!</p>
<p><b>Let's make Cookies, Cupcakes and Muffins (using locally and sustainably sourced ingredients)</b></p> <p><b>Sponsors:</b> Ms. Davis <b>Session:</b> Single</p>	<p>Do you want to learn how to bake simple, super delicious, one bowl cookies, cupcakes and muffins? After this course, you will be able to easily and quickly create yummy treats for your friends, your Advisory group, your teachers or ANYONE you want!! We will use ingredients from LOCAL organic farms (Harvest Organics), LOCAL businesses that sustainably and ethically source their ingredients (French Broad Chocolate Factory) and others. We will also focus on baking for specific seasons and how local farm offerings can be incorporated into traditional holiday treats. Come join the baking fun!!!!</p>
<p><b>Leading Ourselves: The Keys to Effective Leadership</b></p> <p><b>Sponsor:</b> Mr. Boachie-Yiadom <b>Session:</b> Single</p>	<p>This course will look at discovering what it means to be an effective leader. Whether or not you're given an official title as one, we all hold the capacity of not only leading others but ourselves too. Students will discuss and analyze world leaders in politics, sports, business and other fields of work to identify common traits that determine what qualifies someone as a great leader or a poor one. Students will then reflect in what ways they can be leaders in their own communities, families, and friend groups. They will look at the four most common leaderships styles and how they can be recognized. We will also explore for modern and past examples in the world of people who have presented these qualities and leadership styles.</p>
<h2>Double Sessions</h2>	
<p><b>Beyond the Battlefield: Leadership, Brotherhood, and Resilience in Band of Brothers</b></p> <p><b>Sponsors:</b> Mr. Shelton and Mr. Stark <b>Session:</b> Double</p>	<p>Step into the journey of Easy Company, the legendary WWII paratrooper unit immortalized in Band of Brothers. Over five immersive days, explore their intense training, unbreakable camaraderie, and the brutal realities of combat from D-Day through Europe's final battles. Each session pairs cinematic storytelling with historical insight, focusing on the soldiers' resilience, leadership under fire, and the impact of their sacrifices. Join us as we examine war's lasting legacy and uncover lessons in courage, loyalty, and humanity that resonate far beyond the battlefield.</p>

# Winterim Course Catalog 2025

**Habitat for Humanity:  
Building Relationships**

**Sponsor:** Chaplain Sell

**Session:** Double

In this course, students will work to help build a home for one of our new neighbors right here in Asheville. We will learn new skills, use tools, get dirty, and have a great time together as we serve our community. Throughout the week we will also learn about Habitat's mission and about the need for affordable housing in Asheville. Students are expected to bring a sense of humor, willingness to work hard, and an open spirit. No prior construction experience necessary. Must be 16 years of age or older.



# Winterim Course Catalog 2025

<p><b>Hike Your Days Away</b></p> <p><b>Sponsor:</b> Mr. Mull <b>Session:</b> Double</p>	<p>Do you like gentle strolls in nature? Would you like to see areas around Asheville you probably have not seen before? Would you enjoy your lunch on a rock by a bubbling brook? If any of this sounds appealing, hike your days away is for you! We will be exploring nearby hikes around the Asheville area and hanging out with each other in nature (rain or shine). Take pictures! At the end we will produce trail guides that can be used by our friends on weekend excursions. Go hiking! Go Blues!</p>
<p><b>Lifeguard Training</b></p> <p><b>Sponsor:</b> Ms. Brown <b>Session:</b> Double</p>	<p>The American Red Cross lifeguard training and certification program is the first step to get hired as a certified Red Cross lifeguard. The detailed training includes a hands-on skills test as well as a written test. Upon successful completion you will receive a Lifeguarding/First Aid/CPR/AED certification, which is valid for two years and is accepted nationwide.</p> <p>To participate in the course students must schedule with Ms. Brown a 30-min time slot 2 weeks before the start of Winterim and successfully perform the prerequisite testing:</p> <ul style="list-style-type: none"> <li>• Must be at least 15 years old on or before the last day of class</li> <li>• Swim 300 yards continuously demonstrating breath control and rhythmic breathing</li> <li>• Tread water for 2 minutes using only the legs</li> <li>• Complete a timed event within 1 minute, 40 seconds:             <ul style="list-style-type: none"> <li>○ Starting in the water, swim 20 yards</li> <li>○ Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object</li> <li>○ Surface and swim 20 yards on back with both hands holding object</li> </ul> </li> </ul> <p>Exit the water without using a ladder or steps</p>
<p><b>Breaks and Bites and Blood, Oh My! Getting a Wilderness First Aid Certification</b></p> <p><b>Sponsor:</b> Dr. Concannon (course to be instructed by outside certification) <b>Session:</b> Double</p>	<p>Have you ever been on a trip in the wilderness when someone got hurt, and you were left feeling helpless? Would you like to learn a bit more about how to handle minor emergencies in case you or a friend run into trouble? Do you want to work at a camp this summer, and they require a WFA? Taking Wilderness First Aid might be the course for you! Yes, there is a lot of material to learn, but you get to practice your skills in scenarios staged by the instructor and fellow students. Splinting? Check. Fake blood and impalements? Check. Environmental emergencies? Check. Hopefully you never have to use your training, but if you ever do, you'll feel more confident with the skills gained in this course. Successful completion of both the hands-on scenarios and the written test earn students the 3-year nationally-recognized WFA certification.</p>
<p><b>Ride Bikes, Be Happy</b></p> <p><b>Sponsor:</b> Ms. Huntington <b>Session:</b> Double</p>	<p>We live in an incredible area that is rapidly becoming a hub for Mountain Biking. This year's Mountain Biking Winterim will include learning proper bike fitting and maintenance, riding in Pisgah National Forest and other local hotspots, overnight camping, and riding at a Kanuga or Ride Rock Creek. This Winterim is suitable for all level of riders from beginner to advanced. The school has a limited number of bikes - so having your own whip is a bonus.</p> <p><i>Note: This trip also involves an overnight camping experience at the Davidson River Campground.</i></p>