

## DISCOVERY DAYS – April-June 2026 Request Booklet

Please note the following:

- Not all Single-block Discovery programs occur in both “D” blocks of the morning, so options may be limited depending on scheduling.
- Students will choose five courses from the list. Do not choose the same course more than once. This will not help your chances of getting into the course.
- There will be **no switching D Blocks** unless for medical reasons.

**If assistance is required in the payment of any fees listed below, please contact the KLO administration to discuss supportive options.**

Registration for DD will open to students on Monday, March 2<sup>nd</sup> and close on Monday, March 9<sup>th</sup>.

### SINGLE BLOCK COURSES

#### **3D Design & Printing: \$5 supply fee – Lockwood / Wells**

You can create anything by combining simple 3D shapes. We’ll explore 3D modeling software to make our own designs, then print them using enviro-friendly plastic filament. People use 3D printing to create all kinds of things: toys, gifts, ornaments, replacement parts, and even furniture! It’s much easier than you think.

#### **American Sign Language – Gingera**

Learn American Sign Language in a fun, hands-on way! Using a series of short videos, you’ll practice the ASL alphabet, common everyday signs, and simple conversations. Along the way, you’ll also explore Deaf culture and discover how language, gestures, and community connect in amazing ways. No experience needed — just curiosity and a willingness to sign, watch, and learn!

#### **Anime Adventure – Vidal**

Join us on a journey into the exciting world of anime! In this enrichment, we will read manga, watch anime, and even try our hand at drawing in anime style. Together, we’ll explore different stories, characters, and art while sharing our passion for anime. Whether you’re a longtime fan or just curious, Anime Adventures is a fun place to connect, create, and celebrate the world of anime.

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**Archery: Beginners – Enevoldson / Lum**

Students will learn the basics of the NASP (National Archery in the Schools Program), including proper equipment use, range safety, and accuracy techniques—all while building confidence and having fun! All range instructions are completed by a certified NASP Basic Archery Instructor.

**Archery: Team/Advanced – Enevoldson / Lum**

This DD is designed for students who already have experience in archery and are interested in further developing their skills in a focused, goal-oriented environment. Practices will emphasize proper form, accuracy, consistency, mental focus, and competition-style shooting. Students will have opportunities to train for potential competitions, while also building confidence, discipline, and teamwork. Participation in competition is not required.

**Badminton – Racine**

This is an opportunity for students to improve their badminton skills and learn new aspects of the sport. This course will be about developing techniques such as serving, drop shots, clearing, smashing, positioning, and strategy. Each week, we will focus on one area and develop each technique through lessons and fun drills. Afterwards, you will get to use what you've learned practically through exhibition matches (singles and/or doubles) against other players of your skill level. No prior experience needed. All are welcome to join!

**Chess Club – Kruiper**

Unlock the power of strategic thinking and sharpen your mind—join our Chess Discovery Day! Open to students of all skill levels, this DD offers a fun, supportive environment to learn, play, and grow. Whether you're a beginner looking to learn the basics or an experienced player aiming to compete, the Chess DD fosters critical thinking, patience, and problem-solving skills that benefit students far beyond the board. This one-block DD course will be a great place to challenge yourself, build confidence, and connect with others who enjoy thinking a few moves ahead.

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### **Collage Creation: \$5 supply fee – Teichman**

Take your pick or pick them all! This is a space where you have the time to consolidate your thoughts, creativity and imagination. Maybe you want to be creative with some of your favourite printed photos, clippings, magazines, or other materials. Make a collage for a card, a wall poster, or a vision board. Or maybe you want to make a journal and then write a bit, collage a bit, or draw a bit. Or mix it all into one! Whatever it may be, you've got space to do it! Bring your markers, magazines, or whatever you like to create with. You don't have any supplies? All good, we've got you covered!

### **Crafty Corner: \$60 supply fee – Bishop**

Love being creative? This club is for you! Join a fun filled and zen craft/art making club where you can indulge in creativity and play with your friends. In this club you will learn numerous crafting and art techniques while working with various tools to create beautiful handmade treasures to take home. We will be sharing creative ideas and inspiring each other through creativity . You will get to take home a series of small crafts such as friendship bracelets, embroidery, paintings, decorative cards and so much more. Display or give away as gifts. Come join us in crafting extravaganza!

### **Creative Journalling – Gingera**

Turn your ideas, thoughts, and feelings into art you can show off! Experiment with cool fonts, bold words, doodles, symbols, and images to make each journal page your own. Each session starts with a fun prompt, then you get to design, draw, and play with your page. There's no "right" way to do it — just creativity, colour, and self-expression! Perfect for anyone who loves writing, drawing, or just trying something new.

Students are asked to supply their own journal (blank pages, not lined).

### **Crochet: \$5 supply fee – Lockwood / Wells**

Make toy or keychain versions of your favorite animals, characters, or Pokémon. These are fun to collect, and make great gifts that friends and family will treasure. Amigurumi-style crochet is a great hobby for people who love cute things, or anyone who likes to work with their hands.

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### **Invasion Games – Jackman**

Students will participate in modified physical activities based on various invasion games. Invasion games include all team-based games that feature an element of defending a target and attacking another target. Games will feature modified rules that combine several elements of traditional games to target the development of specific skills. For example, we might play a combined version of ultimate frisbee and football that promotes the skill evading by changing direction and spatial awareness. Another example could be a modified soccer game that features multiple attacking targets to develop the skill of recognizing defensive strategies and switching the play to attack from another area of the field. This discovery day option would be perfect for students who enjoy participating in a range of traditional invasion games and would welcome the opportunity to play modified games that promote skills in all sports.

### **Jazz Improv and Music Creation – DeBourcier**

This is an opportunity for young musicians to explore creating their own improvised melodies in Jazz music. This is ideally suited for students who already play an instrument, but students who have just started on their music journey are also very welcome!

### **LES JEUX DE SOCIÉTÉ et LE CHOCOLAT CHAUD: \$5 supply fee - Gagne**

Aimes-tu les jeux de société? Es-tu prêt(e) à essayer ou es-tu capable de parler français pendant deux heures tout en t'amusant? Aimes-tu le chocolat chaud et les biscuits? Choisis cette excellente activité et développe tes compétences orales en français! Quelques jeux avec tout le groupe et d'autres en petits groupes. Loup garou, C'est pas faux!, Mots pour mots, BlaBlaBla, et le Rien du tout. Es-tu game?? Ici, on ne parle qu'en Français! / Do you like board games? Are you willing to try or are you capable of speaking French for a whole block while having fun? Do you like hot chocolate and cookies? Choose this great activity and push your French language abilities! Some games with the whole group and others in small groups. This session is entirely in the French language.

### **Line Dancing - Gagne**

Join us for an energizing and fun-filled Introduction to Line Dancing! This session is designed for all levels, from beginners to experienced dancers. You'll learn a variety of popular line dances set to a mix of country, pop, and classic hits. We will guide you through the basic steps, rhythms, and formations, helping you build confidence on the dance floor. Throughout the course, you'll not only enhance your dance skills but also improve your coordination, balance, and fitness. Each class will include a warm-up, instruction on new

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dances, and plenty of practice time to reinforce what you've learned. Come make new friends, enjoy great music, and discover the joy of line dancing in a supportive and lively environment. No partner or prior experience is required— just bring your enthusiasm and a desire to have fun! Get ready to kick up your heels and step into a world of rhythm and joy!

Materials Needed: Comfortable clothing and shoes suitable for dancing.

#### **Mindful Art: \$5 supply fee – DaPonte**

MINDFUL ART, ZENTANGLES & MORE! Do you love doodling and doing art? Are you also looking for a way to calm your busy mind and be more mindful, "present", or in the moment? Look no further! This Mindful Art class is for you! We will begin by defining mindfulness, exploring techniques to be more mindful every day, and how art helps us be more present. We will dive into our own mindful art practice creating Mandalas, Zentangles, and more!

#### **Nature Journalling – Richardson**

Nature Journaling is a hands-on course that encourages students to slow down, observe closely, and connect with the natural world. Students will explore outdoor spaces while developing their skills in drawing, writing, and scientific observation. Through guided prompts and creative reflection, they will deepen their understanding of ecosystems and seasonal change. This course fosters curiosity, mindfulness, and a stronger appreciation for the environment.

#### **Novel Idea – Bishop**

Love to Read? Love art? This club is for you! Join a fun filled and relaxing book club where you can indulge in one of your favorite pass times. In this club you will get to bring and read your favorite books and book series. We will be sharing with each other through group discussion our favorite books, stories and characters. We will also be creating art work based on the novels we have read. You will get to reimagine and design a new book cover for your favorite book or series, make personalized bookmarks, makeover characters and more. Reading and art. What a novel idea.

#### **Sewing: Open Lab – Landry**

Looking to upcycle clothing or create something special using a sewing machine or fibre arts? The sewing room will be available for you to work. Some supplies are available for you to use as well as guidance, this is to give you time and space to work. Some basic skills required.

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### **Stress Free Singers – deBourcier**

Ever wanted to see if you can sing? Singing in with others is truly special and is a great opportunity to learn the basics of singing in a kind, low-pressure environment with wonderful people. No experience required. Note: If enough students wish, we could do a year-end performance, but that would be based on student choice.

### **Watercolour Painting: \$25 supply fee – Stutt**

Join us for a 7-week long watercolour painting workshop designed for young artists of all levels. Students will learn essential water colour techniques such as colour mixing, blending, layering, and creating texture, while building confidence in their painting skills.

Throughout these discovery days, we'll explore a variety of subjects, from nature and animals to ever day objects. There will also be plenty of opportunities for students to incorporate what sparks their own interests.

This supportive and creative environment encourages self-expression, skill development, and artistic growth. No prior experience needed- just a love of creativity!

### **Wood Carving: Forest to Fun: \$10 supply fee – Martinson**

Do you love woodworking but do not have access to power tools? Want a fun hobby to do wherever you are? Same and same. This is the place where you can discover different types of wood carving that can be done anywhere with limited tools! Using some patience, a vision and an eye for detail, we will design and create wooden wonders through whittling and chip carving. There is a \$10 fee for this course to cover materials.

## **FULL MORNING COURSES:**

### **Beach Volleyball – Sodaro / Boersma**

Dive into the exciting world of beach volleyball at Gyro Beach with our dynamic program for students! Whether you're a seasoned player or a beginner, join us for an unforgettable experience of skill-building, teamwork, and fun in the sun. Feel the sand between your toes as you learn new techniques, train rigorously, and collaborate with teammates to bump, set, and spike your way to success. With expert coaching and a supportive environment, get ready to elevate your game while soaking up the beach vibes. Don't miss out on this opportunity to make waves on the volleyball court – sign up now and let the games begin!

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**Bowling Club: \$70 bussing/facility fee – Blatchford / Maundrell / Dupre**

STRIKE up some fun with your school bowling club! We will hop on the bus each Discovery Day, head to the lanes, lace up our goofy shoes, and knock down some pins! Bowling is a fun and ACTIVE pastime. We'll improve our coordination, balance and motor skills. The team dynamics of bowling make it super social. The concepts and importance of sportsmanship and fair play will be reinforced by coaches and volunteers. There is no better way to ROLL than to BOWL!

**Climbing: Indoor Wall & Bouldering: \$100 bussing/facility fee – Moisan / Scorgie**

The Gneiss indoor rock-climbing gym is super...nice! This activity offers a unique blend of physical and mental challenges. It's a full-body workout that builds strength, flexibility, and endurance, all while honing problem-solving skills. Whether you're a beginner or seasoned climber, their gym provides a safe space to push your limits. Plus, it's a fantastic way to meet like-minded individuals and join a supportive community. Give it a try, and you'll discover a thrilling and rewarding activity.

**Disc-overing Disc Golf!: \$30 bussing fee – Cavers**

Welcome disc-ers! This discovery day is all about learning the game of disc golf, everything from safety and course etiquette to throwing form and distance drives! Our semi-local disc golf course located on Wild Horse Drive in Westbank is perfect for throwers looking to learn the sport and test out different shot shapes. This discovery is designed with the help of our local professional disc golfers, and is a great way to learn the sport and spend some time outdoors. Students must come prepared to be outside for 100-140 minutes each week regardless of weather. Rain gear, warm clothing and suitable shoes are a requirement.

**Dungeons & Dragons – Alston / Nemet**

Come learn and play Dungeons and Dragons! All experience levels wanted! We will be playing the game, learning how to make characters, as well as learning to lead an adventure as a Game Master (GM). In this class we will be using the original 5th Edition Rules, and all students will be able to practice and improve their leadership, improvisational skills, critical thinking, problem solving, creative writing and character

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creation. Dungeons and Dragons also provides a fun way to practice reading and basic math. Come play with us and enjoy improving your teamwork and imagination in an original world we build together! All three terms develop literacy and basic numeracy, with a focus on different in game skills over the year. **Round 1:** Learning the Game & Building Characters, **Round 2:** Creating, Running, and Playing One-Shots (Short Games), **Round 3: Creating, Running, and Playing Campaigns (Long Games)**

#### **H20- Let's Go!: \$70 bussing/facility fee – Charest / DuMont / Shannon**

Are you an aquaphile? Would you like to go off campus for Discovery Days and join us as we bus to the H20 center for some fun in the pool? Join us for our morning pool sessions which will start with an opportunity to select from an array of fun swim challenge stations designed to build a variety of water skills. Afterwards, you can rip down the waterslide, catch some waves on the Flow Rider, launch off the diving boards, play Marco Polo with your friends, relax in the sauna, soak in the hot tub, or play water basketball. The total cost for this 7-session course is only \$70, which includes admission and bussing fees. Surf's up!

#### **Indoor/Outdoor Soccer: \$60 bussing/facility fee – Bennett / Caponero**

Step onto the turf and elevate your game with our high-energy soccer DD! This class is open to players of all levels; however, drills and games are created for an enhanced understanding of the game. This class offers a fast-paced, skill-building experience in a fun and supportive environment. Participants will develop core soccer techniques, including dribbling, passing, shooting, and teamwork, all within the dynamic setting of an indoor arena. Led by experienced coaches, each session combines structured drills and organized game time. Whether you're looking to stay active, sharpen your skills, or compete with friends, this class is the perfect place to get out on the pitch.

#### **Outdoor Odyssey- Outwit, Outplay, Outlast: \$40 bussing fee – Green / Miller**

Welcome to the new and improved Outdoor Odyssey, this time with a spin! This 7-week survival challenge drops you into a tribe where you'll learn real wilderness skills like knot-tying, fire building, navigation, and team strategy — all inspired by the adventure and competition of Survivor. Compete in epic weekly challenges, earn immunity and hidden advantages, and battle for the title of Ultimate Survivor — no one gets voted off, but everyone has to Outwit, Outplay, and Outlast.

#### **Paddleboarding: \$90 facility/equipment fee – Nottingham**

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Get ready for an exciting hands-on experience on the water! Students will have a chance to try kayaking and stand-up paddleboarding at the Kelowna Paddle Centre. With all gear provided and expert guidance, students can learn new skills, challenge themselves, and have fun with friends in a safe environment. Students of all abilities are welcome, and adaptive equipment is available so everyone can join in confidently. It's the perfect way to get active, build confidence, and enjoy some outdoor adventure!

#### **Parkour, Gymnastics & Airhouse: \$150 bussing/facility fee – Fender / Hinter**

Get ready to move, flip, jump, and fly! This high-energy enrichment program blends the fundamentals of gymnastics, the creative problem-solving of parkour, and the dynamic freestyle environment of Airhouse. Students will rotate between professional training sessions at Kelowna Gymnastix and Airhouse, where certified coaches lead hands-on activities that build agility, confidence, and coordination. Each session includes warm-ups, goal-setting, and practice that challenges students to think creatively while moving their bodies in new ways.

#### **Spin Class: \$100 bussing/facility fee – McLaughlin / Richardson**

Our Discovery Day at PACE Spin Studio engages students through an active, hands-on learning experience where they adjust their bikes, learn proper riding form, and understand how music and resistance shape a workout. Each session remains dynamic through instructor-led intervals, guided challenges, and group rides that keep students motivated and focused. Students gain real-time awareness of effort, endurance, and mindset, helping them set personal goals during the session. This program offers access to a professional spin studio environment and expert coaching, something students would not typically experience in school.

#### **Take a Hike!: \$30 bussing fee – Vieweg-Cyr**

"Take a Hike" is an outdoor learning experience designed to help students explore nature, build teamwork skills, and develop confidence in the wilderness. Students will take part in a guided hike, learn about local ecosystems, practice trail safety, and engage in hands-on discovery activities along the way. This day encourages curiosity, physical activity, and appreciation for the natural world.