

École KLO Middle School  
**DISCOVERY DAYS – January - March 2025 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 Friday, December 5<sup>th</sup> and close on**

## **SINGLE BLOCK COURSES**

### **3D Design & Printing: \$10 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**

Come and learn the basics of ASL! Together we will explore the basics of signing, spelling, and communication norms of the deaf community. Learn a skill that can help you communicate on another level.

### **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.

### **Archery – 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.

### **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!

### **Board & Strategy Games – Landry**

Are you low-key competitive? Do you like being social and playing board games or cribbage? Come try out some classics, learn some new games, and build your game night arsenal.

### **Bougeons en Musique! Explore French Music Through Song & Dance – Gagne / Racine**

« Bougeons en Musique ! » – Explore la musique française par le chant et la danse  
Plonge dans l'univers de la musique française avec une activité qui mélange découverte, créativité et mouvement ! Les élèves explorent des chansons françaises populaires, jouent à des jeux amusants autour des paroles pour pratiquer la langue, et collaborent pour créer leur propre chorégraphie.

C'est une expérience rythmée, en équipe, pour apprendre le français d'une façon dynamique et motivante.

Aucune expérience nécessaire — seulement de l'énergie, de la curiosité, l'amour de la musique et... la capacité de parler uniquement en français pendant l'activité !

Célèbre ton bilinguisme, célèbre ta culture francophone !

### **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.

### **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!

### **Concert Choir: The No Pressure 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.

### **Creative Journalling: \$5 supply fee – Gingera**

In this class, students will explore journaling as a fun and creative way to express themselves. Through writing, doodling, and colouring, they'll design personal journals that reflect their own thoughts and ideas. Along the way, we'll take inspiration from the world around us—including nature—to spark creativity and add unique details. This class offers a chance to relax, be imaginative, and discover new ways to tell your own story. Students will be asked to provide their own journals. If students do not have a journal, they can purchase one for \$5.

**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.

**I Heart Horses: \$15 supply/bussing fee – Landry**

I HEART HORSES gives students who are passionate about horses a special chance to explore the world of horses in a fun interactive class. Students will discover everything from horse colors & breeds, feeding & nutrition, safety, healthcare, first aid, stable management, tack & equipment and so much more. On our final discovery day, we'll head out on a field trip to a local equestrian facility, to help students expand learning and gain essential hands-on experience. Students will get to groom horses, practice stable management, and horse-husbandry skills. Please note that while students enjoy plenty of hands-on activities, no horseback riding will be permitted.

**Introduction to Weight Training – Cavers / Nottingham**

Come and learn the basics of fitness, weight training and sports performance! In this course, we will be learning basic workouts and exercises that can help in sports, fitness and overall wellness. We will also be discussing topics such as nutrition, supplements, program planning and social media. Designed to be an introduction to the gym and working out, this course is intended for anyone who is keen on fitness and wellness! We are so excited to work with you!

**Jazz It Up! – 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!

### **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!

### **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.

### **Pickle Volleyball – Gagne / Racine**

A Fast, Fun, and Totally Unique NEW Team Challenge!

Looking for something new, active, and seriously fun?

Pickle-Volley-Ball is a high-energy hybrid that combines the best parts of pickleball and volleyball — played with paddles, a pickleball ball, a volleyball court and net and nonstop action!

Whether you're competitive or just curious, this game delivers big fun, fast fitness, and sharp thinking — all at once.

It's volleyball with paddles... but way cooler than it sounds!

Plus...why not learn a new sport, use strategy, communication and quick-thinking all while having a blast, laughing and spending time with friends?

Whether you're an athlete, a gamer, or just someone who wants to try something different, Pickle-Volley-Ball is for YOU.

### **Peer Mentorship – Trozzo**

Do you like helping others, being a leader, and giving back to others and your school community? If so, being a peer mentor may be for you! This Discovery Day will take you on a journey of cooking, cleaning, marketing, accounting, and supporting others with developing skills, healthy habits, and exploring our new KLO kitchen!

### **Thinking Lab – Elenko**

Stretch Your Mind — Join the Thinking Lab!

Are you ready to boost your brainpower, sharpen your problem-solving skills, and have fun doing it? In this class, you will tackle clever problems and puzzles that spark curiosity and push your thinking further. You will share ideas through lively group discussions where creative minds collide and dive into quiet, focused deciphering time on a puzzle of your choice. Whether you like working with others or enjoy getting lost in a puzzle on your own, this class gives you the best of both worlds.

### **Yoga & Pilates – Stutt**

Looking for a fun, active, and relaxing way to start your Thursday mornings? Join our Pilates & Yoga Discovery Days! Each week, you'll get to move, stretch, and build strength through beginner-friendly sessions that grow a little each time. We'll try out different styles of yoga and Pilates, learn some cool history behind them, and explore how they can help your body and mind feel their best. You'll work both on your own and with classmates as we mix movement, mindfulness, and plenty of fun. No experience needed, just come ready to try new things and feel great!

## **FULL MORNING COURSES:**

**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.

There will be a \$100 fee for this course to cover facility costs. We welcome families to reach out to admin for support with program costs.

### **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 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 where you can rip down the waterslide, play water basketball, catch some waves, dive off the high boards, play Marco Polo with your friends, relax in the sauna, soak in the hot tub, or even do some laps as you finetune your swimming skills.

Students who cannot swim independently will be required to wear a life jacket. Surf's up!

**Indoor Soccer: \$80 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.

**Indoor Volleyball Games & Skills: \$75 bussing/facility fee – Boersma / Sodaro**

Students will have an opportunity to practice their volleyball skills and play games at the Dome on Ellis. Teachers will have a short skill session followed by lots of game time and some one-on-one instruction for those looking to work on some specific skills. Lots of time will be given for game time so that all levels of volleyball players will have opportunities to play on the courts.

**Outdoor Odyssey: \$30 bussing fee – Green / Miller**

Immerse yourself in the great wintery outdoors with Outdoor Odyssey! This hands-on course is designed for adventurers and nature enthusiasts eager to develop practical survival skills and deepen their connection with the natural world. Take part in exploring the wintery terrains through crafting snow shelters, hiking through winter wonderlands, exploring knot-tying techniques, and practicing the art of flint and steel. All sessions will take place out in nature, so students should be prepared to be out in cold temperatures!

**Parkour & Gymnastics: \$150 bussing/facility fee – Fender / Hinder**

Ready to flip, climb, and conquer? This dynamic program combines the best of parkour and gymnastics, giving you the chance to master both disciplines! Some sessions will focus on parkour, where you will be running, jumping, and navigating creative obstacle courses. While others will dive into gymnastics fundamentals to build strength, flexibility, and control. Together, these experiences will challenge your body and mind, helping you develop agility, endurance, and confidence.

All training is led by certified instructors from Kelowna Gymnastix at their professional facilities.



### **RC Plane Builds: \$30 supply fee – Martinson / Szalay**

RC Plane Builds is an exploration of the sciences and hands-on experience of flying. In the initial sessions, students will apply the principles of aviation (taught by pilot-in-training M. Martinson) as they build custom remote-controlled airplanes from scratch—no kits involved! They will learn the basics of RC airplane electronics, motor systems, and controllers. Students will then apply these skills, along with their newfound knowledge of the four basic principles of aviation and aircraft logistics, to construct their own planes in groups. Whether or not their planes fly will depend entirely on how well they apply their knowledge. During the build process, students will also train on a Microsoft Flight Simulator using pedals, a throttle, and a joystick to experience the true thrill of being in a cockpit.

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

Students will take part in an energizing, instructor-led spin class at PACE Spin Studio in Kelowna. This workshop introduces students to indoor cycling in a supportive, age-appropriate environment. They will learn proper bike setup, safe riding technique, and how music and rhythm guide a workout. The session focuses on building confidence, cardiovascular fitness, and teamwork while encouraging students to challenge themselves in a positive way. No prior experience is required!

### **Storytelling: Creative Writing – Jackman**

Get ready to dive into the world of storytelling! In this fun and inspiring workshop, students will explore their creativity through games, challenges, and hands-on activities that build strong writing skills. Whether you're dreaming up new worlds, crafting unforgettable characters, or plotting exciting adventures, this is the perfect space to bring your ideas to life.

Each session begins with quiet time in the "zen den," where students can relax and read a book of their choice. This helps spark inspiration and gives them a chance to reflect on the writing styles of their favorite authors.

From there, students will jump into a variety of activities, including:

- Building story outlines and learning key elements of plot
- Playing creative games that add twists to mysterious tales
- Tackling writing challenges with surprise characters, settings, and conflicts
- Exploring figurative language and imagery to make stories come alive
- Creating original pieces of writing to share and celebrate

This workshop is open to all students who love stories and want to grow as writers in a supportive and imaginative environment.

**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.