

7TH PERIOD & ENRICHMENT CLASSES

Check out our options for Semester 1 Enrichment Courses!
Registration takes place in the Payment Portal June 1-July 24

ADVANCED BAND

Needs approval from Dr. Rodriguez

Students in Advanced Band will continue to learn to play their instruments and to play in an ensemble. They also perform at various events throughout the year!

MOCK TRIAL

Open to HS students; MS students may apply with Mr. Gove.

Mock Trial gives students the opportunity to learn the principles and procedures of civil and criminal trials in the American legal system, as well as the knowledge and skills to be effective advocates in the courtroom. Most importantly, students will have the opportunity to put what they are learning into practice as the "attorneys" in simulated trials.

WEIGHTLIFTING

Needs approval from Coach Brillhart; Ends at 3:30pm

Open to HS students only

Coach Brillhart has designed a sports performance specific strength training routine for student-athletes. Athletes will work on key fundamentals that will help them become faster and more explosive for their sport in our new weight room!

ADVANCED DRAWING

Open to High School students only

This open-studio class is geared towards students who are serious about taking their draftsmanship skills to the next level.

This course will be an exploration on classical drawing approaches and techniques, allowing for a much wider range of use for materials that are not regularly covered in class.

SPORTS MEDICINE

Open to HS students only; This class is quarter based

High school students will explore the field of Athletic Training and its role within the "Sports Medicine Umbrella". As an overview, this course will expose students to general concepts of Sports Medicine, including: History of Athletic Training, Legalities and Ethics, Medical Vocabulary, Environmental Conditions, Anatomy/Physiology, Common Sports Injuries and Illnesses, etc!

FUNDAMENTALS OF ACTING

This class is designed to help students build the foundational skills of the stage. This class is geared to students who haven't performed before (or a lot) allowing you to sharpen your skills on stage in preparation for after school performance theater. Focus on stage presence, vocal technique, emotional expression, timing, collaboration, and above all, self-confidence.

CHESS

Come play Chess during 7th period! Topics covered will include understanding the core fundamentals of chess, exploring opening concepts for both sides, solving a variety of chess puzzles, and of course playing games of chess in a quiet and casual setting.

CONDITIONING

Open to Middle School students only

Conditioning is a movement-based class for middle school students focused on age-appropriate training, coordination, mobility, endurance, and overall athletic development. At the end of the school day, this class gives students a purposeful opportunity to move, reset, build confidence, and develop healthy physical habits.

AFTER SCHOOL OPTIONS

Registration for after school clubs closes in late August:

WEDNESDAY STUDY CLUB

Wednesdays, 12:45-3:05pm

This is for kids who can't be picked up early, and serves as a space to quietly work on homework under the supervision of a teacher.

BEGINNING BAND

Open to ACL 5th Graders! 3:15-3:55pm on Tuesdays & Fridays

Want to learn a wind instrument while performing in a large ensemble? Join Dr. Rodriguez after school!

SCHOOL OF ROCK

Open to 8th-12th Graders; Runs September - February

School of Rock is a collaborative performance program where students form bands, rehearse together, and prepare live music for school performances in a structured but energetic environment. Students will gain experience working with other musicians, adapting to group dynamics, and building confidence through rehearsal and performance.

Performance Theater will occur entirely after school next year. Details on registration and auditions to come later this summer!