

**2016 WINTERIM COURSE
CATALOG**



Advanced Lifesaving

Are you interested in becoming a lifeguard? Here's your chance! Join us on the above mentioned dates to become a professional lifeguard. Upon successful completion of the class, you will receive certification in Lifeguarding, First Aid, & CPR/AED for Professional Rescuer; certification is good for 2 years. Participants must complete prerequisites, attend all classes, and pass written & practical exams to complete the class. Participation does not guarantee certification.

Cost: \$250 YMCA members/\$275 non-members. Fee includes \$50 non-refundable deposit.

Prerequisites:

- Must be 15 years of age on or before the last day of class
- Swim 300 yards continuously
- Tread water for 2 minutes without using hands
- Swim & retrieve a 10 pound object from water 7-10 feet deep in less than 1 minute, 40 seconds

Class times and location:

- 9am-3pm (M-F) at Sage YMCA in Crystal Lake

Register at Sage YMCA or online at:

<http://www.ymcachicago.org/sage/programs>
AND Faith Lutheran High School. (Students will earn .25 credit hours towards PE)

For more information, please call Stacey McNamara, Aquatics Director.

Minimum/Maximum Class Size

- Minimum: 6
- Maximum: 12

The Arthurian Life for Me

Immerse yer self in the medieval life of King Arthur and his court. Explore medieval romance texts by authors such as Thomas Malory and Chretien de Troyes. Compare that literature with modern media interpretations like BBC's *Merlin*, the 2004 film *King Arthur*, and *Arthur and the Knights of Valor*. Research and construct your own heraldry crest. Practice and engage in stage sword fighting and take part in a medieval feast! Do ye have the passion to pursue this quest?

Cost:

- \$10 to help cover the cost of the feast!

Pre-requisite:

- None.

Class Times and Location:

- Faith Lutheran High School
- 9:00-3:00 M-F
- Lunch: Monday through Thursday bring your own or Papa Savario's
- Friday Lunch is Feast Day!

Instructor(s):

- Miss Bohnhoff

Min/Max Class Size:

- Minimum: 3
- Maximum: 12

Culinary Arts with Confetti Gourmet

Have you ever wondered how to cook an egg? Do you know how to sauté food? Do you know how to Julienne? Can you boil water? Do you like to eat? Come join professional chefs, in their professional kitchen as they teach you how to make a variety of meals. We will make an appetizer, main dish and dessert every day. We will learn about baking, frying, brazing, grilling and boiling. You will be prepping, cooking and cleaning up for all meals. At the end of each day we will dine on the fest you prepared. (Maybe take home some left overs).

Cost/Materials:

- \$200 This includes all material, food and professional instruction

Class times and Location:

- Confetti Gourmet Academy
8505 Redtail Drive Unit F Lakewood IL
60014 (7 min South of Faith)
with Chef Pili
Rios <http://confettigourmetacademy.com/>
- Monday-Friday 9:45 am-1:15 including eating lunch
- Sample of possible dishes to be made during the week:
 - Chorizo Frittata
 - Loaded Potato Soup
 - Cool Ranch Chicken Salad
 - Sandwich
 - Crunchy Chocolate Treats
 - Pot Stickers
 - Asian Chicken
 - Wonton Dessert
 - Salisbury Steak
 - Espagnole Sauce
 - Potato Fondue
 - New Orleans Style Bread Pudding
 - Homemade Ravioli
 - Tiramisu Cupcakes

Class Size

- Minimum: 8
- Maximum: 12 We have an opportunity to hold a second session if 16-24 people sign up.

Instructor:

Mr. Oetting

Curling

Every four years, the nation is glued to coverage of the Winter Olympic Games, and in particular, the icy sport of curling. It is fascinating to watch teams slide stones down a sheet of ice, trying to hit a target and knock others out of the way, all the while sweeping feverishly in front of the stone. The sport of curling has been enjoyed by winter cultures for 500 years. It is a sport of strength and finesse, strategy and physics. This winter, we learn the rules, terms, and strategies both by watching professional curling matches and by getting on the ice ourselves for 2-3 hours each day!

Costs: \$75

Pre-requisite: None

Class times:

Minimum/Maximum class size:

6- minimum
10- maximum

Instructor: Mr. Gottschalk

From "FLEECE" to "FINISHED!" (or how animal hair becomes a sweater)

In this Winterim students will learn the basics of how to knit and/or crochet. Ample time will be available to practice basic stitches and learn how to combine them to produce a variety of stitch patterns. In addition to hands on practice, students will be introduced to the process that transforms animal fleece into yarn (cleaning, picking, carding, roving, spinning).

They may even get a chance to try to spin some yarn themselves! Additional topics may include reading a pattern, online resources for the yarn arts, hand dyeing, and what happens at a trade show.

Studies show that crafting, and in particular knitting and crocheting, can help relieve depression, reduce anxiety, combat insomnia, help process grief, build community, and even be an act of prayer.

Cost/Materials:

- Basic supplies (needles and yarn)
Maybe \$10, and up!
- Lunch: bring your own or order from Papa Savario's

Prerequisites:

- None

Class times and Location: (estimated)

- Faith Lutheran HS, Times TBD

Min/Max Class Size:

- Minimum: 4
- Maximum: None

Instructor:

- Mrs. Watson

Getting in Shape with Walter

In this one week Winterim you will learn what it necessary to be able to build a fitness and nutrition program tailored to your individual needs.

This class will help you improve your weaknesses and develop your strengths. Each day we will work for a short time in class and then take what we have learned and put it into use in the weight room and/or gym floor for a longer period. Learn how to make the biggest difference in the safest and fastest way possible.

Nutrition is progressive, learn what you really need to be looking at, the number on the weight scale means nothing. Learn what matters most, what you should work on a weekly basis and how to help your body change in the right direction. This is a great class for someone with no experience to the advanced fitness trainee

The goal during this one week class is for you to have all of the necessary tools to get your body working correctly. Most of all is to have fun while you learn.

Optimal Fitness + Optimal Nutrition = Optimal Health

Optimal = The greatest degree of best results obtain.

What is also exciting about this class is that you can put it to use what you learn right away, improve speed, agility, performance, and strength. This is something that you can take home and share with everyone, you now can then make a difference on them.

Class room time will be short and the practical time will be long, i.e. 45 minutes of class room time to 1.5 hours of practical time and the cycle begins again.

Cost/Materials:

- \$35

Class Times and Location:

- 9:00-3:00 (M-F) at FLHS
- Lunch: bring your own or order from Papa Savario's

Minimum/Maximum Class Size

- Minimum: 8
- Maximum: 16

Instructor(s):

- Mr. Walter Paiz

Glorious Golf Getaway & Grand Canyon University

Phoenix in January doesn't sound so bad now does it? Especially if you love golf and looking for a great college visit. So here you go! We have an opportunity to visit Grand Canyon University on the 5th and 6th (the 4th is a fly day and will include a visit and tour at Wilson Sporting Goods to see how professional clubs are made) where we will take a full college tour and meet the sports management school staff and coaches. From there we will see their Golf Club where we will talk to current students in their golf management program as well as play 18 holes with a few of their players on the team. on the 7th, my brother PGA TOUR PRO KEVIN STREELMAN HAS AGREED TO SPEND THE DAY WITH US AT THE TPC IN SCOTTSDALE WORKING ON ALL OF OUR SWINGS! Ya right! After our swings are perfected we will play 18 at the TPC with Kevin. Sorry dads only kids are invited!! After the day we will go back to his house for a cookout with his wife and their daughter Sofie! We will then return on the 8th fully rested and ready to take on Tiger Woods!

This course open to all students interested in the Golf industry, to those who desire to work with a pro on their swing, or anyone looking for some sunshine in January!

Cost/Materials:

- \$650 - includes airfare, hotel, food, and golf.
- FREE AIRFARE REIMBURSEMENT from GCU for ELIGIBLE SENIOR STUDENTS

Class Times and Location:

- January 4-8
- Phoenix/Scottsdale Arizona

Minimum/Maximum Class Size

- Minimum: 4
- Maximum: 8

Instructor(s):

- Kevin Streelman & Jimmy Streelman

Introduction To Genealogy

This class will introduce students to the basics of family history research. It will foster an interest in genealogy, and provide instruction in family research methods and practices. Students will do some research at local cemeteries, libraries, historical sites and the Family History Center.

Cost:

- Free
(Optional cost of \$7.50 per film if ordered through the Family History Center.)

Pre-requisite:

- None

Class Times and location:

- Faith Lutheran HS, Time is TBD

Instructor(s):

- Mrs. Chapel, Claudia Conroy - McHenry County Genealogical Society

Min/Max Class Size:

- Minimum: 5
- Maximum: 15

History of World War 2 on Film

We will be learning the history of World War II. This course examines the history of World War II as told on film. The films selected represent a broad range of Hollywood and foreign movies on the war fought in Europe, Africa, and the Pacific. The films will be presented in historical chronological order beginning with the rise of tyrannical leaders in Europe to the surrender of Japan. All or parts of these films, will be shown (this list is not completed yet)

- Hitler: The Rise of Evil
- Mussolini – The Untold Story
- The Gathering Storm
- Tora! Tora! Tora!
- Midway
- Iwo Jima
- Flag of our Fathers
- Das Boot
- Patton
- Schindler’s List
- Stalingrad/Enemy at the Gate
- Valkyrie
- Band of Brothers
- Longest Day/Saving Private Ryan
- Above and Beyond (1952)

This class will include a special presentation by a war collector and a trip to the Science and Industry Museum U505 exhibit in Chicago.

Cost: \$23 (transportation and entry to museum)
For daily class, students may bring bean bag chairs, snack food/drink, etc....

Prerequisites: Due to the graphic nature and rating of many of the films students must have permission to view a Rated R movie. Permission is required for ALL students regardless of age.

Class times:

- Monday- Friday 9-3

Min/Max Class Size: 4/25

Party Planning

Party planning will consist of planning theme parties for various holidays/events, which tentatively include: Halloween, Christmas, Easter, Valentine’s Day and a birthday party. During this Winterim, we will make party decorations and decorate a room, prepare themed food/drink items, prepare food items in general and learn how to decorate cupcakes. Students will need to do some planning in advance with the instructor so supplies can be purchased before the actual Winterim. Meetings will be arranged in November and December for this purpose.

Cost/Materials:

- Approximately \$50 (depending on costs of food and supplies) and two dozen unfrosted cupcakes

Class Times and Location:

- 9:00-3:00 (M-F) at Prince of Peace Church, Crystal Lake
- Lunch: either bring your own (obviously we will be preparing some food daily)

Pre-requisite:

- None

Minimum/Maximum Class Size:

- Minimum: 4
- Maximum:12

Instructor:

- Mrs. Mathiesen

Referee/Umpire Training

Looking for a summer job? Get certified to referee basketball and umpire baseball/softball by an IHSA certified trainer. At the end of this course, students who are 17 years and older will be certified by IHSA. Students under 17 will be certified by Faith Lutheran. This is a great opportunity to learn skills that could lead to job opportunities with summer Little League programs, youth basketball leagues and, middle school/high school IHSA athletics .

Cost: \$35

Prerequisites: none

Class times:

- Monday- Friday 9-3

Min/Max Class Size:

- Min: 3
- Max: 20

Instructor:

Mr. John Vito

Set Building Theory and Practice

If “all the world’s a stage” then every structure is a set. Think of how you act differently in your bedroom versus your classrooms versus a movie theater. Our surroundings tell us how to behave! This year, we will be building the set for FLHS’s spring show and also watching theater productions that make use of many different kinds of sets to increase our understanding of what sets add to theater productions. Painters and builders required.

Cost: \$50

Prerequisites: must complete power tool safety video and worksheet before the week begins or you will not be allowed to participate and lose class credit. Painting expertise helps!

Class times:

- Monday- Friday 9-3

Min/Max Class Size:

- Min: 3
- Max: 6

Instructor:

Miss Filter

2016 Winterim Course Selection

Student Name _____ Grade _____

Primary Course Selection: _____

Second Choice: _____

Third Choice: _____

Parent Signature: (to acknowledge approval for course selection) _____

Parent Volunteer Sign Up

Would you be willing to chaperone?

If so, where would you be willing/able to help?

Parent Name	Course to Chaperone	Contact #
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For courses exceeding \$100 cost, a **\$50 non-refundable deposit** is required by **Wednesday, December 2nd**. If class does not meet minimum student numbers, the deposit will be fully refunded. Full Payment for all courses is due Wednesday, December 16th, unless a payment plan is arranged within your FACTS Tuition account.

Course	Subject Area (.25 Credit)	Cost
Advanced Lifesaving	PE	\$250/\$275
Arthurian Life	English	\$10
Culinary Arts	Fine Arts	\$200
Curling	PE	\$75
Knitting	Fine Arts	\$10
Golf Trip	PE	\$600
Intro to Genealogy	Social Science	Free
Fitness/Nutrition Program	PE	\$35
World War 2 on Film	Social Science	\$23
Party Planning	Fine Arts	\$50
Set Building	Fine Arts	\$50
Referee/Umpire Training	PE	\$35