

ASPENGROVE SCHOOL

Extra Curricular Activities 2010-2011

Please note: these are extra-curricular activities that are being proposed and offered by Aspengrove school staff as of June 2010. Changes may occur depending on demand and/or interest. Final offerings will be solidified in September.

1. Band - Senior (Grades 6 – 12)

When? Tuesday & Wednesday
Time? 7:30 a.m.- 8:25 a.m.
Location: Music Room

2. Choir - Junior (grades 1 – 5)

When? Tuesday and Thursday
Time? 12:30 p.m. – 1:00 p.m.
Where? Music Room

Choir - Senior (Grades 6-12)

When? Wednesday
Time? 12:35 p.m. – 2:15 p.m. (bring lunch)
Where? Music Room

3. Cross Country Running Club (Grades 5-12) (minimum 6 students required)

When? Mondays; September 20th – June 14th
Time? 3:30 p.m. – 5 p.m.
Location? Various – meet in Mr.Orser's Room
Teachers Mr. Orser, Mr. Eriksson & Mr. Macoun

Description: requires a minimum of six committed students to run in local trails (Westwood Lake; Morrell Sanctuary; Piper's Lagoon, Neck Point, Ammonite Falls, Sywash Ridge). Also requires a parent volunteer driver - preferably who'd also want to run with the students. Students will have the opportunity to participate in a local X-country race in the fall and Gut-Buster runs in spring. Students will be encouraged to consider different reasons why they run and challenge themselves accordingly.

4. Debate Club (Grades 8 – 12)

When? Thursday; September - February
Time? 3:30 p.m. – 4:30 p.m.
Location? Mr. Kneisz's room
Teacher Mr. Kneisz

5. Destination Imagination (Grade 3–12)

(www.bcdi.org)

When? Mondays; September – May;
Time? 3:30 p.m. – 5 p.m.
Location? Music room
Cost: \$60
Teachers Miss Moss, Mrs. Vincent & Mr. Easterman

6. Drama Club (Grade 8 – 12)

When? Tuesdays; October – March
(performances scheduled for March 9th and 10th)
Time? 3:30 p.m. – 5:30 p.m.
Location? Music room (October – December)
Gym (January and February)
Teachers Mr. Orser and Mrs. McElwain

7. Duke of Edinburgh programme (age 14 and up)

(see Mrs. Coull for further information)

When? (to be determined)
Time? Lunchtime
Location? Mrs. Coull's classroom
Cost? \$30 (for Record Book) + extra costs/trip (as needed)

8. Film Club (grades 10-12)

When? Last Thursday of each month
Time? 3:30 p.m. – 5:30 p.m.
Location? Mr. Eriksson's room
Teacher Mr. Eriksson

Description: Students interested in studying film will meet to watch and discuss films deemed to be important, influential or groundbreaking. Special attention will be paid to foreign films and lesser known fare to help expand the students' cinema knowledge. Some examples of films to be watched include:

- *2001: A Space Odyssey*
- *La Dolce Vita (Italian)*
- *Breathless (French)*
- *Citizen Kane*
- *Vertigo*

9. Grappling Club (grades 8-12)
(Wrestling and Jiu-Jitsu)

When? Monday
Time? 3:30 p.m.
Location? School gym
Teacher: Mr. Vincent

Description: Grappling club is for students interested in learning self defense, getting a good workout, and having fun while doing it. Our time will consist of stretching, exercises, learning techniques, and grappling. Students will learn take downs, ground positioning, and submission holds. Grappling is a great cardio work out that will also increase strength and flexibility.

10. M.A.D. Make a Difference (Grade 8-12)
(Community Service Club)

When? Intermittently
Time? Lunch and as needed
Location? Science room and venues as required
Teachers Mrs. Marshall

11. Me to We Service Club (Grades 9-12)
(run in connection with China trip at spring break)

When? First Monday of each month
Time? 12:45-1:15
Location? Mr. Eriksson's room
Teacher Mr. Eriksson

12. Mountain Bike Club (Grades 4-7)

When? Thursday; September – beginning of November; March – June;
Time? 3:30 p.m. – 4:30 p.m.
Location? Outside on school campus
Teacher: Mr. LaBounty

(This year Mr. LaBounty will be offering the Sprockids programme - checkout www.sprockids.com. Opportunity for older students to become involved in training as well.)

13. School Newspaper Club (Grades 6 – 12)

When? Tuesdays after school
Time? 3.30-4.30
Location? Mr Easterman's room
Teachers: Mr Easterman

14. Outdoor Adventure Club (Grades 8 – 12)

(minimum: 8 participants; maximum – 14)

When? Wednesday afternoons (2nd & 4th Wednesday of the month);
Time? 12:45 – 4:30 p.m. (depends on activity)
Location: Various places on the Island
Teachers: Mr. D. Orser; Mr. C. LaBounty; Mr. G. Shuley & Mr. D. Coull
Activities are an introduction to some of the requirements for Duke of Ed. Program and include: climbing, orienteering, trip prep and camp out, first aid, swimming with the seals, emergency shelters, fishing, high tree course, kayaking in lake and ocean.
Cost \$250 for activities (due by August 05) to secure a position in the club).

15. Student Council (Grades 9-12)

When? Tuesdays
Time? Lunchtime
Location? Mr. Vincent's room
Teachers: Mr. Vincent & Mrs. Coull

16. Volleyball

Grades 8 to 10 girls

When? September 7th-November 4th
Practices on Tuesday & Thursday; games on Wednesday (12:30 – 2 p.m.)
Time? 3:30 p.m. – 5 p.m.
Location? School gym
Coaches: Mrs. Lloyd and Mr. Eriksson

Tournaments: VIU October 29th & 30th