



2020



DISCOVER TOGETHER!

UPREP
SUMMER
SESSIONS

Registration is available in
the Veracross Family Portal.

QUESTIONS? CONTACT:

summerprograms@universityprep.org



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Welcome
to **Discover
Together!**
UPrep Summer
Sessions.

Given that many summer jobs, camps, internships, and trips have been postponed this year, University Prep teachers and staff have embarked on creating an eight-week (June 14 – August 7) summer experience to offer our current and incoming students and parents/guardians. These online activities are designed to help keep our families connected and having fun—from a safe distance—this summer. We've prepared a wide variety of class options, all hosted by our own University Prep faculty and staff, including one-time classes, 4-week sessions, 8-week sessions, and workshops. All courses will be taught online via Zoom (Zoom links for each class will be emailed to the students and families enrolled a few days before the sessions begin).

We are offering these classes at a price that we hope will allow our UPrep families to sign up for as many that look interesting to them (all program fees will be used to pay the teachers leading the classes). Just like any UPrep program, Financial Aid is available.

We can't wait to **Discover Together!**
with you during these fun Summer Sessions!

TABLE OF CONTENTS

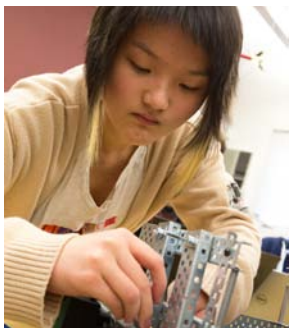
ART | PAGE 3

Creative Process & Art Making with Ty Talbot
Dance Workshops with Jess Klein
Interview Theater with Emily Schorr Lesnick



EDUCATIONAL ENRICHMENT | PAGE 4

Robotics Workshops with Jeff Tillinghast
Legislative Advocacy with Leah Griffin
Book Group with Carrie Niebanck
History Book Club with Dave Marshall
Podcasting with David Peabody



HOBBIES & MORE | PAGE 5

Make a Meal Mondays: Family Cooking with the Salverda Family
French Cooking with Alexa Johnson
Juggling with David Peabody
D&D: Dungeons & Dragons with Joshua Munsell
Card Game Club with Joshua Munsell
Music Appreciation with Dave Marshall
Good Teacher/Bad Teacher Film Club with Brian Gonzales



LANGUAGE | PAGE 7

Actividades de Verano with Elena Tello
Conversaciones en Español with Elena Tello

WELLNESS / OUTDOORS | PAGE 8

HIIT with Meg AJ
Amazing Race with Brian Gonzales
Safety 1st! CPR & First Aid Online with Kayla Robertson
2020 Summer E-lympics with Brian Gonzales
Self Care (Quarantine Edition) with Amy Sanchez
Yoga with Kayla Robertson
Mindfulness Workshops with Jess Klein
RUN Club with Kayla Robertson & Amy Sanchez
Outdoor Excursions with Andy TBD



ART

Creative Process & Art Making with Ty Talbot

Wednesdays 9:00-9:40am June 15-August 7 (all are welcome)

Each session — \$40

This course is focused on short, creative exercises that are intended to be playful, improvisational, fun, and inspiring. While some activities will involve more traditional forms of art making (drawing, painting, photography, and sculpture), other activities will encourage collaboration, risk-taking, improvisation, and artistic play.

Session One: June 17, June 24, July 1, July 8 | **Session Two:** July 15, July 22, July 29, August 5

Dance Workshops with Jess Klein

Fridays 9:30-10:15am (all are welcome)

One session all three dates — \$45

This uplifting series explores the amazing world of movement. Discover the beauty of Contemporary & Lyrical dance; learn a combination and practice putting emotion in your movement. Develop strength and build Ballet technique while we practice exercises at the barre, your sofa, a chair or even your kitchen counter! Put it all together in a dramatic phrase of movement at the end of the lesson. Finally, join Bollywood class and learn high energy, vibrant choreography and practice performing it with style. The sessions are open to all and are perfect for beginner to advanced dancers.

Contemporary & Lyrical: June 19 | **Ballet:** July 17 | **Bollywood:** July 31

Interview Theater with Emily Schorr Lesnick

Thursdays 1:00-2:30pm, June 18-August 6 (for students)

Eight-week class — \$80

This course is an opportunity for students to work together to create a play using interview theater. We will learn about this form, read/watch some examples (from The Laramie Project to Anna Deavere Smith), come up with our own topic, conduct interviews, transcribe and create a script that comes verbatim from our interviewees words, and perform the piece via Zoom.



EDUCATIONAL ENRICHMENT

Robotics Workshops with Jeff Tillinghast

Thursdays June 18-August 6

Free

Join us for an introduction to team-based competition robotics, designed for students without previous robotics experience. Come learn the fundamentals of robotics engineering and design in a fun, team-based game. Student engineers will design and program robots for the VEX IQ (incoming 6-8 grades) and VEX VRC (incoming 9-12 grades) competition season. No previous experience or special equipment required. Teams will meet 1 hour a week, but should plan on 2-3 hours of independent work a week working on their research and design.

9:00am-10:00am (Students entering grades 9-12 welcome)

10:00am-11:00am (Students entering grades 6-8 welcome)

Legislative Advocacy with Leah Griffin

Tuesdays 1:00-1:45pm (all are welcome)

\$15 per class

Do you have an issue you care a lot about? Would you like to influence policy? Come learn how the state legislature works, how to craft an effective narrative, and what you can do to make a difference.

Advocacy 101: June 16 or June 23 (select one date)

Advocacy 102: July 14 or July 21 (select one date)

Book Group with Carrie Niebanck

Mondays 10am-11am (for students), Tuesdays 10am-11am (for adults)

Each session — \$40

This group will have a shared reading experience this summer! We will choose a novel to explore through independent reading, fun activities, group conversations and creative response.

Students Session 1: June 15 – July 6 | **Students Session 2:** July 13 – Aug 3

Adults Session 1: June 16 – July 7 | **Adults Session 2:** July 14 – August 4

History Book Club with Dave Marshall

Tuesdays 11:00am-11:45am

(for Upper School Students and Adults)

Each session — \$40

During Session One (June 16 – July 7), we'll read *The Things They Carried*, Tim O'Brien's classic short stories inspired by his Vietnam War service.

For Session Two (July 14 – August 4), we'll read Sonia Purnell's recent bestseller *A Woman of No Importance* — the true story of Virginia Hall, a daring American spy who changed the course of World War II. Both are gripping reads that bring war, history, and humanity to life in powerful, unexpected ways.

Participants who need help obtaining copies of the books should contact Rebecca Moe at rmoe@universityprep.org.

Session One: June 16, June 23, June 30, July 7

Session Two: July 14, July 21, July 28, August 4

Podcasting with David Peabody

Wednesdays 10:00-10:30am (all are welcome)

Each session — \$40

Make your own podcast about anything! Learn the basics of this new type of communication and journalism. No experience necessary.

Session One: June 17, June 24, July 1, July 8

Session Two: July 15, July 22, July 29, August 5

HOBBIES & MORE

Make a Meal Mondays: Family Cooking

with the Salverda Family

Mondays 5:00pm (all are welcome)

Each session — \$40

Cooking together as a family is one of our favorite activities! Join Shannon, Pieter, Kaia, and Jonah Salverda each Monday to make a meal that is simple but tasty, healthy, and can involve the whole family. It's food as a family art project! There are four of us in our family. Some are meat eaters, some are not. Some love seafood, others do not. Some eat gluten, others do not. We cook one meal with side options so that everyone can eat what makes them feel good. We hope we can show you how to keep it simple while dishing up a little something for everyone!

Session One: June 15, June 22, June 29, July 6 | **Session Two:** July 13, July 20, July 27, August 4

French Cooking with Alexa Johnson

Thursdays 11:00am (all are welcome)

Each session — \$40 + \$10 supply fee for Session Two

Join this French baking class with Alexa Johnson and learn how to make a different delicious and beautiful dessert each week! We'll be baking Normandy apple cake, eclairs, pavlovas, lemon tarts, and macarons as the final project. There may even be a few extras that show up like citron pressé (lemonade), plus a fun French Spotify list to play while you bake! You'll be sent a grocery list before the session begins, and a week-by-week prep list of anything you should do before each class starts. No experience necessary — everyone can learn how to make beautiful treats!

Session One: June 18, June 25, July 2, July 9 | **Session Two:** July 16, July 23, July 30, August 6

Juggling with David Peabody

Tuesdays 9:00-9:30am (all are welcome)

Each session — \$40

Learn the basics of juggling and improve your skills to include four balls, three balls with various techniques, and partner juggling. No experience necessary.

Session One: June 16, June 23, June 30, July 7 | **Session Two:** July 15, July 22, July 29, August 5

D&D: Dungeons & Dragons

with Joshua Munsell

June 15-August 7 (except July 6-17)

Middle School students: Fridays 11:00am-3:00pm

Upper School students: Tuesdays 2:00-6:00pm

Each session — \$85

Learn how to play the world's most popular role playing game! Become a heroic character and experience an adventure in an age-appropriate setting. Beginners and experienced players welcome. Rules and content may be modified as needed for each particular group.

Session One (MS): June 19, June 26, July 3

Session Two (MS): July 24, July 31, August 7

Session One (US): June 16, June 23, June 30

Session Two (US): July 21, July 28, August 4

Card Game Club

with Joshua Munsell

Mondays & Wednesdays 2:00-3:30pm June 15-August 7 (except July 6-17) (all are welcome)

Each session — \$40

Card games have kept people across the globe entertained and taught them valuable logical skills for thousands of years. Come learn and play some of these games while socializing and meeting new people!

Session One: June 15, June 17, June 22, June 24, June 29, July 1

Session Two: July 20, July 22, July 27, July 29, August 3, August 5

HOBBIES & MORE CONTINUED

Music Appreciation with Dave Marshall

Wednesdays 11:00-11:45am (Upper School students only)
Each session — \$40

We'll listen to a variety of songs, from the Beatles to *Hamilton* and funk to classical, then break them down musically, lyrically, and historically. You'll also be able to share your own favorite songs with the group. No music experience necessary! By the end, I hope you'll have a deeper appreciation for a wider variety of music. Session will repeat.

Session One: June 17, June 24, July 1, July 8

Session Two: July 15, July 22, July 29, August 5

Good Teacher/Bad Teacher Film Club with Brian Gonzales

Wednesday 5:30-7:00pm (adults only) June 17-July 8
Four Wednesdays — \$50

There are so many movies about teachers and coaches. Some of them are truly iconic. But have you ever wondered, "I love that movie ... but was that character really a good teacher?" Join us for a slightly irreverent but authentically curious look at how movies portray teaching and learning and the impact sports and school have on young people. The Good Teacher/Bad Teacher Film Club will watch one or two movies each week and then meet up to discuss, rave, rant, question, and ponder the pedagogy of the pop culture educator.

Dates: June 17, 24, July 1, July 8



LANGUAGE

Actividades de Verano

with Elena Tello

Thursdays 11:00-11:45am (all are welcome)

Each session — \$40

This class will have a different focus ... activities to do during the summer: at the beach, at the park, in the city ... it will be fun and interactive!

Session One: June 18, June 25, July 2, July 9

Session Two: July 16, July 23, July 30, August 6

Conversaciones en Español

with Elena Tello

Tuesdays 10:00-10:45 am

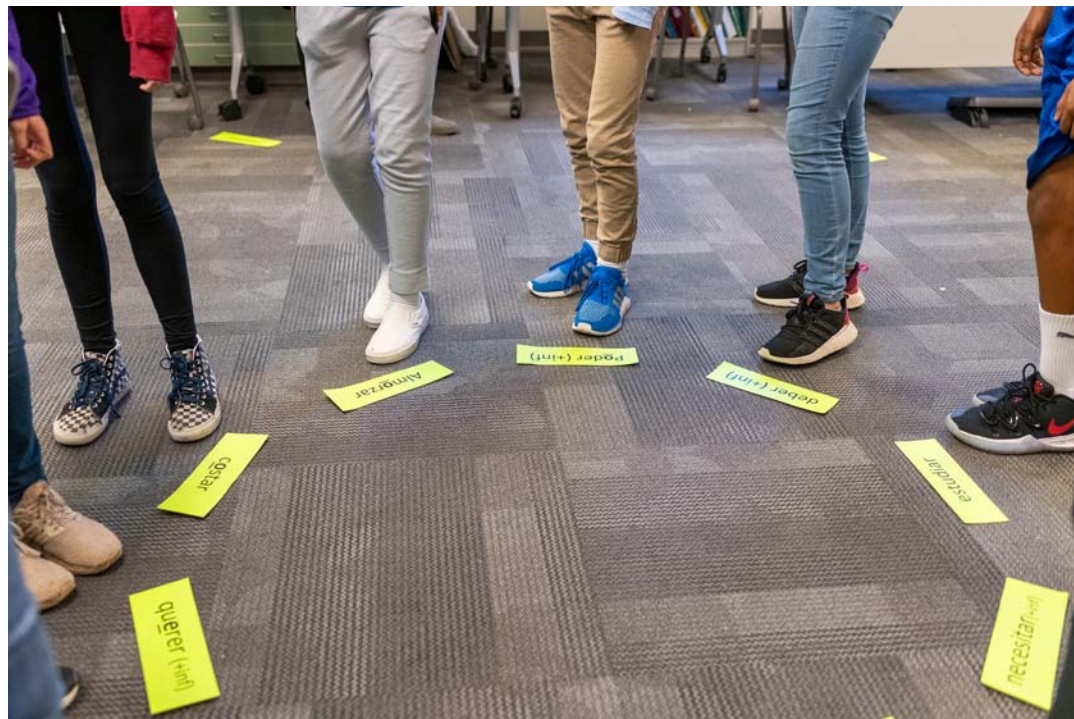
(for Upper School Students & Adults)

Each session — \$45

The idea of this class is to meet with people and discuss some topics in Spanish, depending on the group's interests. We could have conversation topics prepared ahead of time, or it could be more spontaneous.

Session One: June 16, June 23, June 30, July 7

Session Two: July 14, July 21, July 28, August 4



WELLNESS / OUTDOORS

HIIT with Meg AJ

Thursdays 2:00-2:30 pm June 18-August 6 (all are welcome)

Each session — \$30

A different HIIT (high intensity interval training) format each week!

Session One: June 18, June 25, July 2, July 9

Session Two: July 16, July 23, July 30, August 6

Amazing Race with Brian Gonzales

Thursdays 3:30-5:00pm with Brian Gonzales (all are welcome)

Each session — \$50

Want to travel the world and take on daring global challenges? This family-friendly competition will feature a series of 1-hour Amazing Races that participating teams will take on and complete each week. Prizes available!

Session One: June 18, June 25, July 2, July 9

Session Two: July 16, July 23, July 30, August 6

Safety 1st! CPR & First Aid Online with Kayla Robertson

Take class anytime June 15-26 or July 13-24 (all are welcome)

Each class — \$55

Safety first! Learn Adult/Child/Infant First Aid & CPR. This American Red Cross Course will be at your own pace, roughly 2 hours and 45 minutes long. After everyone completes the course, we will have a group discussion and review with Q&A time!

Session One: Take class anytime June 15-26, Zoom meeting Monday June 29 11:00am

Session Two: Take class anytime July 13-24, Zoom meeting Monday July 27 10:30am

2020 Summer E-lympics with Brian Gonzales

Tuesday & Friday's 3:30-5:00pm (all are welcome)

Eight classes — \$80

The Tokyo games have been postponed until next summer but you can still go for the gold! The 2020 Summer E-lympics will offer families/groups the chance to compete in a series of at-home games designed to test your skill, artistry, creative problem solving, and quick wit.

July 14, 16, 21, 23, 28, 30, August 4, 6

Self Care (Quarantine Edition) with Amy Sanchez

Wednesdays 1:00-2:00pm

Open to all students (MS/US may have separate meeting time)

Each session — \$40

"Self-care" is a buzzword. We all hear about how practicing self-care is important for our mental health, but what does doing that actually look like? And, how do we do that in the COVID-19 era when stress and uncertainty run in abundance? This course will cover some of the most crucial strategies for developing a self-care plan, including but not limited to understanding anxiety cues, identifying personal values, and radical acceptance. We will approach these questions through conversation, activities, and other experiences together. Each participant will come away from the course with a personalized self-care toolkit. This course, adapted for an adolescent audience, is inspired by The Science of Wellbeing, the most popular course at Yale University.

Session One: June 17, June 24, July 1, July 8th

Session Two: July 15, July 22, July 29, August 5

Yoga with Kayla Robertson

Mondays & Thursdays 8:00am-9:00am June 29-July 27 (all are welcome)
Thursdays 8:00am July 2-August 6 (all are welcome)

Each session — \$60

Mondays: Vinyasa power yoga

Thursdays: Restorative yoga for athletes

Mindfulness Workshops with Jess Klein

Mondays 9:30-10:30 am (all are welcome)

One session all three dates — \$45

This series explores elements of yoga practice and mindfulness. During our yin yoga session we will hold supine poses for 3 to 10 minutes at a time to develop focus and concentration skills while stretching. Breathe mindfully and learn about the many ways we can utilize pranayama techniques to both energize and relax ourselves in our breath awareness workshop. Finally, try mindful walking, movement meditations, drawing exercises and inspired visualizations to encourage presence and awareness in our fun meditation class.

Yin Yoga: June 22

Pranayama & Breath Awareness: July 13

Meditation Techniques: August 3

RUN Club with Kayla Robertson & Amy Sanchez

Mondays 9:00-9:45am Starting June 15
(open to Upper School students & adults)

One session — \$80

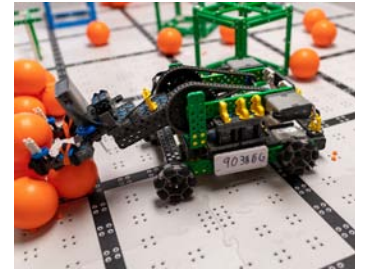
Each week we will explore our own training, set goals, do virtual runs/races, discuss common questions and trends, watch trail running films, and more! You'll also receive weekly newsletters with training tips, etc.

Virtual Events: Run/Walks

Solstice 6k: June 20, Firecracker 5k: 4th of July, Seafair 5k (or Triathlon): July 18, 10k End of Summer Celebration Run: August 8

One session: June 15, June 22, June 29, July 6, July 13, July 20, July 27, Aug 3

Outdoor Excursions with Andy – still TBD



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