

Winter Clubs
Dec. 11 - Mar. 12 (11 Weeks)

Student Leadership: This club is your chance to get involved in organizing events and shaping school culture. In the past Student Leadership has organised Spirit Week, dances and film fest. What would you like to see it do this winter? **(SLD)**

Ski Club: Students who are enrolled in the after-school Ski Club are in this club. **(SKI)**

Ping Pong Club: We'll practice trick shots, play singles and doubles, and hold a tournament. **(PIN)**

Meditation: Want to learn how to be in the moment? How to relax? How to be comfortable in your own skin? As a group we will learn about different meditation practices and participate in a weekly meditation. Each week the focus will shift or remain the same, depending on the preference of the participants. It may be a guided or individually inspired time and may take place outdoors or indoors. It may focus on the breath, on posture or possibly a mantra. It may be a sitting, walking or laying down meditation. Come breathe together. **(MED)**

Walking: Want to get out in the sunshine? Come enjoy the wonderful winter afternoons while getting a workout. We will adventure outside in the fresh air and do some wandering! Please wear appropriate clothing, shoes, jackets, and rain gear as we will walk even during light showers. **(WAL)**

Hello, Dolly!: Students who are participating in Hello, Dolly! are in this club. **(DRA)**

Knitting: Spend your winter Wednesdays learning a new craft or crafting a new design. With a cup of tea and a lot of concentration, scarves, hats, and even mittens will materialize on the knitting needles in your hands! **(KNI)**

Slam Poetry: Are you a sassy, passionate, and controversial poet? This will be a supportive space to write poetry and practice reading it in a slam style. We will watch videos of slam poets and talk about the different techniques they use. You will also have a chance to collaborate and perform with other students. **(POE)**

Zentangle: Do you zentangle, or want to learn how? Zentangle is described as "artistic meditation." It is a method of creating beautiful and really cool images by drawing structured patterns, and it is relaxing, fun, and easy-to-learn! Zentangle is said to increase focus and creativity, artistic satisfaction and personal well being, and can make an artist out of those of us who think that we are "not good at art." No prior experience is

necessary. Please do take a look at the art of zentangle (zentangle.com) if you haven't seen it before, as this club is all about this very specific technique. **(ZEN)**

A Cappella: We will make music using only our voices. Learn harmony, explore the history of a cappella music, and build a repertoire of songs. **(ACA)**

Movie Critics: Like movies? Wish you could watch them in school? Well, now you can. In movie critic club you can sit back, watch a movie, and then talk about it with fellow movie lovers. We will watch **independent films** and have group discussions afterwards. ENROLLMENT IS LIMITED **(MOV)**

College Application Club: Seniors, need a little extra time and help to get those college applications completed and filed? During CAC Mr. Stenson will be on hand to help you identify colleges, narrow down your lists and get your application filed. **(CAC)**

Magic: the Gathering: Whether you are experienced or a beginner to the game of Magic, this club is the place for playing Magic. **(MAG)**

Rock Climbing: Together we will practice the technique and skill associated with top rope and lead climbing. We will learn about appropriate climbing etiquette, belaying skills, movement skills and knot tying inside at the Central Rock Gym in Hadley, MA. Open to High School Students only. Students must have parental permission forms filled out. Students must be dedicated to try their best at each and every session! As with Ski Club, there is a fee (\$100) to participate in this club. **(CLI)** Enrollment is limited.