



American Heritage School Summer Programs

Summer 2018 Overview
Grades K through 12

REGISTER TODAY! Limited Space Available
<http://www.american-heritage.org/summer-programs>



2018 Summer Programs Overview

It's summer time at American Heritage School!

Summer can be a wonderful time to refresh the spirit, connect with nature, and spend quality time as a family. Summer is also a great time to try new things or cultivate a hobby—and it's the perfect time for students to get a leg up on the skills that matter most to them.

This summer, American Heritage School is introducing a variety of summer camps to help families make the most of their summers.

- Does your student need extra help with math, science, or study skills? Our academic summer camps offer individualized teaching in small group settings—while still allowing students to sleep in, just a little.
- Did your family set a fitness goal this summer? Our summer athletic camps will not only get the children moving and making friends, but will also teach them all the fundamentals they need to make exercise a safe and healthy life-long habit.
- Do you have a motivated musician? The Lyceum Music Festivals offer string players side-by-side coaching and unforgettable performance experiences both with the stars and under the stars.

Taught by experienced AHS instructors, guest presenters, professionals, and practitioners, these summer camps will give students new opportunities to engage in rigorous learning experiences—to study one subject in depth—and to experience new ways of learning.

While many of the camps are designed to meet the curriculum needs of American Heritage Students, all are open to the community at large. We welcome students who are willing to demonstrate self-government and adhere to the American Heritage School Honor Code, visit <https://www.american-heritage.org/honor-code> for grades 1–6 & <http://american-heritage.org/honor-code-7-12> for grades 7–12. Uniforms are not required.

Summer camps are just one of many ways American Heritage School helps families educate the hearts and minds of their children.

We're excited to be a part of your summer!

For complete program details or to register your student, visit:

<https://www.american-heritage.org/summer-programs>



SUMMER PROGRAMS



Algebra I

(Full High School Math Credit)

Instructor: Sam Wood

Email: swood@ahsmail.com

Dates: June 11–July 5, Monday–Thursday, 9am–3pm (no class July 4th. Make up classes on July 6, 9–11th)

Eligibility: Incoming Grades 8–11

Tuition: \$1000, or \$250 per term (week)

Description: This class will help 4 different types of students:

1. Incoming students who need help with accomplishing AHS graduation requirements.
2. 8th grade students wanting to get ahead (in tandem with the Pilot Program).
3. Students who are behind (or who just want to get ahead) in their math level to get caught up to grade level requirements.
4. Students wanting to get credit/grade recovery for any term(s) that they need to make up.

The goal is to do a full term in 1 week: to cover approximately 30 lessons in 3 days (10 lessons a day, Monday–Wednesday). Each class will start at 9 am and go until 3pm. There will be 2 separate 15-minute breaks and a 30-minute lunch break. Test every Thursday. There will be AT LEAST 50 problems each test (to cover all the material covered in the lessons). Test review on Thursday will start at 9am and last one hour. Thursday tests start at 10am and go until 12pm—or until student is finished.



The Amazing Read Summer Adventure

Instructor: Melanie McConkie, Shirley Larsen, Lynette Carver, Suzanne Gallup

Email: mmconkie@ahsmail.com

Dates: Tuesdays—June 12 and 26; July 10, 17 and 31; 11:00am–12:00pm

Eligibility: Incoming Grades K–6

Tuition: Free

Description: The summer of 2018 brings a continuation of the end-of-year reading incentive *The Amazing Read*. Students read their way around the world with a passport guiding them to 12 secret destinations, earning miles for each minute read! Students will be given clues to each of the locations we will be celebrating. Each meeting during the summer will provide cultural activities from the destinations. Pre-registration before June 6 ensures your child will receive a reading passport.



Code to Success

Instructor: TBD

Email: eacuna@ahsmail.com

Dates: June 11–August 9; Monday–Thursday, 8am–12pm (no class July 4th or 24th)

Eligibility: Incoming Grades 9–12 (enrollment limited to 30 students)

Tuition: FREE (or \$300 for one AHS High School credit: .5 credits to cover the required elective, Computer Tech, and .5 credits towards a general elective course.)

Description: Code to Success, powered by Bottega, is an online guided coding experience valued at \$6500. HTML, CSS, JavaScript, Python, The Angular Framework, Node JS, the Postgres SQL database coding applications will be covered in the 9-week course ending with an official Certificate of Completion. *Please note that students should not plan on missing more than three days of this class during the summer in order to complete the course successfully.* To register go to <https://tinyurl.com/AHScode>. Enrolled students will then be contacted by AHS to determine if they'd like to take the course for credit at the cost of \$300.



Constitution Bee

Instructor: Jeff Hymas

Email: jhymas@ahsmail.com

Dates: Grades 4–6: Monday–Thursday, June 25–28, 12pm–2pm

Grades 7–12: Monday–Thursday, July 9–12, 12pm–2pm

Eligibility: Incoming Grades 4–12

Tuition: \$80 per student (scholarships available: contact Mr. Hymas).

Description: Learn the principles of the Constitution like you never have before with games, memorizations, group activities, mnemonic devices and, most importantly, the actual text of the Constitution.



Junior Basic Cooking

Instructor: Stephanie Bigelow

Email: sbigelow@ahsmail.com

Dates: Camp 1: June 18–22, 10am–12pm

Camp 2: June 25–29, 10am–12pm

Eligibility: Incoming Grades 3–7

Tuition: \$100 per camp

Description: Do you love cooking with your mom? Would you like to be able to do more in the kitchen? Come learn basic cooking skills in an uplifting, entertaining, and interactive class so that you can have more fun helping in the kitchen. We will learn the basics of cooking and baking. A partial list includes how to make bread, cinnamon rolls, chicken several ways, various vegetables, and—of course—dessert! We may even eat dessert first! Each day will be something new, with the second week being different basics than the first. This is a fun class focused on hands-on learning.



Ballroom

Instructor: Barbara McOmber

Email: bmcomber@ahsmail.com

Dates: June 11–13, 12pm–3pm

Eligibility: Incoming Grades 9–12

Tuition: \$90 per student

Description: Come join the fun and excitement of ballroom dancing! We will cover American, International, and Latin styles of dance, including Waltz, ChaCha, Paso Doble, and Jive.



Scholars Camp—How to Succeed Academically

Instructor: Jolyn Newman

Email: jnewman@ahsmail.com

Dates: Monday–Thursday for two weeks (July 9–12, July 16–19), 9am–10:30am

Eligibility: Incoming Grades 7–12

Tuition: \$249

Description: Summer Scholars Camp is a study skills program designed to help students identify their learning styles and develop strategies for use in real-world academic settings. By the end of the camp, students will see themselves as life-long learners able to adapt to any classroom situation. The course includes intelligence tests, personal coaching on individualized learning and organization strategies and stress control.



Mission/College-Bound Cooking

Instructor: Stephanie Bigelow

Email: sbigelow@ahsmail.com

Dates: Camp 1: June 4–8, 10am–12pm

Camp 2: June 11–15, 8am–10am

Eligibility: Incoming Grades 8–12

Tuition: \$100 per camp

Description: Come learn basic cooking and baking, so that when you are on your own you will be able to prepare food while eating well and keeping a budget. We will learn many cooking and baking skills including:

- making bread, cinnamon rolls, and bread sticks
- chicken cooked a variety of ways
- other main dishes
- side dishes made from various vegetables
- several quick, easy, and healthy meals to prepare
- desserts

Each day will be something new, with the second week being different skills than the first. This is a fun, interactive class focused on hands on learning.



Explorer's Camp

(Science, Technology, Engineering and Mathematics)

Instructor: Karen Logan

Email: klogan@ahsmail.com

Dates: Camp 1: Engineering: June 18–21, Mon–Thurs, 9am–12pm

Camp 2: Chemistry: June 25–28, Mon–Thurs, 9am–12pm

Camp 3: Life Science: July 9–12, Mon–Thurs, 9am–12pm

Eligibility: Incoming Grades 4–6

Tuition: \$110 per student per camp

Description: Have you ever wanted to see what your DNA really looks like? Would you like to design a roller coaster or explore the wonders of the sub-atomic world of chemistry? This camp is for YOU! Join Mrs. Logan in exploring the fun of science while completing hands-on experiments and projects which teach fundamental principles of chemistry, physics and biology. Each camp will focus on a different aspect of science, so feel free to come to all of them! We will design roller coasters, explore chemical reactions, extract DNA, make water wheels, create bio-fuels and much more!



Liberty Girls Retreat: Be an Abolitionist for a Day

Instructor: Diann Jeppson

Email: djjeppson@ahsmail.com; 801.450.5016

Date: Friday, June 22, 2018; 9:00 am–4:30 pm

Eligibility: Girls ages 6–11

Tuition: \$45 per girl (includes lunch) Volunteer Discounts: Contact Diann Jeppson

Description: Discover what life was like for a girl living during the American Civil War Era. Get messy, dress up, be creative, have adventures, and meet new friends! Hear stories of the US Civil War. Attend an Abolitionist Rally where famous abolitionist Lucretia Mott will speak. Travel on the Underground Railroad with a group of runaway slaves. Shop at an 1860's Market. Join the Ladies Aid Society to sew items and prepare food for the soldiers. Join the network of Union Spies under Elizabeth van Lew. Learn about disguises, secret messages and entering enemy territory. Enjoy a fun 1860's dance with your new friends.



Liberty Girls Retreat: Be an Ellis Island Immigrant for a Day

Instructor: Diann Jeppson

Email: djeppson@ahsmail.com; 801.450.5016

Date: Friday, July 20, 2018; 9:00 am–4:30 pm

Eligibility: Girls ages 6–11

Tuition: \$45 per girl (includes lunch) Volunteer Discounts: Contact Diann Jeppson

Description: Discover what life was like for an immigrant girl onboard a ship and upon arriving at Ellis Island with 12 million other immigrants. Get messy, dress up, be creative, have adventures, and meet new friends! Wear an Ellis Island immigrant themed costume to the retreat. Hear stories of the Ellis Island Immigrants. Shop at the Immigrant Market. Become an American and start your new life of adventure and opportunity.



Lyceum Music Festival—Youth

Instructor: Denise Willey—Artistic Director, Stacey Page—Manager

Email: lyceummusicfestivalyouth@gmail.com

Dates: Monday–Saturday, July 30–August 4, 9am–3:30pm ; Concert is Saturday evening at the Salt Lake City Tabernacle

Eligibility: Audition or Invite only

Tuition: \$400 (full day Orchestra A); \$300 (partial day Orchestra B); \$200 (partial day Orchestra C); \$70 (enrichment only)

Description: This camp for students ages 7–18 includes instructions for both strings and chorus. Dr. Ryan Murphy, Associate Conductor of the Tabernacle Choir and Orchestra at Temple Square, is our guest conductor. Musicians will learn to play music of great composers such as Saint-Saens, Tchaikovsky, John Williams. Festival will include mentoring by professional musicians, enrichment classes (including a Youth Chorus conducted by Dr. Murphy), daily fun, a pool party and a pizza party. It culminates in a concert, featuring guest organist, Clay Christiansen, in the Salt Lake Tabernacle.

www.lyceummusicfestivalyouth.com



Lyceum Music Festival

Instructor: Kayson Brown, Director

Email: kbrown@ahsmail.com

Dates: August 6-11 (shuttle departs from American Fork at 8:00am)

Eligibility: Audition or Invite only

Tuition: \$699 (\$499 if lodging with family)

Description: Lyceum Music Festival will give young musicians unique insight into both the art and career of music making. Students will receive instrument-specific mentoring with Utah Symphony musicians and special guests, Simply Three. Activities also include hiking in Zion's National Park and free time enjoying the amenities of Zion Ponderosa-including multiple swimming pools, hot tubs, water slides, campfires at night, basketball & tennis courts, sand volleyball, and more. See www.lyceummusicfestival.com



Junior Musical Theatre

Instructor: Ryan Anderson

Email: randerson@ahsmaail.com

Dates: June 4–8, Monday–Friday (with Showcase on Friday), 9am–12pm

Eligibility: Incoming Grades 5–7 (enrollment limited to 15 students)

Tuition: \$110. Camp Performance Shirt Included

Description: Students will learn acting, singing and staging fundamentals in an exciting group setting. Students will receive individual and group coaching on how to interpret, stage and perform a song excerpt of their choosing. Dr. Anderson studied vocal performance at BYU. He has performed principal roles at Tuacahn in *Les Misérables*, *My Fair Lady*, *Annie*, *Little Mermaid*, *Crazy for You*, and recent roles in the *Nauvoo* and *British Pageants* as well as playing Peter and Zacharias in *Savior of the World* in the Conference Center.



Musical Theatre

Instructor: Ryan Anderson

Email: randerson@ahsmaail.com

Dates: June 4–8, Monday–Friday (with Showcase on Friday), 1pm–4pm

Eligibility: Incoming Grades 8–12 (enrollment limited to 30 students)

Tuition: \$110. Camp Performance Shirt Included

Description: Students will learn acting, singing and staging fundamentals in an exciting group setting. Students will receive individual and group coaching on how to interpret, stage and perform a song excerpt of their choosing. Dr. Anderson studied vocal performance at BYU. He has performed principal roles at Tuacahn in *Les Misérables*, *My Fair Lady*, *Annie*, *Little Mermaid*, *Crazy for You*, and recent roles in the *Nauvoo* and *British Pageants* as well as playing Peter and Zacharias in *Savior of the World* in the Conference Center.



Sewing Camp—“You Sew Great!”

Instructor: Susan Ostler

Email: sostler@ahsmaail.com; 801-357-9427

Dates: **Camp 1:** PJ Party (Pajamas and Pillowcase): June 18–21, Mon–Thurs

Section 1: 9am–12pm (snack provided); **Section 2:** 1pm–4pm (snack provided)

Camp 2: Summer Fun (Shorts and Travel Bag): July 16–19, Mon–Thurs

Section 1: 9am–12pm (snack provided); **Section 2:** 1pm–4pm (snack provided)

Eligibility: Beginners or Experienced, Ages 7–18

Tuition: \$190 per section

Description: “You Sew Great” teaches basic sewing skills in a safe and fun environment. Each student will work with a partner, learning how to thread their machine, lay and cut out patterns, iron, take correct body measurements, sew seam finishes, hem, sew on a button, and make a casing etc. In addition, each student will bring home a binder with instructions of the skills they learn. **Fabric and sewing machines are provided, or students can bring their own if preferred.**



Space Camp

Instructor: Alex DeBirk

Email: adebirk@ahsmaail.com

Dates: **Camp 1:** June 12–14, 8am–1pm

Camp 2: June 26–28, 8am–1pm;

Camp 3: July 17–19; 8am–1pm;

Camp 4: July 31–August 2, 8am–1pm

Eligibility: Incoming Grades 5–8; space limited to 10 students per camp

Tuition: \$100 per camp

Description: Embark as the captain and crew of an interstellar starship on a critical mission. In the *USS Voyager* simulator, students put their leadership, teamwork, and critical thinking skills to the test as they work together to complete a mission based on science and social studies concepts. They travel to other stars, encounter alien life, and go “where no one has gone before” in a truly transportive learning experience.



Group Voice Class

Instructor: Rob Swenson

Email: rswenson@ahsmail.com

Dates: Wednesdays, June 13–August 1; 10:30–11:30 a.m. (excluding July 4)

Eligibility: Incoming Grades 7–12

Maximum class size: 10

Tuition: \$100

Description: Group Voice Class Summer Session is for students who would like to improve their singing and performance abilities. Students will understand the physiology of singing, practice healthy tone production, and learn how to be successful in performance and audition settings. Students will learn concepts in class, practice and apply them at home, and then perform regularly in front of the class. The course will also feature a master class by another expert voice instructor and a culminating recital. Students must commit to attend at least six of the seven sessions during the summer. For the final session on August 1st, parents and friends are invited to a recital where each student will perform a solo. Rob Swenson holds a master's degree in music education and has had over a decade of experience working with adolescent voices.



Entrepreneurship – The Startup Academy

Instructor: Travis Lish

Email: travislish@thestartupacademy.org

Dates: June 4–29, MWF 10:30-12:30

Eligibility: Incoming Grades 10-12

Tuition: \$200

Description: This course is designed to take your idea – be it a project to help the homeless, a yard care business, or a revolutionary product to sell online – and make it into a reality. Already have an idea? Learn how to research, prototype and finance it. Don't have an idea yet? Energize your creative juices by rubbing shoulders with local successful entrepreneurs and even work toward receiving a 0% interest micro-loans of \$250.00! Sell your product at The Startup Academy booth at the Provo farmers market and keep all the profits after you pay back the loan. The Startup Academy also hosts other competitions to reward and support young entrepreneurs as they follow their dreams. See www.thestartupacademy.org for more information.



Cultivate Optimism: “As a man thinketh...so is he.”

Instructors: Deanna Rowen and Stacy Wood

Email: drowen@ahsmail.com

Dates: June 18–21, 9am–12pm

Eligibility: Incoming Grades 9–12

Tuition: \$125 per student

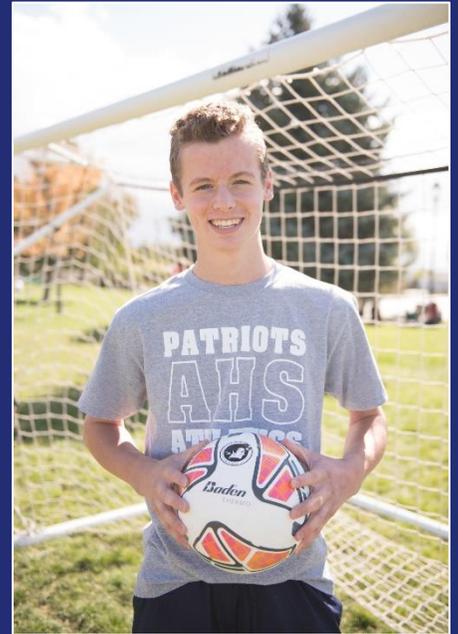
Description: “Optimistic people are more likely to be happier, do better at school and sports, win elections, get promotions, succeed in relationships, recover from negative events, live longer, and be healthier.”—BYU Wellness Brochure. Participants will actively participate in a biofeedback lab and will learn to use Positive Psychology to examine their thinking; the impact it has on body, emotions, and spirit; to discover and challenge their internal scripts, to direct their thinking; and to respond to adversity with greater hope. Research has proven that this approach is as effective as medication for treating unipolar and acute depression (but not bi-polar depression), and actually becomes more effective over time.

AMERICAN HERITAGE PATRIOTS

R.A.C.E.

R.A.C.E. (Rising Athletes Camp of Excellence) is a series of one-week camps focused on increasing strength, conditioning, and athletic ability. Some camps also include skills training for specific sports—basketball, volleyball, and soccer. Camps are intended for both experienced athletes and for anyone who wants to improve their overall physical fitness.

All camps will include foam rolling, stretching, dynamic warm-ups, strength training, speed and agility training, and proper lifting technique. Students will learn to improve their athletic ability while reducing the chance of injury. All camps will focus on team building, sportsmanship, and character development. In keeping with the AHS mission of educating hearts and minds, camps will help student athletes develop Christ-like character through athletics.



R.A.C.E.



Junior Sports

Instructor: Brian Smith

Email: bsmith@ahsmail.com

Dates: Camp 1: June 4–8, 8am–10am

Camp 2: August 6–10th, 8am–10am

Eligibility: Incoming Grades 4–6

Tuition: \$120 each camp

Description: Junior Camps will teach age-appropriate conditioning, speed and agility training, and the fundamentals of soccer, basketball, volleyball, and track and field.



Tennis

Instructor: Linley Duncan

Email: lintandun@gmail.com

Dates: August 6–10, 8am–11am

Eligibility: Incoming Grades 7–12; Intermediate and advanced players

Tuition: \$125 per student

Description: Daily instruction by AHS team coaches will focus on skill development both physically and mentally, game strategies, competition, and on court conditioning.

R.A.C.E.



Junior Agility, Speed and Vertical Training

Instructor: Brian Smith

Email: bsmith@ahsmail.com

Dates: June 11–15, 8am–10am

Eligibility: Incoming Grades 6–8

Tuition: \$120 each camp

Description: Agility, Speed, and Vertical Training Camps will begin with functional movement screening and end with testing and evaluations to help participants see improvement. These camps will teach participants fundamental principles and exercises to improve their athleticism year-round.



High School Agility, Speed and Vertical Training

Instructor: Brian Smith

Email: bsmith@ahsmail.com

Dates: July 30–August 3, 8am–10am

Eligibility: Incoming Grades 9–12

Tuition: \$120 each camp

Description: Agility, Speed, and Vertical Training Camps will begin with functional movement screening and end with testing and evaluations to help participants see improvement. These camps will teach participants fundamental principles and exercises to improve their athleticism year-round.



Basketball Camp + Strength and Conditioning

Instructor: Brian Smith and AHS Coaches

Email: bsmith@ahsmail.com

Dates: June 18–22

Girls: Basketball 8am–10am

Boys: Strength & Conditioning 8am–10am

Girls: Strength & Conditioning 10:30am–12:30pm

Boys: Basketball 10:30am–12:30pm

Eligibility: Incoming Grades 9–12

Tuition: \$120 per camp / \$170 for both Basketball camp and Strength & Conditioning camp

Description: Includes daily morning and afternoon sessions. One session will be sport-specific, taught by AHS team coaches, and will focus on skill development, competition, and game strategies. The other session will focus on strength and conditioning training.



Basketball Clinic

Instructor: AHS Basketball Players and AHS Coaches

Email: bsmith@ahsmail.com

Dates: June 18–22; Boys: 1pm–3pm Girls: 3pm–5pm

Eligibility: Incoming Grades 4–8

Tuition: \$50

Description: Basic skills will be taught and modeled by AHS Basketball players as supported by AHS coaches. Team concepts and AHS philosophy/approach to offensive and defensive systems will also be taught. Plenty of time to practice and enjoy basic skills and scrimmage play as well.

R.A.C.E.



Soccer + Strength and Conditioning

Instructor: Brian Smith and AHS Coaches

Email: bsmith@ahsmail.com

Dates: July 9–13th

Girls: Soccer 8am–10am

Boys: Strength & Conditioning 8am–10am

Girls: Strength & Conditioning 10:30am–12:30pm

Boys: Soccer 10:30am–12:30pm

Eligibility: Incoming Grades 7–12

Tuition: \$120 per camp / \$170 for both Soccer camp and Strength & Conditioning camp

Description: Includes daily morning and afternoon sessions. One session will be sport-specific, taught by AHS team coaches, and will focus on skill development, competition, and game strategies. The other session will focus on strength and conditioning training.



Volleyball + Strength and Conditioning

Instructor: Brian Smith and AHS Coaches

Email: bsmith@ahsmail.com

Dates: July 23–27

Girls: Volleyball 8am–10am

Boys: Strength & Conditioning 8am–10am

Girls: Strength & Conditioning 10:30am–12:30pm

Boys: Volleyball 10:30am–12:30pm

Eligibility: Incoming Grades 7–12

Tuition: \$120 per camp / \$170 for both Soccer camp and Strength & Conditioning camp

Description: Includes daily morning and afternoon sessions. One session will be sport-specific, taught by AHS team coaches, and will focus on skill development, competition, and game strategies. The other session will focus on strength and conditioning training.



Strength and Conditioning

Instructor: Brian Smith

Email: bsmith@ahsmail.com

Dates: July 16–20, 8am–10am

Eligibility: Incoming Grades 7–12

Tuition: \$120

Description: Strength Training and Conditioning Camps will help students learn effective exercises to maximize power and performance and minimize injury. These include cutting-edge training principles used by professional athletes and coaches.

FOR DETAILED PROGRAM INFORMATION & REGISTRATION VISIT:

<http://american-heritage.org/summer-programs>

Questions?

Email our Director of Summer Programs
Jeff Hymas

jhymas@ahsmail.com



“Verily I say,
men should be
anxiously engaged
in a good cause, and
do many things of
their own free will,
and bring to pass
much righteousness.”

D&C 57:27