



American Heritage School Summer Programs

Summer 2020 Overview
Grades K through 12

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





2020 Summer Programs Overview

It's summer time at American Heritage School! And, more than ever, it's time to get out and have some fun learning and participating in AHS summer camps!

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, due to the nature of the evolving COVID-19 situation and due to the variability of the circumstances within which different summer program courses are offered, American Heritage School will err on the side of an abundance of caution as we apply appropriate social distancing measures to our summer programs offerings up to and including wearing face masks, limiting class sizes, distancing within classrooms/areas of participation and possibly cancelling courses (and reimbursing participation fees) as conditions and circumstances change and we adapt to new standards and guidelines. We will place your safety as a high priority. Adaptations and accommodations particular to each camp will be emailed by the instructor to camp participants at least one week prior to the beginning of each camp so that participants are aware of the conditions of the camp. If at any point a participant would like to withdraw from the camp they will be fully reimbursed for the cost of the camp by emailing the director of summer programs, Jeff Hymas, at jhymas@ahsmail.com.

Taught by experienced AHS instructors and coaches, 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>



PLEASE DO NOT PARTICIPATE IN SUMMER PROGRAMS IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:

Fever

Persons who have symptoms of acute respiratory illness are recommended to notify the school and stay home until they are free of fever (100.4° F [38.0° C] or greater using an oral thermometer), free of signs of a fever, and free of any other symptoms for at least 24 hours, *without the use of fever-reducing or other symptom-altering medicines* (e.g. cough suppressants).

Shortness of breath (even if not severe)

Cough

Chills

Repeated shaking with chills

Muscle pain

Headache

Sore throat

New loss of taste or smell

If you have one or more of the above symptoms, which may be related to COVID-19, please stay home and take care of yourself.

PLEASE DO NOT PARTICIPATE IN SUMMER PROGRAMS IF YOU ARE WELL BUT CURRENTLY HAVE OR IN THE LAST TWO WEEKS HAVE HAD A SICK FAMILY MEMBER AT HOME WITH COVID-19.

- Persons who are well but who have a sick family member at home with COVID-19 should communicate with the school via technology, not in person.
- Persons confirmed to have COVID-19 should inform all contacts of their possible exposure to COVID-19 but maintain confidentiality.

PLEASE NOTIFY THE SCHOOL IF:

- You have been diagnosed with COVID-19
- You have had contact with someone diagnosed with COVID-19
- Live in or visit a place where COVID-19 is spreading rapidly

ELEMENTARY COURSES

(*Course includes middle school students)



Amazing Read Summer Adventure

Instructor: Melanie McConkie

Email: mmcconkie@ahsmaail.com

Dates: Tuesdays - June 16 & 30; July 14 & 28; 11:00am-12:00pm

Eligibility: Incoming Grades K-6

Tuition: Free

Description: The summer of 2020 brings a continuation of the AHS 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 7th ensures your child will receive a reading passport.



Basketball Camp, Little Patriots (Boys and Girls, K-6)

Instructor: Paora Winitana

Email: pwinitana@ahsmaail.com

Dates: June 29-July 1, Monday- Wednesday; 10:00am-12:00pm

Eligibility: Incoming Grades K-6 (Limit 20 participants)

Tuition: \$120

Description: A camp to introduce the amazing game we love to our future Patriots and teach the FUN-damentals of basketball - dribbling, passing, shooting, and many more skills. Fun drills and competitions including our very "LITTLE PATRIOTS TOURNAMENT." We will also have individual and team challenges, to measure everyone's performance and see who will make our "LITTLE PATRIOTS LEADERS BOARD." AHS Varsity Boys and Girls players will assist Coach Winitana at the camp.



Cooking, Junior Basic*

Instructor: Jessica Buer

Email: jbuer@ahsmaail.com

Dates: **Camp 1:** (curriculum A) June 8-12, Monday-Friday, 10:00am-12:00pm

Camp 2: (curriculum A) June 15-19, Monday-Friday, 10:00am-12:00pm

Camp 3: (curriculum B) July 13-17, Monday-Friday, 10:00am-12:00pm

Camp 4*: (curriculum B) July 20-23, Monday-Thursday, 10:00am-12:00pm

Eligibility: Incoming Grades 2-8

Tuition: \$100 per camp (*Camp 4 is 4 days, only \$80)

Description: The sun is shining and gardens are growing! Come learn how to use vegetables, fruits and grains that are perfectly fresh in the summer and perfectly healthy year-round! In this hands-on course, we will focus on using nutritious ingredients to create traditional favorites like frozen treats, bread, brownies, and creative snacks and meals. You will learn how to whip things together from scratch using "every herb in the season thereof and every fruit in the season thereof."



Constitution Bee*

Instructor: Jeff Hymas

Email: jhymas@ahsmaail.com

Dates: June 15-17, Monday-Wednesday, 1:00pm-3:00pm

Eligibility: Incoming Grades 4-8

Tuition: \$75 per student

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. Thousands of youth have participated in this course online but you get to experience it in person in a fun and hands-on way.



Introduction to Handcrafts

Instructors: Deborah Otteson Anese Harmon

Email: dotteson@ahsmail.com

Dates: June 23, 24, and 25, Tuesday, Wednesday, and Thursday

Session 1: 9:00am-11:30am

Session 2: 12:00pm-2:30pm

Eligibility: Incoming Grades 3-6

Tuition: \$120 per session

Description: Hand stitching sample book –fabric samples with examples of various stitches. Examples: different decorative hand stitching styles, sewing on a snap, basket stitch etc. Little plastic canvas box – make your own jewelry or treasure box using plastic canvas and yarn to make your own designs. Quilling paper craft card-learn quilling techniques and put them on a card in different designs.



Junior Sports

Instructor: Brian Smith

Email: bsmith@ahsmail.com

Dates: June 1-5, Monday-Friday, 8:00am-10:00am

Eligibility: Incoming Grades 4-6

Tuition: \$100

Description: Students will learn fundamentals of basketball, Soccer, Track and Field, Ultimate Frisbee, and Volleyball. Each day is devoted to each sport giving the students time and reps to master fundamentals of each sport. Each day starts with a devotional that ties character-based living, sports performance and the gospel together. They will learn professional strategies of stretching, warm-ups, and corrective training to maximize speed, agility, and vertical jump.



Patriot Soccer Skills Camp (Boys and Girls K-8)*

Instructor: Peter Knecht and Boys Varsity Soccer Players

Email: pknecht@ahsmail.com

Dates: June 22-25, Monday-Thursday, 9:00am-12:00pm

Eligibility: Grades K-1 (Mini Majors)

Grades 2-3 (Conquering Captains)

Grades 4-5 (Strapping Soldiers)

Grades 6-8 (Powerhouse Patriots)

Tuition: \$120

Description: Come take your soccer skills to the next level with Coach Knecht and his varsity boys soccer team! You can be sure your kids will come away with new skills and loving soccer on a whole new level. Players will be grouped according to age/skill level and will enjoy fun games, lively competitions, and food (of course) – all key ingredients to the Patriot Summer Soccer Camp. All campers will receive a training shirt and daily snack to keep them fueled! IMPORTANT: ALL NET PROCEEDS GO TO SUPPORT THE BOYS SOCCER PROGRAM!

MIDDLE, HIGH SCHOOL, & Adult Courses

(*Course includes elementary students, **Adult course)



Ballroom, Beginner

Instructor: Barbara McOmber

Email: bmcomber@ahsmail.com

Dates: June 22-24, Monday-Wednesday; 9:00am-10:30am

Eligibility: Incoming Grades 7-12

Tuition: \$55

Description: Learn the fundamentals of American and International Ballroom dance. Get a head start before the new school year starts, whether you dance at the school or on studio teams, this class will be perfect for you!!!



Ballroom, High School

Instructor: Barbara McOmber

Email: bmcomber@ahsmail.com

Dates: June 22-24, Monday-Wednesday; 10:45am-12:30pm

Eligibility: Incoming Grades 9-12

Tuition: \$55

Description: Come and learn American and International Ballroom Dance! These steps and figures are new and super fun!! Don't miss out, these are not taught during the regular school year!!!



Ballroom, Adult**

Instructor: Barbara McOmber

Email: bmcomber@ahsmail.com

Dates: Session 1: June 23-25, Tuesday-Thursday; 6:00pm-8:00pm

Session 2: July 14-16, Tuesday-Thursday; 6:00pm-8:00pm

Session 3: August 4-6, Tuesday-Thursday; 6:00pm-8:00pm

Eligibility: Singles or Couples

Tuition: \$95 Couples; \$55 Singles

Description: Whether you have never danced before, or it's been a long time, and you want to earn "Brownie Points", This Ballroom Dance Camp is for YOU!! Mrs. McOmber has been teaching ballroom dance from elementary level to adults for the past 2 decades! Come and make dancing a reality!!



Basketball, Junior Patriots Camp (Boys and Girls, 7-8)

Instructor: Paora Winitana

Email: pwinitana@ahsmail.com

Dates: July 6-8, Monday-Wednesday; 10:00am-1:00pm

Eligibility: Incoming Grades 7-8 (Limit 20 participants)

Tuition: \$140

Description: The focus of this camp is to assist middle school players of all levels – beginner or experienced – with their development. We will teach, solidify, and improve the fundamentals of basketball preparing players for their up and coming season. We will focus on skill development, introduce game systems and have opportunities to compete individually and in teams. AHS Varsity Boys and Girls players will assist Coach Winitana at the camp.



Basketball, Lady Patriots Camp (Grades 9-12)

Instructor: Paora Winitana

Email: pwinitana@ahsmaail.com

Dates: July 13-15, Monday-Wednesday; 10:00am-2:00pm

Eligibility: Incoming Grades 9-12

Tuition: \$160

Description: This camp is an opportunity for lady athletes to be supported in their basketball aspirations. The camp will include "Specialized Skill Stations" (SSS) and individual evaluations and measurements that will identify strengths and areas of focus on improving. All participants will receive a report of their results and have an opportunity to be a part of our "PATRIOTS LEADERS BOARD" to showcase performance and progression. To ensure Camp quality we have limited numbers so be sure to preregister not to miss out.



Basketball Camp, Patriots (Grades 9-12)

Instructor: Paora Winitana

Email: pwinitana@ahsmaail.com

Dates: July 20-22, Monday-Wednesday; 10:00am-2:00pm

Eligibility: Incoming Grades 9-12

Tuition: \$160

Description: Our "PATRIOTS CAMP" is an opportunity for all High School Basketball players to be supported in their basketball aspirations. Under the leadership of our Director of Basketball Operations - Coach Paora Winitana, our "PATRIOTS CAMP" will also include Specialized Skills Stations, individual evaluations, and measurements to go towards our "Patriots Leaders Board". This camp will better prepare athletes for the up and coming high school year by identifying strengths and areas of focus to improve on. To ensure Camp quality, we have limited numbers, so be sure to preregister not to miss out.



Code to Success

Instructor: Bottega (online, self-directed)

Email: jhymas@ahsmaail.com

Dates: June 15-July 23, Monday-Friday; 8:00am-12:00pm

Eligibility: Incoming Grades 9-12

Tuition: Free

Description: Computer programming is one of the hottest fields in the country and specifically in Utah. This course offers a unique curriculum focusing on HTML, CSS, Java Script, and REACT providing a well-rounded coding experience that can be done from home at student's pace. First 3 weeks (60 hours) are foundational. Last three weeks (60 hours) are advanced training. Register online at www.ctsutah.com/register



Co-Ed Volleyball

Instructor: Bailey Savage and Megan Metcalf

Email: bsavage@ahsmaail.com

Dates: June 15-19; 10:00am-12:00pm

Eligibility: Incoming Grades 7-12, boys and girls

Tuition: \$120

Description: AHS volleyball coaches will help students develop fundamental skills and learn team strategies. No previous volleyball experience is necessary. Both new and experienced players will receive individual feedback and training.



Cooking, Junior Basic*

Instructor: Jessica Buer

Email: jbuer@ahsmaail.com

Dates: **Camp 1:** (curriculum A) June 8-12, Monday-Friday, 10:00am-12:00pm

Camp 2: (curriculum A) June 15-19, Monday-Friday, 10:00am-12:00pm

Camp 3: (curriculum B) July 13-17, Monday-Friday, 10:00am-12:00pm

Camp 4*: (curriculum B) July 20-23, Monday-Thursday, 10:00am-12:00pm

Eligibility: Incoming Grades 2-8

Tuition: \$100 per camp (*Camp 4 is 4 days, only \$80)

Description: The sun is shining and gardens are growing! Come learn how to use vegetables, fruits and grains that are perfectly fresh in the summer and perfectly healthy year-round! In this hands-on course, we will focus on using nutritious ingredients to create traditional favorites like frozen treats, bread, brownies, and creative snacks and meals. You will learn how to whip things together from scratch using "every herb in the season thereof and every fruit in the season thereof."



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Instructor: Jeff Hymas

Email: jhymas@ahsmaail.com

Dates: June 15-17, Monday-Wednesday, 1:00pm-3:00pm

Eligibility: Incoming Grades 4-8

Tuition: \$75 per student

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. Thousands of youth have participated in this course online but you get to experience it in person in a fun and hands-on way.



Entrepreneurship – The Startup Academy

Instructor: Travis Lish

Email: travis.lish@gmail.com

Dates: June 24-26; 9:30am-12:00pm

Eligibility: Incoming Grades 7-12

Tuition: \$100

Description: Fun and engaging experiences that help teens discover their potential, increase their confidence, and build a small business. Participants compete in fun challenges that will create memorable and powerful experiences. The Startup Academy is here to help young entrepreneurs create the future they want for themselves. Sign up today to begin your journey on the creator's path.



Group Voice Class

Instructor: Rob Swenson

Email: rswenson@ahsmaail.com

Dates: Wednesdays, June 24-August 5, 11:00am-12:00pm

Eligibility: Incoming Grades 7-12 (Maximum class size is 10; possibility to open another section at 10:00am. If 11:00am session is full, please email Mr. Swenson)

Tuition: \$75

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. Students must commit to attend at least six of the seven sessions during the summer. For the final session on August 5th, 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.



Mathematics - Algebra I

(Full High School Math Credit)

Instructor: Sam Wood

Email: swood@ahsmail.com

Dates: July 6 – 29, Monday–Wednesday, 9:00am–3:00pm;
(Thursdays 9:00am–12:00pm as needed)

- 1st term: July 6 – 8
- 2nd Term: July 13 – 15
- 3rd Term: July 20 – 22
- 4th Term: July 27 – 29

Eligibility: Incoming Grades 9–11

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. 9th grade students wanting to get ahead.
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.

We will do a full term in 1 week, covering 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. Tests at the end of each day. There will be AT LEAST 50 problems each test (to cover all the material covered in the lessons). Any students needing credit/grade recovery need to sign up ONLY for the terms they need for recovery (talk with your math teacher, or the school counselor to figure out which term(s) are needed).



Patriot Soccer Skills Camp (Boys and Girls K-8)*

Instructor: Peter Knecht and Boys Varsity Soccer Players

Email: pknecht@ahsmail.com

Dates: June 22-25, Monday-Thursday, 9:00am–12:00pm

Eligibility: Grades K-1 (Mini Majors)
Grades 2-3 (Conquering Captains)
Grades 4-5 (Strapping Soldiers)
Grades 6-8 (Powerhouse Patriots)

Tuition: \$120

Description: Come take your soccer skills to the next level with Coach Knecht and his varsity boys soccer team! You can be sure your kids will come away with new skills and loving soccer on a whole new level. Players will be grouped according to age/skill level and will enjoy fun games, lively competitions, and food (of course) – all key ingredients to the Patriot Summer Soccer Camp. All campers will receive a training shirt and daily snack to keep them fueled! IMPORTANT: ALL NET PROCEEDS GO TO SUPPORT THE BOYS SOCCER PROGRAM!



Pickleball

Instructor: Jeff Hymas

Email: jhymas@ahsmail.com

Dates: June 8-11, Monday-Thursday, 8:30am-10:00am

Eligibility: Incoming Grades 7-12

Tuition: \$75 per attendee

Description: Come see why pickle ball is one of the fastest growing sports in the country. Pickle ball is similar to tennis but is played on a smaller scale. It is extremely easy to learn and is very popular because it can be played competitively by all levels of athletes within a very short time. It is a great lifetime sport. We will cover rules, skills, strategies, and most of all, we will practice and play dozens of games, contests, and tournaments to development and refine our abilities in the sport. Rackets and balls are provided.



Recording Artists

Instructor: Yahosh Bonner and OBA Bonner

Email: ybonner@ahsmaail.com

Dates: July 6-10; 10:00am-12:00pm

Eligibility: Incoming Grades 7-12

Tuition: \$200

Description: This class will help guide aspiring artists and influencers on how to get their start with a focus on vocal delivery and styling for the recording studio, song writing, and performance styles. Social media promotion will also be an emphasis. A highlight will be recording a group original or cover song in a professional studio.



Tennis (Co-Ed, grades 6-9)

Instructor: Khoa Nguyen (the new boys and girls Tennis coach)

Email: ybonner@ahsmaail.com

Dates: Session 1: July 14-16 & 18; Tuesday-Thursday (6:30pm-8:00pm) and Saturday (tournament 4:00pm-7:00pm)

Session 2: July 21-23 and 25; Tuesday-Thursday (6:30pm-8:00pm) and Saturday (tournament 4:00pm-7:00pm)

Eligibility: Incoming Grades 6-9

Tuition: \$90 per session or \$160 for both sessions

Description: This camp is for tennis players at all levels of play. Basic and advanced skills will be taught and individualized to each player. Come enjoy a high-energy, fun-filled environment while honing your tennis skills.



Please note: Due to the nature of summer programs and the unpredictability of enrollment, some classes with low enrollment of students may need to be cancelled. This decision will be left to the instructor of the course and will be made as soon as possible. In the event that a course is cancelled, full refunds will be issued to participants. Thank you!

FOR DETAILED PROGRAM INFORMATION & REGISTRATION VISIT:
<http://american-heritage.org/summer-programs>

Questions?

**Email the Course Instructor(s) or
our Director of Summer Programs
Jeff Hymas jhymas@ahsmaail.com**

