



Friends Academy Summer Programs

Trailblazers

#BestSummerEver

Grade 3 - Grade 9

June 28th - August 13th



@FAPrograms



Each week Trailblazers select a program of choice!
Trailblazers receive a morning and afternoon session
in their program of choice of each day.

Summer Program Weeks

Week 1: June 28th – July 2nd

Week 2: July 5th – July 9th

Week 3: July 12th – July 16th

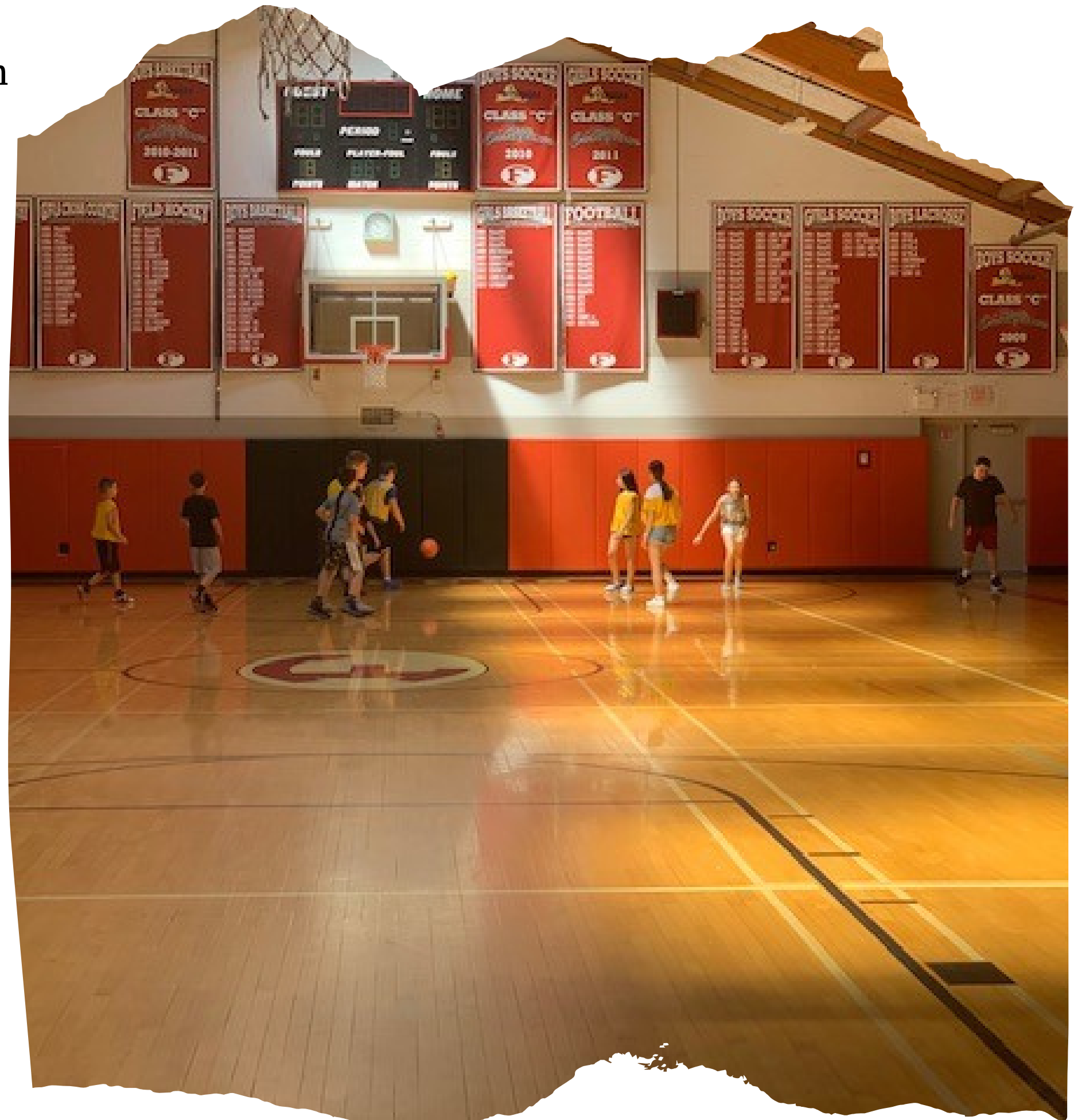
Week 4: July 19th – July 23rd

Week 5: July 26th – July 30th

Week 6 : August 2nd – August 6th

Week 7: August 9th – August 13th

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Barre and the Beat: *Intro to Ballet & Hip Hop*

Pulled from all the classic dance movies, you'll learn the technique and poise of ballet and groove of hip hop. Participants will learn classical ballet techniques with an emphasis on line, posture, control, balance, grace, and poise, utilizing French terminology. Hip Hop is a high energy dance class focusing on rhythm and fast-paced movement. Derived from a combination of jazz and funk.

Week: 4

The Future is Female: *Girls Empowerment Program*

This fun and empowering program is just for girls and will teach today's emerging adolescents to navigate our ever-changing social world with confidence and enthusiasm! This program will focus on how to communicate positively and build healthy long lasting friendships while learning how to be assertive and self-assured. Join us in this joyful week of bonding and friendship making, and learn to love your true authentic self!

Weeks: 1 & 4



What's For Lunch? *Junior Chefs Program*

This program will develop an enjoyable and safe approach to nutrition and meal preparations. The class will encourage math, reading, science and art through cooking in a fun hands-on way. There will be an added focus on multi-cultural cuisine, ingredients and recipes from around the world. Participants will cook/bake in this program.

Weeks: 1 - 4





Multi – Sports

Participants will participate in a variety of sports from soccer, ultimate frisbee, basketball and kickball. Focus on teamwork and positive sportsmanship

Weeks: 5, 6, 7

CSI: Forensic Detectives

With the popularity of shows such as Crime Scene Investigation (CSI), the true nature of forensic science is often misconstrued. Although DNA fingerprinting is a useful technique for forensic scientists, it certainly isn't the only method used to solve crimes! Through a series of at-home forensic labs and activities, participants will experience forensics in a more realistic fashion than conveyed during prime time television shows.

Week: 6



The Art Studio

Create your own artistic masterpiece! Come and be inspired by master artists from the past to present. Enjoy drawing and painting using a variety of materials and resources through collage, still life, watercolor, and acrylic painting. Creating a work of art ready to display in your own art gallery.

Weeks: 1 - 7



The Triple Threat: Musical Theatre

Are you the Hamilton of your generation? Love to sing and dance? This program will combine a mix of singing, dancing and acting. These classes focus on the all-around Broadway style performance. Participants will learn several different techniques to master memorizing scripts, voice projection, and movement with an emphasis on stage presence.

Weeks: 2, 3, 7

Creative Genius: The Fundamentals of Digital Art

Learn the basics of digital art through this hands-on course. Students will have the opportunity to express themselves in creative ways using technology (iPads, Mac computers). Students will end the week with a variety of awesome digital art projects.

Weeks: 1, 5, 7



Breaking News: Intro to Journalism

Students will be guided through the fundamentals of journalism, including ethics and the chain of command in a newsroom (from producers to reporters and anchors,) how to construct a news article, as well as the different platforms through which individuals obtain news. This class will be led by a former News 12 web producer and current freelance journalist.

Weeks: 6 & 7



Hollywood, Here I Come: Music Video Making

Does your child love music? Do they like movie-making? Participants will learn the basics of creating their own music video. Starting by creating a plan for the music video, participants will learn the steps it takes to create a music video. By the end of the course, they'll be able to make music videos like a professional!

Weeks: 3 & 6

Ultimate Frisbee & Kickball

Ultimate Frisbee is a low-contact team sport played with a flying disc. Participants will learn various types of throws that are mainly used in an ultimate game; the backhand and forehand throws which are considered the basics, and the overhead throw, more commonly known as the hammer throw, which is considered to be more advanced.

Kickball is a fan favorite and is also known as soccer-baseball because it plays out like baseball, but with players kicking a ball.

Week: 1, 3



STEM Fusion

Each day will feature a different STEM project including balloon race cars, hoop gliders, catapults, hot air balloons and marble ramps. Participants will use a variety of materials as they work through a series of STEM challenges

Weeks: 3 & 6



Apollo 2021: Space Science

Each day will feature a different aspect of space, participants will build their own Mars Rover, perform some solar experiments, build and launch a space probe, perform some rocketry experiments and attempt a successful moon landing.

Week: 5

The Write Stuff: Create Your Own Book

Using their creative minds, participants will write and illustrate their own story. Starting off with unique topics, they will learn about the basics of creative writing while creating awesome art for their story. Participants will bring home finished products by the end of the week.

Week: 2



Soccer & Basketball

Soccer skills work will include ball control, dribbling, passing, trapping, shooting, throw-ins, crossing and finishing and more.

Basketball training will cover rules of the game, positioning, ball handling, shooting, rebounding, passing, defense technique and more. Participants will be grouped by experience.

Focus on team work and positive sportsmanship

Week: 4



Tennis

Skills and drills will cover footwork (sidestepping, backpedaling) ground strokes, forehand/backhand, approach shots, volley, overhand smash, serve and return ,serve practice, games, and matches played. All levels welcome.

Focus on team work and positive sportsmanship.

Weeks: 1 - 5

Vets in Training

This unique interactive, educational experience is designed for participants interested in animals. The program will cover animal care and handling, pet CPR, dentistry, wellness exams, suturing and much more.

***Please note that participants will have daily interactions with live animals**

Week: 4



Basketball & Kickball

Basketball training will cover rules of the game, positioning, ball handling, shooting, rebounding, passing, defense technique and more. Participants will be grouped by experience.

Kickball is a fan favorite and is also known as Soccer-baseball because it plays out like baseball, but with players kicking a ball.

Focus on team work and positive sportsmanship.

Week: 2



Believe it or Not: STEM: Mythical Creatures

Participants will spend time closely examining the myths around some of their favorite creatures, including unicorns, dragons, Percy Jackson's Pegasus, and the Ophiotaurus and Charybdis. Participants will perform scientific experiments to determine if these creatures could have existed. They will also build their own 3D mythical creatures.

Week: 1

Let the Good Times Roll! STEM: Amusement Park and Mini Golf

Using up-cycled materials, participants will build a miniature sized amusement park with waterslides, roller coasters and a mini golf set up. They will design and build designs that really work with marble sized passengers who will slide, roll and zipline.

Weeks: 2 & 4



Inspired Movement: Modern Dance and Jazz

Beginning modern dance provides an introduction to the fundamental concepts of modern technique. Participants will have the chance to build their own choreographed pieces focused on techniques from Ailey, Taylor and Graham methods as well as contemporary/commercial jazz.

Week: 1



What Do you See: Productions in Photography & Filmmaking

Explore the artistic medium of still photography and video production, learning the different aspects of composition and storytelling using professional equipment and techniques. Spend the week shooting your own personalized photography series and short film to keep and present to family and friends.

Weeks: 2, 5, 6, 7

We Got the Beat! Intro to Cheerleading

The program will incorporate basic tumbling, cheer motions, dance, beginner stunts and most of all spirit! Classes will focus on acknowledging each attempt and rewarding every success.

Weeks: 1 & 3



Tech it Out : Intro to Scratch

Scratch is a coding platform designed by MIT that allows users to create their own games, stories, and animations. Children have a blast building animated games, while learning to code and developing deeper coding skills. Children gain confidence along with problem solving, critical thinking, and STEM skills, while having fun!

Week: 6



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Week: 6



Website Wizards: Design & Build Your Own Website

Participants will be introduced to Internet Safety and the importance of cybersecurity, and how the internet works. Technologies such as HTML, CSS, will be used in addition to Javascript, for advanced students.

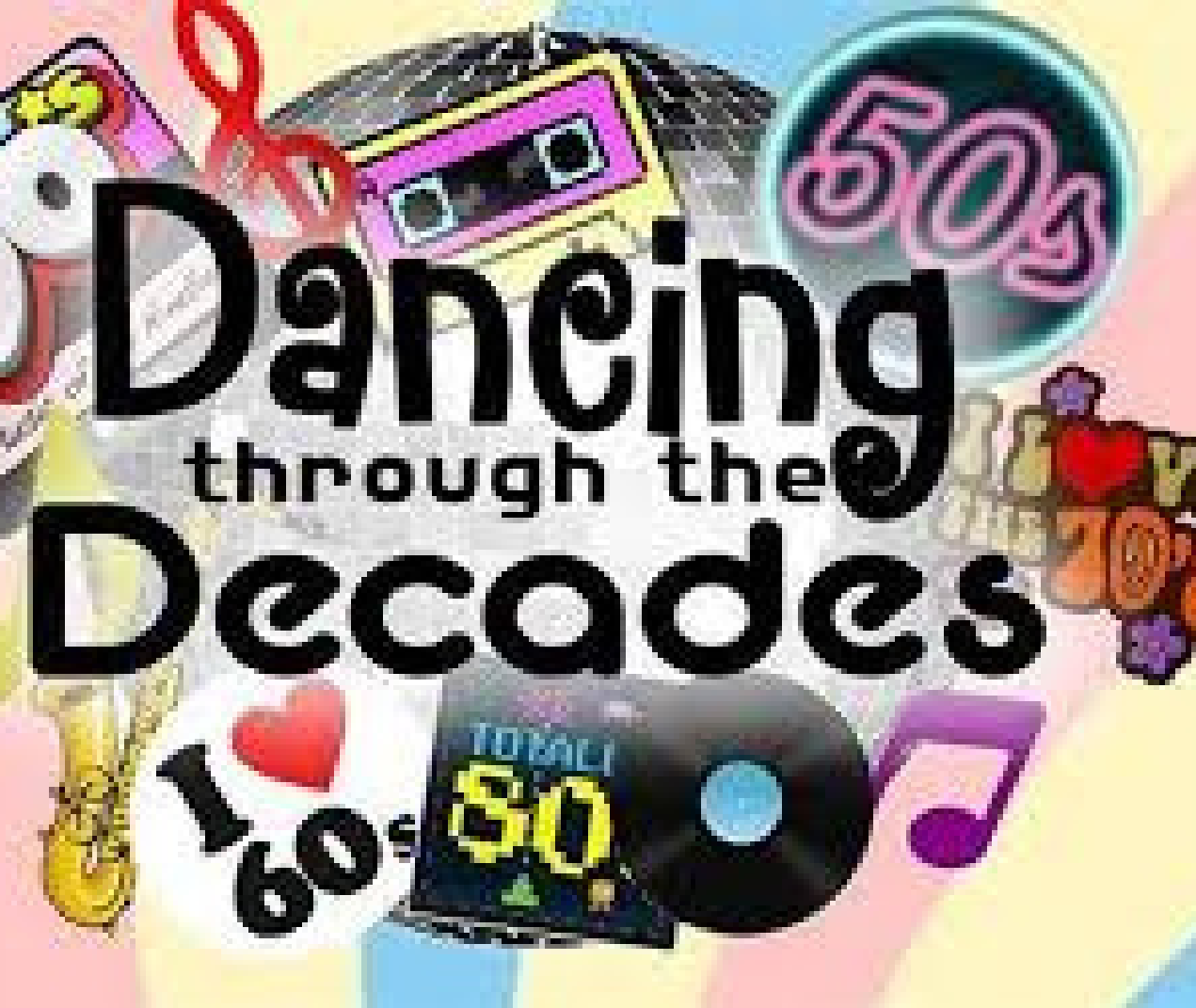
Week: 7



The Craft Box

Do you love to create beautiful things? In this program you will design and create accessories (jewelry, headbands), do beading, make hemp bracelets, jewelry boxes, sew, design jeans, learn basketry, weaving and so much more!

Weeks: 4, 6, 7



Explorations in Modern Dance

Explore your creativity through movement! Participants will learn introductory modern dance techniques focusing on floor work, athletic jumps and improvisation. Come draw inspiration from current modern dance companies and choreographers like Pilobolus and Bill T. Jones and create your own moving piece of art!

Week: 7



**Call 516-393-4207
or email
Summer@fa.org**

Dancing Through The Decades

Before there was Tik Tok, there was swing, the lindy hop, mambo, and cha cha. There was disco, break dance, Vogue, music videos and flash mobs. Come jump, jive and moonwalk as we learn dance moves from the 1920's through today, and create a choreographed timeline of dance.

Weeks: 3 & 5