



# 2019 FALL PROGRAM

All Ages, All Interests, All Year

pre-school | elementary | middle school | high school | adults



*Providing lifelong learning opportunities,  
strengthening community partnerships, and facilitating  
access to resources and the delivery of services.*

## REGISTRATION, ADDITIONAL FEES, POLICIES AND PROCEDURES INFORMATION

The complete list of Fall ECS Enrichment Programs are open for enrollment. There is a class minimum and maximum for each Enrichment class. Some fill quickly and others may cancel due to the minimum number of students required is not met. We encourage you to register as soon as possible to ensure placement in your first choice of classes. **Please register two business days prior to the start date of class/camp.**

### ONLINE REGISTRATION

Eleyo is our online registration and billing system as well as the below items:

- Register for Kid's Club
- Register for Enrichment programs
- Register for Preschool
- Check account balances
- Make a payment using your credit card (Visa, MasterCard or Discover)
- Sign up for automated payments
- Print receipts and child care tax statements
- Request a schedule change to a child care account
- Register for Night Owls and school break camps

It is mandatory to set up a profile in this system. Find instructions for profile setup at [www.ecsforall.org/register](http://www.ecsforall.org/register). Please start by creating a profile for yourself (parent or guardian) and then add all household members in anticipation of future registrations within the system. When completing (or editing) a profile, under "Helpful Info/Special Needs" section, please include information regarding allergies, medical concerns or any other special needs. It is important to us that our programs are a positive experience. (Note: ECS does not have access to school health records, IEP, 504 plans, etc.) Then, return to your dashboard and continue to explore courses. Once a registration is complete, you will receive a confirmation of enrollment by email. All Kid's Club and Preschool registrations and payments are pending until required emergency form and shot records are received by the ECS Office. Explore our online registration by visiting <https://cavecreek.ce.eleyo.com>. (Chrome and Firefox are the preferred browsers.) If you do not have a computer at home, the ECS Office has a computer station for public use.

### PAYMENT

Accepted forms of electronic payments are credit or debit card (Visa, MasterCard and Discover) and ACH checking or savings accounts. An ACH payment is an electronic checking or savings account payment. When checking out, a user enters the bank routing and account numbers. Credit card payments are authorized or declined immediately. ACH payment confirmations must go through the individual user's bank for confirmation of available funds. The United States Federal Reserve rule is that a bank has up to seven (7) days to return an error, such as insufficient funds. American Express is NOT accepted. We **do not accept cash** payments. Without full payment, your child's registration is not confirmed. When registration and a payment is complete, you will receive a receipt of payment by email. If you do not receive a payment receipt, please contact our ECS Office at 480-575-2440 on the next business day.

### ADDITIONAL FEES

The ECS Enrichment Program will assess the following fees when necessary:

- Returned Check Fee: \$25
- Late Pick-up Fee will be \$2/minute late pick-up fee incurred

### CANCELTION/REFUND POLICY

Students will receive a full refund only if ECS cancels a class. All classes are subject to cancellation in the event of low enrollment. If a parent cancels a registration before the first day of class, a full refund will be issued or the money can be applied to another ECS program if the fee is the exact amount. If a refund is requested, the funds will be reapplied to the credit card used for payment or returned to the ACH checking or savings account used for payment. If a student violates a disciplinary code that results in expulsion from any ECS program, no refund will be issued.

### SCHEDULE CONFIRMATION

You can find your confirmed schedule by logging into your Eleyo account. Eleyo will send out an automatic confirmation by email approximately two days prior to the start date. The ECS Office will send notifications if a class/camp is canceled at least 24 hours in advance of start date, earlier when possible. If a class cancels, we will contact you regarding a refund or an alternate course arrangement.

### CLASS DETAILS

Please see course descriptions for dates, times, grade/age levels, fees and locations throughout this catalog or online at <https://cavecreek.ce.eleyo.com>. Room numbers corresponding with class titles will be included on your course confirmation sent approximately two days before the class begins. As they are available, you can find them on your Eleyo account information.

### ECS PROGRAM LOCATIONS

Most classes and programs will include the following campus locations:

#### Black Mountain Elementary School

33606 North 60th Street, Scottsdale 85266

#### Desert Sun Academy

27880 North 64th Street, Scottsdale 85262

#### Desert Willow Elementary School

4322 E. Desert Willow Pkwy., Cave Creek 85331

#### Horseshoe Trails Elementary School

5405 East Pinnacle Vista Drive, Phoenix 85085

#### Lone Mountain Elementary School

5250 East Montgomery Road, Cave Creek AZ 85331

#### Cactus Shadows High School

5802 East Dove Valley Road, Scottsdale 85266

#### Sonoran Trails Middle School

5555 East Pinnacle Vista, Phoenix 85085

#### Cactus Shadows Fine Arts Center

5802 East Dove Valley Road, Scottsdale 85266

#### ECS Office/District Office Campus

Hours: M-F, 7:30AM-4:00PM

33016 N. 60th Street, Scottsdale 85266

#### FCF - Holland Community Center

34250 North 60th Street, Scottsdale 85266

### FINANCIAL ASSISTANCE AND PAYMENT PLANS

There are a limited number of full and partial financial aid funds available for Child's Play Preschool and Kid's Club. You must submit your application to the ECS Office. Payment plans are also available. Please call 480-575-2440 for more information on financial aid or payment plans.

### RULES AND GUIDELINES

Appropriate discipline is essential to learning. Mutual respect for the rights and property of others and respect for those in authority are expected at all times. Students should follow the same behavior guidelines and behavior expectations as they would during the school year.

Please review the following rules and guidelines:

- Students using private transportation may not be on campus more than 10 minutes before or after school hours.
- Students are not to bring guests on campus. Dogs and/or other animals are not permitted.
- Running, pushing, shoving, and/or other inappropriate behaviors are not permitted.
- Spinners or personal electronic devices are not allowed out during class.
- No student may leave the campus, other than at the designated dismissal time, without permission from the ECS Program Supervisor.
- No student may leave the campus with a person with whom he/she has not listed as an authorized pick-up person on the Student Registration form.
- The ECS Program Supervisor reserves the right to suspend or expel students from the program.

### STUDENT DISMISSAL/PICKUP

When registering a student for afternoon Enrichment at an elementary site, you will be asked to indicate whether your student will be signed into Kid's Club or brought to Parent Pickup. For Parent Pickup, please pick up your child promptly at the end-time of his/her class. Instructors will first check in their Kid's Club students and then escort the remaining students to the Parent Pickup area adjacent to the school's Kid's Club exit. Parents of non-Kid's Club students may not enter the schools through the Kid's Club entrance but must wait outside for the instructor and the students. If picking up early, please check in through the school office before 4:00 p.m. If you are running more than 10 minutes late, your child will be brought to the Kid's Club. If this is a repeated occurrence, a late fee charge of \$2 per minute, beginning at the recorded end time of the class, will be applied to your account.

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**Welcome to Fall 2019!**

With 30+ years of summer programming experience, the Cave Creek Unified School District's Education & Community Service Department provides quality, affordable courses, workshops and camps that meet student needs and interests. ECS classes are taught by quality, community vendors or district teachers selected for their rigorous and creative instruction. *Enhance your days with fun activities, learning and growing. Class sizes are limited. Register early!*



**Education & Community Services**

**Education | Enrichment | Prevention**  
**All Interests. All Ages. All Year.**

The ECS Office is located at the District Office Campus

Physical address: 33016 N. 60th Street, Scottsdale, AZ 85266 • ECS Mailing Address: P.O. Box 426, Cave Creek, AZ 85327

Phone: 480-575-2440 Fax: 480-575-2590 • Email: [ecssupport@ccusd93.org](mailto:ecssupport@ccusd93.org) • [www.ecsforall.org](http://www.ecsforall.org)

Preschool: Jenny Stahl, [jstahl@ccusd93.org](mailto:jstahl@ccusd93.org) • Kid's Club: Heather Turner, [hturner@ccusd93.org](mailto:hturner@ccusd93.org)

Enrichment: Elaine Vallario, [evallario@ccusd93.org](mailto:evallario@ccusd93.org) • ECS Director: Gina Durbin, [gdurbin@ccusd93.org](mailto:gdurbin@ccusd93.org)

**ECS Vision: To unite the school and community by providing lifelong learning opportunities, strengthening community partnerships, and facilitating access to resources and the delivery of services.**

*CCUSD is an equal educational opportunity district. A student will not be discriminated against because of race, color, religion, sex, age, national origin, and disability or any other reason not related to the student's individual capabilities.*

*Please Note: All classes and fees are subject to Governing Board approval.*



**Join Our S.O.S. Giving**  
**(Save One Student)**

Dear Community Families,

For 25+ years, donations to Education & Community Services (ECS) have gone towards providing scholarships to students who have a financial need to cover child care before and after school (including summer care programs) or summer academic programs. Partial and full scholarships are given on an as needed basis. In the past few years, our scholarship sources for families in need have become limited and we need your help. Any size donation is welcome. Our ability to support families in need is an important part of how we serve our community. To make donating easy, we have created a portal in our online Eleyo system with choices of a variety of donation amounts. Please visit [www.cavecreek.ce.eleyo.com](http://www.cavecreek.ce.eleyo.com) and search "Donation" to find the S.O.S. Giving course. Please contact ECS if your donation amount is not reflected on the given choices at 480-575-2440.

Thank you for your partnership in providing needed child care in our Kid's Club program and academic opportunities in our summer program for our community. For more information about Education & Community Services, please visit [www.ecsforall.org](http://www.ecsforall.org).



Education, Enrichment, Prevention, All ages, All Interests, All Year



Young Rembrandts

Young Rembrandts Drawing Classes for Children Ages 3-1/2 to 12

# THE MOST FUN

YOUR CHILD WILL HAVE WHILE LEARNING



### Students Can Expect

- A new exciting lesson every week
- Improved core art skills
- To have fun!

### Parents Can Expect

- Increased attention to detail
- Improved fine motor skills
- Discipline, persistence, & patience

### ENROLL ONLINE!

Keep the fun in learning by enrolling your child in an after-school Young Rembrandts Class located at your school.

Visit us at

[WWW.YOUNGREMBRANDTS.COM](http://WWW.YOUNGREMBRANDTS.COM)

to find a class in your area.

For information about Young Rembrandts, please contact

Letty Giddings, at 602.955.3729 or [letty.giddings@youngrembrandts.com](mailto:letty.giddings@youngrembrandts.com).



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CREATING A BETTER TOMORROW



**IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING**



**NURTURING THE POTENTIAL OF EVERY CHILD**



**GIVING EVERYONE THE OPPORTUNITY TO LEARN, GROW & THRIVE**

## DESERT FOOTHILLS FAMILY YMCA

34250 N. 60th Street, Scottsdale, AZ 85266 • [valleyYMCA.org/donatedffy](http://valleyYMCA.org/donatedffy) • 480.596.9622  
Not for Profit. For Purpose. The Valley of the Sun YMCA 501(c)(3) Nonprofit Organization.

# Child's Play Preschool

Serving the Community Since 1988

- Part-time & Full-time School Year and Summer
- Low Teacher to Child Ratio (1:10)
- Curriculum and Assessments Aligned with Arizona Department of Education Early Learning Standards
- Kindermusik, Character Counts, STEM, Frog Street Sing and Read, Get Ready to Read, Sanford Harmony, FocusedKids™ and Love and Logic®
- Open to non-CCUSD families



## 5 Convenient Preschool Locations

### Preschool Programs Include\*:

- Core Preschool Sequence Guidelines
- World Language Programs - Spanish, Chinese and French
- Spanish Immersion
- STEM Curriculum
- Before and After Care Available through Kid's Club

\*Programs vary at each site. Visit [ecsforall.org](http://ecsforall.org) for more information.



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**Our goal at Child's Play Preschool is to prepare your children for the rigor of Kindergarten instruction.** We have multi-age programs for ages 3-5. A variety of developmentally appropriate activities and materials are designed to emphasize emotional, social, physical, and cognitive growth through hands-on learning. Individual pace and learning styles are embraced in order to meet the needs of the whole child. **For more information, call the ECS Office at 480-575-2440 or visit [www.ecsforall.org](http://www.ecsforall.org).** Follow us on Facebook for fun updates at [www.facebook.com/cavecreekecs](http://www.facebook.com/cavecreekecs).



**NIGHT OWLS**

Returning for 2019-2020  
 Parent's Night Out!  
 Easy Online Registration!  
 Fun Themes!

*Inside Out - September 20th*  
**Hotel Transylvania - October 18th**  
**Despicable Me - November 15th**  
**THE GRINCH - DECEMBER 20TH**  
 Ratatouille - January 24th  
**DUMBO - FEBRUARY 21ST**  
**Aladdin - March 20th**  
**LION KING - APRIL 24TH**

CINEMA  
 Good Only Date Sold  
 ADMIT ONE



Your kids will have a fun, safe place to hang out with friends while adults have time with their friends.

Dinner, snacks, crafts, activities, and games included!

Night Owl is offered at all 5 Elementary school locations in the Cave Creek Unified School District. The program runs from 6:15-9:15 p.m.

Please call 480-575-2440 for more information. Night Owls registration can be found at [cavecreek.ce.eleyo.com](http://cavecreek.ce.eleyo.com), under Kid's Club.



# Schools and Programs...at a Glance!

Black Mountain	Day	Start	Page
Dancing Sun Yoga - Session 1	Mon	8/26	11
Dancing Sun Yoga - Session 2	Mon	10/26	11
Kids Who Cook - Session 1	Tue	8/27	14
Kids Who Cook - Session 2	Tue	10/22	14
Trendy Crafts	Wed	9/11	15
AIT - Soccer	Wed	9/18	10
AIT - Football	Wed	11/13	10
Chess Emporium (AM)	Thur	8/29	10
Lacrosse FUNDamental	Thur	9/12	14
Bonanza Gadgets & Gizmos	Fri	10/25	10

Horseshoe Trails	Day	Start	Page
Golf's Elementary (AM)	Mon	9/9	11
Lacrosse FUNDamental	Mon	9/9	14
Trendy Crafts	Mon	9/16	15
Chess Emporium (AM)	Tue	8/27	10
DFT - Imagination Nation (Acting)	Tue	9/10	12
Young Rembrandts - S1	Wed	9/4	15
Young Rembrandts - S2	Wed	10/23	15
Sportball (preschool) - S1	Wed	9/4	8
Sportball (preschool) - S1	Wed	10/23	8
AIT - Soccer	Thur	9/19	10
AIT - Football	Thur	11/14	10

FCF - Holland CC	Day	Start	Page
DFT - Improv	Tue	9/10	12, 19
DFT - Build-A-World	Wed	9/4	12, 19
DFT - We Call It Acting	Fri	9/6	8, 12

Desert Sun	Day	Start	Page
ACTIVSTARS Cheer	Mon	9/9	9
ACTIVSTARS Karate	Tue	9/3	9
Chess Emporium (AM)	Tue	8/27	10
Dancing Sun Yoga - Session 1	Tue	8/27	11
Dancing Sun Yoga - Session 2	Tue	10/22	11
Young Rembrandts - S1	Tue	8/27	15
Young Rembrandts - S2	Tue	10/29	15
DFYT - Acting Up: Beginning Acting	Wed	9/4	12
Bonanza Gadgets & Gizmos	Thur	10/24	10
Kids Who Cook - Session 1	Thur	8/29	14
Kids Who Cook - Session 2	Thur	10/24	14
French (Details coming soon)	TBD	TBD	11

Lone Mountain	Day	Start	Page
Young Rembrandts - S1	Mon	8/26	15
Young Rembrandts - S2	Mon	10/28	15
Chess Emporium (AM)	Tue	8/27	10
ECS Gymnastics	Tue	9/3	13
Kids Who Cook - Session 1	Tue	8/27	14
Kids Who Cook - Session 2	Tue	10/22	14
ACTIVSTARS Karate	Wed	9/4	9
Golf's Elementary (AM)	Wed	10/23	11
Bonanza Gadgets & Gizmos	Wed	9/4	10
DFT - Imagination Nation (Acting)	Thur	9/5	12
ECS Gymnastics	Thur	9/5	13
Lacrosse FUNDamental	Fri	9/13	14

Desert Willow	Day	Start	Page
Silly Science - Session 1	Mon	8/26	8, 14
Silly Science - Session 2	Mon	11/4	8, 14
Chess Emporium (AM)	Tue	8/27	10
Lacrosse FUNDamental	Tue	9/10	14
Dancing Sun Yoga - Session 1	Wed	9/4	11
Dancing Sun Yoga - Session 2	Wed	10/30	11
Preschool Young Rembrandts	Wed	9/4	9
Preschool Young Rembrandts	Wed	10/23	9
Bonanza Gadgets & Gizmos	Thur	9/5	10
Kids Who Cook - Session 1	Thur	8/26	14
Kids Who Cook - Session 2	Thur	10/28	14
Young Rembrandts - S1	Thur	8/29	15
Young Rembrandts - S2	Thur	10/24	15
DFT - Imagination Nation (Acting)	Fri	9/6	12

Cactus Shadows	Day	Start	Page
Self Defense	Mon	9/9	19
Driver's Permit Test Prep	Mon	10/14, 2/10, 4/20	16
ACT Prep	M/T	9/23	16
Unified Culinary	Tue	9/3, 10/8, 11/5, 12/3	17
Edgenuity	N/A	9/4	16

ECS/ District Office	Day	Start	Page
DFT - Reel Deal	Tue	9/17 10/29	19
Qigong Tai Chi	Tue	9/3, 10/29	18
Wee Ones	Wed	9/18	8
Yoga - All Levels	Thur	9/5, 10/24	19
Focused Kids	TBD	TBD	18

# Preschool Classes

## WE CALL IT ACTING

Four hours every Friday evening, DFT instructors lead students in interactive theater games and work on fun art projects focused on the performing arts. This program introduces students to theater in a relaxed environment in hopes of encouraging their love for theater - giving parents some time on Friday nights before the holidays kick in! To learn more about Desert Foothills Theater, please visit [dfttheater.org](http://dfttheater.org). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
FCF - Holland CC	PreK-4	Fri	9/6-11/15	3:35-7:35PM	10 weeks	\$400
No classes on these dates - 10/18						



## SILLY SCIENCE

**Session 1: Messy Explorations** - Cause and effect experiments can be great fun! Students will unlock the mysteries of science while following scientific methods. Gravity and chemical reactions are only a few of the ways students can create amazing affects while using SAFE household items. Please have your child wear clothes that can get dirty or pack a big shirt to wear over their clothes. Science, messy and fun go hand in hand as things fizz, erupt, collapse and pop in this exciting class! All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

**Session 2: Ooey, Goey, Slippery Slime** - Awesome science experiments can turn into beautiful pieces of artwork to frame. A rainbow of colors and textures galore will come together in surprising ways. Students not only will have a masterpiece to bring home each week but will also learn fun science facts along the way! Please have your child wear clothes that can get dirty or pack a big shirt that can be worn over their clothes. Being a Scientist AND an Artist can be a messy job! Instructor: Brandi Aaronson

Location	Grade	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Desert Willow	PreK-2	Mon	8/26-10/14	3:35-4:35PM	6	\$90
<b>Session 2</b>						
Desert Willow	PreK-2	Mon	11/4-12/16	3:35-4:35PM	6	\$90
No classes on these dates - 9/2, 9/30, 11/11						



**SPORTBALL MULTI-SPORT** Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, golf, tennis, basketball & volleyball.

Location	Ages	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Horseshoe Trails	Ages 3-5	Wed	9/4-10/16	3:15-4:00PM	6 weeks	\$95
<b>Session 2</b>						
Horseshoe Trails	Ages 3-5	Wed	10/23-12/11	3:15-4:00PM	6 weeks	\$95
*No classes on these dates (no-school or early release dates) - 10/9, 11/6, 11/27						



**WEE ONE WEDNESDAY (WOW)** Child's Play Preschool is happy to announce a new Mom or Dad's Day out Toddler class. Parents can enjoy a little time for themselves while their children have an opportunity to make new friends and explore their world in a safe and loving environment. A morning of fun themed story time activities and crafts. Program will also include snack, free play and outdoor time. Themes include shapes, colors, rockets and butterflies. Come play with us and have some free time for yourself. All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Ages	Day	Dates	Time	Class	Fee
District Office	Toddler	Wed	9/18-10/23	9:30-11:30AM	6 weeks	\$125





Young Rembrandts

**YOUNG REMBRANDTS** for Preschool students helps develop fine motor skills, time on task and other kindergarten readiness skills. A fun way to learn! All new lessons are coming up this session in Young Rembrandts' PRESCHOOL classes. Inspire your child's imaginative spirit and bolster educational skills that will benefit them all year long. All materials provided. For more information about Young Rembrandts, please visit our website at [www.youngrembrandts.com](http://www.youngrembrandts.com) Contact information: (602) 955-DRAW. All registrations go through ECS. The link to online registration can be found at [www.ecsforall.org](http://www.ecsforall.org). Instructor: Miriam Pissas

Location	Ages	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Desert Willow	Ages 4-5	Wed	9/4-10/16	3:15-4:00PM	6 weeks	\$77
<b>Session 2</b>						
Desert Willow	Ages 4-5	Wed	10/23-12/11	3:15-4:00PM	6 weeks	\$77
*No classes on these dates (no-school or early release dates) - 10/9, 11/6, 11/27						

## Elementary Classes



**ACTIVSTARS KARATE, INC.** (Formerly known as Young Champions) is engaged in the instruction and training of Karate, self-defense, safety awareness for the athletic-minded youth of Arizona, Colorado, Kansas, Nebraska, Iowa, Missouri, and North Carolina. Rory Hood founded Young Champions was in 1984. His unique methods of teaching and operation have established the Company as one of the leaders in this area of instruction. ACTIVESTARS Karate takes pride in offering the best possible quality youth oriented programs, consistently striving to provide the most qualified instructors for their classes and are proud to have an excellent staff on hand. To register or find out more information about ACTIVESTARS Karate, use this contact information: (480) 603-3780 or [www.activestars.com](http://www.activestars.com)



Location	Ages	Day	Dates	Time	Reg Fee	Class Fee
Desert Sun	4-15 years	Tue	9/3/19-1/21/20	6:15-9:00PM - 45 min	\$10	\$9
				6:15-9:00PM - 60 min	\$10	\$10
Lone Mountain	4-15 years	Wed	9/4/19-1/22/20	6:15-9:00PM - 45 min	\$10	\$9
				6:15-9:00PM - 60 min	\$10	\$10
No classes on these dates - 2019: 11/27, 12/24, 12/25 2020: 1/1						



**ACTIVSTARS CHEERLEADING** Classes feature FUN and safety as students build skills preparing them for advanced team tryouts (Pro & Elite)! Open to girls and boys ages 4-15, students learn arm motions, chants, jumps, kicks, prom-dance / competition-cheer routines and age-appropriate stunts with opportunities to perform at dance clinics, showcase and competitions up to nationals. Cheer practices are held one night a week for 45 minutes (JV, ages 4-6 and Varsity, ages 7-9) or 60 minutes (Jr. All Star & Pro, ages 10-15). Students can earn medals and trophies each semester as they strengthen teamwork participation, physical fitness, self-confidence, and spirit! To register or find out more information about ACTICESTARS, use this contact information: (480) 603-3780 or [www.activestars.com](http://www.activestars.com)



Location	Ages	Day	Dates	Time	Reg Fee	Class Fee
Desert Sun	4-15 years	Mon	9/9/19-1/13/20	6:15-9:00PM - 45 min	\$10	\$9
				6:15-9:00PM - 60 min	\$10	\$10
No classes on these dates - 2019: 9/30, 11/11, 12/23, 12/30 2020: 1/20						



**ATHLETES IN TRAINING** has been in the Valley for over 25 years, giving children the opportunity to play sports on their school campus in a non-intimidating, fun environment. Students learn a new sport each session. Within each discipline, students learn soccer skills, practice, and scrimmage each week right on campus! Equipment and a jersey (1 per school year) provided! Focus is on teamwork, sportsmanship, and love of the game. To learn more about Athletes in Training, please visit [athletesintraining.com](http://athletesintraining.com). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
<b>Session 1 - Soccer</b>						
Black Mountain	K-6	Wed	9/18-10/30	3:35-4:35PM	6 weeks	\$94
Horseshoe Trails	K-6	Thur	9/19-11/7	3:35-4:35PM	7 weeks	\$108
<b>Session 2 - Flag Football</b>						
Black Mountain	K-6	Wed	11/13-12/18	3:35-4:35PM	5 weeks	\$79
Horseshoe Trails	K-6	Thur	11/14-12/19	3:35-4:35PM	5 weeks	\$79
No classes on these dates - 10/9, 10/17, 11/27, 11/28						



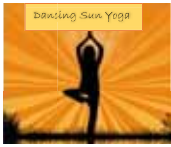
**GADGETS & GIZMOS** Teach your LEGO bricks cool new tricks in the LEGO Gizmos and Gadgets after-school club! Use the LEGO we provide along with some extra supplies like marbles, balloons, rubber bands, and more to make exciting projects that are guaranteed to do something cool. Projects will "sail", "take off", "fly", "catapult", and "race"! In every class, we will build a functioning model while we learn the STEM skills behind how they work and practice problem-solving skills, teamwork skills, and become better communicators. Please leave your LEGO at home; we will supply everything you need. No take-home projects. Parent's guide for at-home activities will be available. For grades K+. To learn more about Bonanza Educational, visit [bonanzaed.com](http://bonanzaed.com). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
Lone Mountain	K-6	Wed	9/4-10/16	3:35-4:35PM	6 weeks	\$114
Desert Willow	K-6	Thur	9/5-10/10	3:35-4:35PM	6 weeks	\$114
Horseshoe Trails	K-6	Fri	9/6-10/11	3:35-4:35PM	6 weeks	\$114
Desert Sun	K-6	Thur	10/24-12/5	3:35-4:35PM	6 weeks	\$114
Black Mountain	K-6	Fri	10/25-12/6	3:35-4:35PM	6 weeks	\$114
No classes on these dates - 10/9, 11/28, 11/29						



**CHESS EMPORIUM SCHOLASTIC PROGRAM** offers youngsters a chance to learn about chess. Many of our students have gone on to rank in the top 50 nationally! Studies by major corporations and universities have shown that chess can help students increase their math and verbal skills, as well as their creative and critical thinking skills. Come join the club! Students learn quickly. Beginners are welcome. Enrollment is open until 9/25/19. Late starts do not receive prorated fees. To learn more about Chess Emporium, visit [chessemporium.com](http://chessemporium.com) or call (602) 482-4867. All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
Black Mountain	K-6	Thur	8/29-12/12	3:35-4:35PM	14 weeks	\$234
Desert Sun	K-6	Tue	8/27-12/3	7:55-8:55AM	14 weeks	\$234
Desert Willow	K-6	Tue	8/27-12/3	7:55-8:55AM	14 weeks	\$234
Horseshoe Trails	K-6	Tue	8/27-12/3	7:55-8:55AM	14 weeks	\$234
Lone Mountain	K-6	Tue	8/27-12/3	7:55-8:55AM	14 weeks	\$234
No classes on these dates - 10/1, 10/17, 11/28						



**DANCING SUN YOGA** Children are natural yogis because of their “live in the moment” attitude and ability to embrace the present. Dancing Sun Yoga helps students improve their focus, concentration, and stress management while having fun and increasing their physical fitness. Incorporating the body, mind, and breath, students will improve their balance, flexibility, and overall well-being. Dancing Sun classes are interactive and engaging as students are continuously moving and challenging their bodies and mind. Students are required to bring their own Yoga mats. All registrations go through ECS. Find the link to online registration at ECSforALL.org.

Location	Grade	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Black Mountain	K-6	Mon	8/26-10/14	3:35-4:35PM	6	\$98
Desert Sun	K-6	Tue	8/27-10/8	3:35-4:35PM	6	\$98
Desert Willow	K-6	Wed	9/4-10/16	3:35-4:35PM	6	\$98
<b>Session 2</b>						
Black Mountain	K-6	Mon	10/28-12/9	3:35-4:35PM	6	\$98
Desert Sun	K-6	Tue	10/22-11/26	3:35-4:35PM	6	\$98
Desert Willow	K-6	Wed	10/30-12/18	3:35-4:35PM	6	\$98
No classes on these dates - 9/2, 9/30, 10/1, 10/9, 11/6, 11/11, 11/27						

**MORNING FRENCH ENRICHMENT** Students can begin their day with French! Two mornings a week, students will be engaged in French language instruction and learning activities. Students learn to read and retell stories in French, practice their listening and most importantly, their speaking skills. When this class is FULL, please click to enroll and the system will place you on a waitlist. There is no charge incurred to be placed on a waitlist. The purpose of the waitlist is to gauge the additional interested in the class. If there is enough interest, a second opportunity may open up this semester or next. All registrations go through ECS. Find the link to online registration at [www.ecsforall.org](http://www.ecsforall.org).



We will be sending a special notice to DSA families when the details are confirmed and online for registration.



**GOLF'S ELEMENTARY** teaches students the basics of golf, how to establish, attain goals, be responsible, and be honest. Our three level instruction curriculum of golf integrates with other sport movements such as batting, tossing soccer balls, and underhand pitching. We also teach core-building exercises to develop consistency, fitness and strength. Golf's Elementary provides all the equipment. Golf's Elementary contact information: (602) 350-5733 or [info@golfselementary.com](mailto:info@golfselementary.com). All registrations go through ECS. Find the link to online registration at ECSforALL.org.

Location	Grade	Day	Dates	Time	Class	Fee
Horseshoe Trails	K-6	Mon	9/9-10/21	7:55-8:55AM	6 weeks	\$134
Lone Mountain	K-6	Wed	10/23-12/11	7:55-8:55AM	6 weeks	\$134
No classes on these dates - 9/30, 11/6, 11/27						





Photo by Jeremy Andorfer

## WE CALL IT ACTING



Four hours every Friday evening, DFT instructors lead students in interactive theater games and work on fun art projects focused on the performing arts. This program introduces students to theater in a relaxed environment in hopes of encouraging their love for theater - giving parents some time on Friday nights before the holidays kick in! To learn more about Desert Foothills Theater, please visit [dftheater.org](http://dftheater.org). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
FCF - Holland Comm. Center	PreK-4	Fri	9/6-11/15	3:45-7:45PM	10 weeks	\$400
No classes on these dates - 10/18						

## ACTING UP: BEGINNER ACTING CLASS



Let's start at the very beginning. From learning about communication through movement and facial expression, to learning basic theatre vocabulary, getting comfortable moving around a performance space, and developing vocal skills – THIS is the class where you start your training! Class culminates with a workshop performance on the final day. To learn more about Desert Foothills Theater, please visit [dftheater.org](http://dftheater.org). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
Horseshoe Trails	K-3	Tues	9/10-11/19	3:35-4:35PM	10 weeks	\$135
Desert Sun	K-3	Wed	9/4-11/20	3:35-4:35PM	10 weeks	\$135
Lone Mountain	K-3	Thur	9/5-11/21	3:35-4:35PM	10 weeks	\$135
Desert Willow	K-3	Fri	9/6-11/15	3:35-4:35PM	10 weeks	\$135
No classes on these dates - 10/1, 10/9, 10/17, 10/18, 10/31, 11/6						

## BUILD-A-WORLD

Build-A-World is our youth theater arts expo and a precursor to one of our youth shows. Students will research the upcoming show, and with the guidance of our resident designer, they will design and build an interactive, immersive and sensory art exhibit of actual set pieces that will be used in the show once it hits the stage! The students use recycled materials to create the complete show set. We educate the kids on how to research, design and build, as well as the importance of recycle and re-use. Create Art! Not waste! To learn more about Desert Foothills Theater, please visit [dftheater.org](http://dftheater.org). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
ECS Campus	3-8	Wed	9/4-12/4	3:45-5:45PM	10 weeks	\$200
No classes on these dates - 10/9, 10/30, 11/6, 11/27						

## DFT IMPS: IMPROV CLASS



Improvisation helps an actor develop intuition. Improv lets your brain think without you thinking about thinking! It requires one to be spontaneous in decision making, learn to work as a team to achieve a goal, and simultaneously force the actor to be more specific and detailed with their actions and speech. This class helps actors become more conscious of spatial and body awareness, lighting a fire to the imagination! Our instructors have extensive improv training experience, and will not only be informative but also make it fun! To learn more about Desert Foothills Theater, please visit [dftheater.org](http://dftheater.org). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).

Location	Grade	Day	Dates	Time	Class	Fee
FCF - Holland Comm. Center	4-10	Tues	9/10-11/19	3:45-5:15PM	10 weeks	\$145
No classes on these dates - 10/1						



The "REEL DEAL" is a comprehensive study of filmmaking that allows students to get an overall idea of pre-production to distribution. For high school students. See page 19 for class details!

# ECS Gymnastics



**Lead Instructor: Destiney Voita**  
**Kinderclass Instructor: Jenny McCawley**

Complete with uneven bars, tumbling mats, balance beams, springboards, and much more! We pride ourselves on providing a safe environment while building the self-esteem, confidence, and a progression in the skill level of our students. All of our staff believe in safety being the first and foremost priority every day. ECS uses grade levels as an approximate guideline to place students. However, instructors reserve the right to change placement based on individual skill abilities. We strive for the best fit and experience for your child. Students enrolled in Session 1 receive priority placement into the next Session. There will be four sessions (in total) for the duration of the calendar school year. An additional online waiver is required when registering for the ECS Gymnastics program. For any questions, please contact the ECS office at 480-575-2440.

**MANDATORY ECS Gymnastics Registration Night: Tuesday, August 20th, 4:00-6:00PM, Lone Mountain Gym**

To register for the first session, please attend the Gymnastics Registration Night on Tuesday, August 20th, 4-6 p.m. It is structured in "Open House style", giving each student a chance to meet the coaches and be placed in the class that is the best fit for his or her skill level. Our desire is for your child to be successful in our program, and we believe the correct class placement gives them a great head start to the new school year in the ECS Gymnastics Program!

## 2019/2020 ECS Co-ed Gymnastics Classes

Lone Mountain Elementary • 5250 East Montgomery Road

### SESSION 1 • TUESDAYS

Class	Grade	Day	Dates	Time	Class	Fee
Kinderclass	K	Tue	9/3-10/29	4:00-4:45PM	8 weeks	\$101
Advanced Beginner	2-4	Tue	9/3-10/29	3:45-4:45PM	8 weeks	\$133
Advanced	4-6	Tue	9/3-10/29	5:00-6:15PM	8 weeks	\$167

### SESSION 1 • THURSDAYS

Class	Grade	Day	Dates	Time	Class	Fee
Beginner	1-3	Thur	9/5-10/24	3:45-4:45PM	7 weeks	\$117
Beginner Intermediate/Intermediate	2-6	Thur	9/5-10/24	5:00-6:00PM	7 weeks	\$117

No classes on these dates - 10/1, 10/17



**KIDS WHO COOK** offers fun, hands-on cooking and food preparation classes for children. Following kid approved and chef-inspired recipes, students will use healthy, plant-based, and locally sourced food to create their culinary masterpieces. Research shows that children who are engaged in preparing their own snacks and meals are more likely to try different food varieties and combinations, choose healthy alternatives, have an increased awareness of the nutrition, and learn the basics of food and snack preparation and sanitation. Each week students will follow a guided chef's presentation to make and eat their own snacks. Food and materials are provided and students will receive a copy of the recipe to bring home. When possible, we use fresh, organic, and locally sourced food items. While many of our dishes are sugar free, gluten free, and nut free, there may be exposure to any of these items during class. Please contact Eden Peterson at edenpeter@yahoo.com if you are interested in purchasing an apron for the class. All registrations go through ECS. Find the link to online registration at ECSforALL.org.

Location	Ages/Grade	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Desert Willow	K-6	Mon	8/26-10/14	3:35-4:35PM	6 weeks	\$130
Black Mountain	K-6	Tue	8/27-10/8	3:35-4:35PM	6 weeks	\$130
Lone Mountain	K-6	Tue	8/27-10/8	3:35-4:35PM	6 weeks	\$130
Desert Sun	K-6	Thur	8/29-10/3	3:35-4:35PM	6 weeks	\$130
<b>Session 2</b>						
Desert Willow	K-6	Mon	10/28-12/9	3:35-4:35PM	6 weeks	\$130
Black Mountain	K-6	Tue	10/22-11/26	3:35-4:35PM	6 weeks	\$130
Lone Mountain	K-6	Tue	10/22-11/26	3:35-4:35PM	6 weeks	\$130
Desert Sun	K-6	Thur	10/24-12/5	3:35-4:35PM	6 weeks	\$130
No classes on these dates - 9/2, 9/30, 10/1, 10/9, 11/11, 11/28						



**LACROSSE FUNDAMENTAL** introduces students to the game of Lacrosse and the skills needed to succeed at the game. In each class, students will do skill drills to learn the proper way to pass and catch, cradle and pick up ground balls. Game play is also integrated into each class so students can learn the rules of the game and develop the discipline of teamwork. While this class will teach the fundamentals, it will also be fun and foster the love of the game. To find out more about Desert Foothills Athletic Club, visit dfacsports.com. All registrations go through ECS. Find the link to online registration at ECSforALL.org.

Location	Grade	Day	Dates	Time	Class	Fee
Horseshoe Trails	K-6	Mon	9/9-11/25	3:35-4:35PM	10 weeks	\$120
Desert Willow	K-6	Tues	9/10-11/19	3:35-4:35PM	10 weeks	\$120
Black Mountain	K-6	Thur	9/12-11/21	3:35-4:35PM	10 weeks	\$120
Lone Mountain	K-6	Fri	9/13-11/22	3:35-4:35PM	10 weeks	\$120
No classes on these dates - 10/17, 10/18, 10/30, 11/11						



### SILLY SCIENCE

**Session 1: Messy Explorations** - Cause and effect experiments can be great fun! Students will unlock the mysteries of science while following scientific methods. Gravity and chemical reactions are only a few of the ways students can create amazing affects while using SAFE household items. Please have your child wear clothes that can get dirty or pack a big shirt to wear over their clothes. Science, messy and fun go hand in hand as things fizz, erupt, collapse and pop in this exciting class! All registrations go through ECS. Find the link to online registration at ECSforALL.org.

**Session 2: Ooey, Gooley, Slippery Slime** - Awesome science experiments can turn into beautiful pieces of artwork to frame. A rainbow of colors and textures galore will come together in surprising ways. Students not only will have a masterpiece to bring home each week but will also learn fun science facts along the way! Please have your child wear clothes that can get dirty or pack a big shirt that can be worn over their clothes. Being a Scientist AND an Artist can be a messy job! Instructor: Brandi Aaronson

Location	Grade	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Desert Willow	PreK-2	Mon	8/26-10/14	3:35-4:35PM	6	\$90
<b>Session 2</b>						
Desert Willow	PreK-2	Mon	11/4-12/16	3:35-4:35PM	6	\$90
No classes on these dates - 9/2, 9/30, 11/11						



**SOCCER FUNDAMENTAL** The maximum enrollment has increased so we can take more student registrations. Please contact Lisa Broussard at lbroussard@ccusd93.net for late enrollment. Thank you for your interest in this program. Soccer FUNDamental is a fun introduction to soccer by DFAC instructors through a blend of exciting activities and stimulating games. The goal of the program is to promote having fun while developing the child's gross motor skills, increasing self-esteem, and encouraging group social skills, while simultaneously developing the child's soccer techniques. To find out more about Desert Foothills Athletic Club, visit [www.dfacsports.com](http://www.dfacsports.com). All registrations go through ECS.

Location	Grade	Day	Dates	Time	Class	Fee
Desert Willow	K-3	Mon	10/7-11/25	3:35-4:35PM	7 weeks	\$80
Lone Mountain	K-3	Tue	10/8-11/19	3:35-4:35PM	7 weeks	\$80
Desert Sun	K-3	Wed	9/25-11/20	3:35-4:35PM	7 weeks	\$80

No classes on these dates - 10/19, 10/31



**DECORATE YOUR SPACE** Join Trendy Crafts after school and make an exciting new craft project each week. Each semester with Trendy Crafts features a new theme and "Decorate Your

Space" is a perfect match for the transition into the new year. Projects include a mixed media canvas featuring your state, blinged out wish tin, our trendy tissue dot desk organizer, and so much more! All registrations go through ECS. For more information about the class, please contact Julie or Elizabeth at [thetrendycrafters@gmail.com](mailto:thetrendycrafters@gmail.com) or visit their website at [www.trendycrafts.org](http://www.trendycrafts.org).



Location	Grade	Day	Dates	Time	Classes	Fee
Horseshoe Trails	K-6	Mon	9/16-12/9	3:35-4:35PM	11	\$215
Black Mountain	K-6	Wed	9/11-12/11	3:35-4:35PM	11	\$215

No classes on these dates - 9/30, 10/9, 11/11, 11/16, 11/27



Young Rembrandts

**YOUNG REMBRANDTS'** mission is to encourage creativity, technique, and joy in the artistic process by offering a unique, step-by-step method that successfully teaches children how to draw. Students will focus on art techniques, as well as cartooning. This is a great class for beginning artists, for those who want to improve their drawing skills and for all who love to draw! While Young Rembrandts classes are structured and educational, children have fun producing drawings worthy of framing. Lessons from previous years are not repeated. New and returning students are welcome. All materials provided. For more information about Young Rembrandts, please visit our website at [www.youngrembrandts.com](http://www.youngrembrandts.com) or call (602) 955-DRAW. All registrations go through the ECS Office



Location	Ages/Grade	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
Lone Mountain	K-4	Mon	8/26-10/21	3:35-4:35PM	7 weeks	\$96
Desert Sun	K-5	Tue	8/27-10/22	3:35-4:35PM	8 weeks	\$109
Horseshoe Trails	K-4	Wed	9/4-10/16	3:35-4:35PM	6 weeks	\$83
Desert Willow**	Ages 4-5	Wed	9/4-10/16	3:15-4:00PM	6 weeks	\$77
Desert Willow	K-5	Thur	8/29-10/10	3:35-4:35PM	7 weeks	\$96
<b>Session 2</b>						
Lone Mountain	K-4	Mon	10/28-12/16	3:35-4:35PM	7 weeks	\$96
Desert Sun	K-7	Tue	10/29-12/10	3:35-4:35PM	7 weeks	\$96
Horseshoe Trails	K-4	Wed	10/23-12/11	3:35-4:35PM	6 weeks	\$83
Desert Willow**	Ages 4-5	Wed	10/23-12/11	3:15-4:00PM	6 weeks	\$77
Desert Willow	K-5	Thur	10/24-12/12	3:35-4:35PM	7 weeks	\$96

No classes on these dates - 9/2, 9/30, 10/1, 10/9, 11/6, 11/11, 11/27, 11/28

\*\*Please see the Young Rembrandts class description in the Preschool portion of the Enrichment listings.

## Middle School, High School and Adult Classes



### ZAPS ACT TEST PREP 2-DAY SEMINAR

*Attention Juniors and Seniors: With a top score of 36 and the national average now at 21, a score increase of even one or two points on the ACT gives you a real advantage. ZAPS test preparation seminars help each student do his or her personal best on the ACT. In the five-hour seminar, students will learn: 1) Strategies for using partial knowledge to eliminate wrong choices; 2) Tips for improving in all four sub tests – English, Math, Reading and Science; 3) Tactics for using limited testing time; 4) Take shortened practice tests that mirror the actual testing experience; 5) Reduce test anxiety and gain confidence; 6) Receive a comprehensive Study Guide and 24 practice test workouts with detailed answer explanations; 7) Get suggestions for individualized study in the days leading up to the test; 8) Motivational instruction and; 9) Hands-on practice will help you understand your strengths and weaknesses. For more information about Doorway to College, please visit [www.doorwaytocollege.com](http://www.doorwaytocollege.com) or call 877-927-8378.*

Location	Age	Day	Dates	Time	Class	Fee
Cactus Shadows	15+	Mon/Tue	9/23-9/24	2:15-4:45PM	2 / 2.5-hour	\$104



### DRIVER'S PERMIT TEST-PREP SEMINAR

*prepares teens for today's busy roadways by teaching safe-driving habits, basic fundamentals, decision-making, defensive driving skills, the rules of the road and facilitates a comprehensive practice permit test. Currently, the statistics are that 50% of students fail the Driver's Permit test the first time they take it due to lack of preparation. The goal of this class is to prepare them fully for the test. Contact Maria Wojtczak at 480-948-1648 or [mariaw@drivingmba.com](mailto:mariaw@drivingmba.com) with any question about the course. For more information about Driving MBA, please visit [www.drivingmba.com](http://www.drivingmba.com). All registrations go through ECS. Find the link to online registration at [ECSforALL.org](http://ECSforALL.org).*

Location	Ages	Day	Dates	Time	Class	Fee
Cactus Shadows	15.5+ years	Mon	10/14/19	2:15-5:15PM	1 / 3-hour	\$41
Cactus Shadows	15.5+ years	Mon	2/10/20	2:15-5:15PM	1 / 3-hour	\$41
Cactus Shadows	15.5+ years	Mon	4/20/20	2:15-5:15PM	1 / 3-hour	\$41



### HIGH SCHOOL ONLINE ACADEMIC COURSES

*High School Online Academic Courses are available for grade improvement or credit retrieval. To register, please follow these five steps. 1) Download an ECS Edgenuity Course Approval/Agreement Form from [www.ecsforall.org/enrichment-programs](http://www.ecsforall.org/enrichment-programs). 2) Bring these forms to a high school counselor to receive course approval. Please talk with your counselor about how these credits may or may not be accepted by Universities of interest. ECS does not make decisions regarding courses and student eligibility. 3) Complete the ECS Edgenuity Course Approval/Agreement Forms and bring to the ECS Office, (District Office Campus, Room A12). 4) Make the \$195 payment online at [www.cavecreek.ce.eleyo.com](http://www.cavecreek.ce.eleyo.com), search "Edgenuity" to find the 2019/2020 Edgenuity course. If you have not yet created an online profile with Eleyo, please do so before making payment. Instructions can be found at [www.ecsforall.org](http://www.ecsforall.org). Once steps 1-4 are complete, Mr. O'Bryan, ECS Edgenuity facilitator, will be notified. 5) Students are responsible for contacting Mr. O'Bryan by email: [mobryan@ccusd93.org](mailto:mobryan@ccusd93.org) to schedule their pretest and/or to receive their username/password to begin their course. ALL pretests and/or unit tests must be taken under the supervision of Mr. O'Bryan at CSHS. All course work and quizzes may be done at home. The deadline for the 2019/2020 year is May 4, 2020. Courses not completed by this deadline result in a F letter grade. Visit <http://www.ecsforall.org/enrichment-programs.html> to find the link to the Edgenuity Registration Packet for the Course Approval forms and the Parent/Student agreement.*

Location	Grade	Dates	Fee
Online / Cactus Shadows	9-12	9/4/19-5/4/20 (once course approval and payment are confirmed)	\$195



- Driving Fundamentals and Defensive Driving Simulation Labs
  - On-Road Instruction
  - Classroom Instruction
- License testing available*



DrivingMBA.com | 480.948.1648 | Scottsdale, AZ





## UNIFIED CULINARY COOKING & BAKING

***This cooking class is designed for students with special needs to learn how to make festive recipes that celebrate the Thanksgiving season. Students will be instructed on the secrets of correct weighing, how to use small utensils and appliances and follow recipes. Students will enjoy preparing (and eating) a variety of dishes, using the skills they have acquired. (Techniques will vary according to skill levels appropriate of the groups.) Students will learn sanitary food handling and personal hygiene for the kitchen. Please indicate food allergies in the notes section of online registration. Prerequisites for this class include the ability to work independently. For the safety of the student, this class may not be appropriate for students that require one on one support. ECS reserves the right to admit or deny a student's enrollment based on a teacher/counselor's recommendation. General Education high school students are encouraged to apply with Bobbie Burt for volunteer teacher aide positions. For further questions on whether this class is a good fit for your child, please contact your child's teacher, Lori DiCicco, or Bobbie Burt***



### FAKE-OUT FOODS

*Let's have fun with food!! This class is all about making food dishes that look like something else. Have you ever had meatloaf and mashed potatoes that looked like a cupcake? We are not disclosing any more of our tricky food disguises so students can have fun surprising their families with something new every day! (Please read the above description of the Unified Culinary classes.) All registrations go through ECS. For the link to online registration can be found at ECSforALL.org.*

**Tuesdays, 9/3-9/24**

2:15PM-4:45PM

Fee: \$140

Cactus Shadows

**Tuesdays, 10/8-10/29**

2:15PM-4:45PM

Fee: \$140

Cactus Shadows

### FUN & SPOOKY FOODS

*Fall can be fun and festive with silly and spooky culinary delights! Students will make a variety of treats that can be enjoyed anytime and some especially to celebrate Halloween. (Please read the above description of the Unified Culinary classes.) All registrations go through ECS. For the link to online registration can be found at ECSforALL.org.*



### THANKSGIVING COOKING FUN

*Bring on the feast, one recipe at a time. Students enjoy creating the various popular dishes of the Thanksgiving season using their learned cooking and baking skills. Students will have recipes to bring home so they can help family member replicate the dishes for the BIG TURKEY DAY! (Please read the above description of the Unified Culinary classes.) All registrations go through ECS. For the link to online registration can be found at ECSforALL.org.*

**Tuesdays, 11/5-11/26**

2:15PM-4:45PM

Fee: \$140

Cactus Shadows

**Tuesdays, 12/3-12/10**

2:15PM-4:45PM

Fee: \$70

Cactus Shadows

### HOLIDAY FEAST AND TREATS

*Holidays are full of fun and celebrating with fancy food! This class will introduce students to favorite holiday dishes and yummy treats the students can enjoy and share with their families. (Please read the above description of the Unified Culinary classes.) All registrations go through ECS. For the link to online registration can be found at ECSforALL.org.*

# Health and Wellness

## FOCUSED FAMILY PARENT PRESENTATION

Come hear what your children can learn about their brain and how they can use mindful strategies to help them focus, pay attention, and calm themselves. FocusedFamily is a component of the FocusedKids program taught in Cave Creek preschools. This program is applicable for preschool through third grade children. FocusedKids is a series of easy-to-implement lessons anchored in current research on the developing brain, along with evidence-based practices for social and emotional learning. You will hear about the program and have the opportunity to sign up for the FocusedFamilies series to be offered as a 4-class session with a follow up session, which will help you learn the basics about the developing brain and strategies to cultivate self-awareness, focused attention, stress-reduction, and emotion management for your family. Information on the 4-class session can be found under "Teen-Adult" Enrichment at <https://cavecreek.ce.eleyo.com/courses/category/87/enrichment-school-year>.

**Core concepts you will learn:**

- How the developing brain impacts your child's behavior.
- Activities to promote focused attention and stress reduction using the breath, senses, and body.

**Benefits to you:**

- See new fun and simple tools to help you parent calmly and effectively.
- How you can reduce your stress, respond more calmly to difficult situations, leading to a calmer household.

**Benefits to your children at home and at school:**

They will have parents who can support them developing:

- Better self-regulation
- More ability to focus attention and stay on task
- Better relationship skills
- More effective learners
- Greater ability to respond positively to situations, rather than react negatively
- Enhanced creativity and problem solving skills



Kathy Hegberg, M.A.  
.....  
Founder, Executive Director

Location	Grade	Day	Dates	Time	Fee
District Office	Adult	TBD	TBD	6:30PM-7:30PM	\$36

## TAI CHI & QIGONG (BEGINNER LEVEL)



Qigong is a 5,000-year-old mind-body practice, developing vital energy by integrating movement, breathing techniques and mental focus. Qigong is a series of Tai Chi movements- gentle, flowing, meditative and self-healing. Sitting or standing options are available for people of every age and physical condition. Tai Chi is a Chinese Martial Art and form of stylized, meditative exercise, slow circular and stretching movements. Combining these disciplines, create a perfect opportunity for beginners to experience the health benefits associated with Qigong and Tai Chi: increases agility, loosens muscles, improves bone density, prevents joint injury, strengthens ligaments, increases injury recovery, decreases stress, balances emotions, improves circulation, lowers heart rate, lowers blood

pressure, increases immune system, relieves migraines, improves posture, improves flexibility, and fall prevention. These benefits and the research behind them are documented in the recently released Harvard Medical School Guide to Tai Chi. The instructor, Bina Bou, is passionate about working with teachers, nurses, those working in the school district and her community. For more information, please visit [binabouchi.com](http://binabouchi.com), [mindbodyfocusQi.com](http://mindbodyfocusQi.com) or contact Bina Bou at 480-284-1300 or [binab75@gmail.com](mailto:binab75@gmail.com). All registrations go through ECS. Find the link to online registration at [www.ecsforall.org](http://www.ecsforall.org).



Location	Grade	Day	Dates	Time	Class	Fee
<b>Session 1</b>						
District Office	Adult	Tue	9/3-10/15	4:45PM-5:45PM	6 weeks	\$95
<b>Session 2</b>						
District Office	Adult	Tue	10/29-12/3	4:45PM-5:45PM	6 weeks	\$95
No classes on these dates - 10/1						

## ALLEN MARTIAL ARTS AND FITNESS

### OPTIMAL PERFORMANCE SELF-DEFENSE FOR TEENS & ADULTS

Self-Defense is just as much about mental discipline as applying physical tactics. Self-awareness, intelligent decision making along with interpersonal training promotes integrity, respect, focus, discipline, self-confidence and self-control. Other benefits include physical fitness and personal growth and protection. In 6-weeks, this course will apply physics and psychology to real world scenarios. These skills can be adapted to both men and women of all ages regardless of experience. Individuals will learn how to recognize cues of pre-contact threat, fear management skills, confrontation management, control tactics, defensive strategies and force delivery techniques. Give yourself the opportunity to become more powerful, more aware and more confident! Instructor: Rich Alten, Alten Martial Arts and Fitness Certified Personal Trainer Through National Academy of Sports Medicine (NSAM), CPR/AED Certified, 23 Years of Martial Arts and Integrated Fitness Science, Contact Rich Alten @ 602-708-9906 or richaltenmartialartsfitness@cox.net



Location	Grade	Day	Room	Dates	Time	Class	Fee
Cactus Shadows	8-Adult	Mon	Wrestling	9/9-10/21	6:00-7:15PM	6 weeks	\$129
No classes on these dates - 9/30							



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YOGA FOR ALL LEVELS** utilizes Yoga postures (anasana) and stretches in combination with the breath to develop flexibility and relaxation. Yoga encourages proper alignment of the body to bring balance, strength, and calmness to the actioner. All levels welcome. Modification are offered for beginners. Please bring your own mat, towel and water bottle. For class information, please contact Sharon Lynn at slynn@vosymca.org. If you are a YMCA member, you receive a reduced Member Fee. See details below. All registrations go through ECS. .

Location	Ages	Day	Dates	Time	Classes	Member	Non-Member
<b>Session 1</b>							
District Office Campus	14+	Thur	9/5-10/10	4:45-5:45PM	6	\$65	\$95
<b>Session 2</b>							
District Office Campus	14+	Thur	10/24-12/12	4:45-5:45PM	6	\$65	\$95
No classes on these dates - 10/17, 10/31, 11/28							

### BUILD-A-WORLD

A stage craft workshop style class. See page 12 for full class description.



Location	Grade	Day	Dates	Time	Class	Fee
ECS Campus	3-8	Wed	9/4-12/4	3:35-5:35PM	10 weeks	\$200
No classes on these dates - 10/9, 10/30, 11/6, 11/27						

### DFT IMPS: IMPROV CLASS

Helping actora develop intuition, Improv lets your brain think without you thinking about thinking! See page 12 for full class description.

Location	Grade	Day	Dates	Time	Class	Fee
FCF - Holland CC	4-10	Tues	9/10-11/19	3:35-5:05PM	10 weeks	\$145
No classes on these dates - 10/1						



### THE "REEL DEAL"

**The "Reel Deal" is a comprehensive study of filmmaking that allows students to get an overall idea of pre-production to distribution.** The understanding of the entire industry helps each member do a better job at his/her particular part! This course covers 1) Film Terminology, 2) Producing a Film, 3) Creating a Screenplay, 4) Storyboarding, 5) The Gear and the Crew, 6) Auditioning for Film, 7) Pre-Production, 8) Production and Tricks of the Trade, 9) Post Production and Editing, 10) Screening your film, and 10) Distribution. The most exciting part of this class is that students will be producing a short film! If students have a smart phone with video capabilities, they should bring that to class. No other equipment needed. Final day will feature the "film" created by the class. Items Needed: Bring a Smart Phone if have one, but not necessary, Instructor: Dakota Kuhlman. To learn more about Desert Foothills Theater, please visit dftheater.org. All registrations go through ECS. Find the link to online registration at ECSforALL.org.

Location	Grade	Day	Dates	Time	Class	Fee
FCF - Holland CC	9-12	Tues	9/10-11/19	2:15-4:15PM	10 weeks	\$200
No classes on these dates - 10/1						

# A Year of Discovery



## Discover What is New in Our ECS Programs

### Kid's Club

The Kid's Club Before and After School Program is a year round program consisting of Before and After-school care, Night Owl Evening Care, and Winter, Spring and Summer Camps. It offers quality staff, fun educational centers, socialization opportunities with friends, recreational games and homework help from certified teachers from the Cave Creek School District.

### Child's Play Preschool

We offer a choice of different curriculums to meet your child's needs. They include Spanish Immersion, Core Preschool Sequence Guidelines, World Language in either Spanish, French or Chinese, Performing Arts FocusedKids™ and the Lowell Observatory STEM Program. All preschools are located at CCUSD school sites. Before and after care are available through the Kid's Club program at each school.

### Enrichment and Summer Programs

Academics, visual and performing arts, sports, engineering, computer coding and more are offered throughout the year and during the summer. There is something for all ages. For Enrichment details, visit [www.ecsforall.org/enrichment-programs](http://www.ecsforall.org/enrichment-programs). Online registration is available at [www.cavecreek.ce.eleyo.com](http://www.cavecreek.ce.eleyo.com).

### A.W.A.R.E. Parents and Prevention Programs

Watch for workshops and forums for students, parents and community members. Topics include drug trends, anxiety and depression, social media awareness and talking to your child about the sensitive issues.

### Special Projects

Community partnerships bring value to our schools and community members. Partnerships include collaboration with Kiwanis of Carefree, Sonoran Arts League and Scully Learning Center.

More details on each ECS program can be found at, [www.ecsforall.org](http://www.ecsforall.org). For additional information, please call the ECS Office at 480-575-2440.



Education, Enrichment, Prevention  
All Ages, All Interests, All Year