



Please note different dates for these two courses:

**Dance Workshop
(Incoming Grades 7-12)**

This workshop is intended for the experienced dancer. Each day will consist of a different style of dance and will culminate with learning and performing a short piece in the style we are studying

**August 24, 25, 26 and 27
Monday, Tuesday, Wednesday,
Thursday
9:00 a.m. – 11:30 a.m.**

**Movement for the Actor
(Incoming Grades 7-12)**

This class will explore a variety of techniques for developing stage presence and making characters come to life. Students will learn proper breath control; develop character walks, gestures and postures. Students will also study strategies for success at musical theater dance auditions

**August 24, 25, 26 and 27
Monday, Tuesday, Wednesday,
Thursday
12:30 p.m. – 3:00 p.m.**

**Math SAT Success
Incoming Grades: 10-12**

This course provides students with a concise overview of the math portion of the SAT. Emphasis will be placed upon test-taking skills and strategies necessary for success on the test. Practice exercises and timed practice tests will be administered.

**August 18, 19, 20–
Tuesday, Wednesday, Thursday
10:00 a.m.– 11:30 a.m. or 7:00 p.m.-8:30 p.m.**

**Verbal SAT Success
Incoming Grades: 10-12**

This course is designed to target the four major areas that the Verbal SAT assesses: Vocabulary, critical reading, grammar and writing. Through instructional sessions and practice exercises, students will gain confidence and test-taking strategies that are essential for success on the SAT.

**August 11, 12, 13 –
Tuesday, Wednesday, Thursday
10:00 a.m. – 11:30 a.m. or 7:00 p.m.-8:30 p.m.**

**Demystifying your child’s “Road to College”
for PARENTS ONLY**

This course will give parents some tips for better preparing your child for college, including choosing the right high school courses; cultivating interests, strengths and special talents; searching for the right college; and helping your child be self-reliant. Personalized, individual plans will be developed.

**August 11, 12, 13,–
Tuesday, Wednesday, Thursday
7:00 p.m.- 8:30 p.m.**

**Yoga, Yoga, Yoga
Incoming Grades 7-12**

You will learn and practice basic yoga poses and breathing techniques. We will become little “yogis” by exploring some of the following things: a short explanation and history of yoga; the different kinds of yoga; the benefits of yoga for your mind and body; chakras; basic yoga vocabulary; and Karma Yoga.

**August 11, 12
Tuesday, Wednesday
10:00 a.m. – 11:30 a.m.**

**Learn How to Quilt
Incoming Grades 7-12**

Learn how to make a quilt. Design the quilt, choose your borders, sew the quilt together and quilt it. Beginner and Experienced Quilters welcome! Price includes materials.

**August 11, 12
Tuesday, Wednesday
10:00 a.m. – 11:30 a.m.**

**30 Minute Meals
Incoming Grades 7- 12**

Learn how to make quick, delectable meals in less time than it takes to go to the grocery store. Price includes materials.

**August 11, 12
Tuesday, Wednesday
10:00 a.m. – 11:30 a.m.**

Interested in taking any of these courses? Please complete the attached registration form and return it with a check payable to CHS by July 15th to the Main Office at the high school.

NOTE: Enrollment of 15 students per class is necessary for course to run.

Visit our Website:
www.cranfordschools.org/chs/projects/enrichment