

École KLO Middle School
DISCOVERY DAYS – October to December 2025 Request Booklet

Please note the following:

- **Not all Single-block Discovery programs occur in both “D” blocks of the morning, so options may be limited depending on scheduling.**
- **Students will choose five courses from the list. Do not choose the same course more than once. This will not help your chances of getting into the course.**
- **There will be no switching D Blocks unless for medical reasons.**

SINGLE BLOCK COURSES

D1 - 3D Design and Printing: *\$10 supply fee*

You can create anything by combining and sculpting simple 3D shapes. We'll explore 3D modeling software to make our own designs, then print them using enviro-friendly plastic filament. People use 3D printing to create all kinds of things: toys, gifts, ornaments, replacement parts, and even furniture! It's much easier than you think. Since our KLO Farm teachers run this course, it also includes opportunities to help in our hydroponic farm and school food programs!

D2 - Anime Adventures:

Anime Adventures

Join us on a journey into the exciting world of anime! In this enrichment, we will read manga, watch anime, and even try our hand at drawing in anime style. Together, we'll explore different stories, characters, and art while sharing our passion for anime. Whether you're a longtime fan or just curious, Anime Adventures is a fun place to connect, create, and celebrate the world of anime!

D3 - Archery:

Students will learn the basics of the NASP (National Archery in the Schools Program), including proper equipment use, range safety, and accuracy techniques—all while building confidence and having fun! All range instruction is completed by a certified NASP Basic Archery Instructor.

D4 - Badminton:

This is an opportunity for students to improve their badminton skills and learn new aspects of the sport. This course will be about developing techniques such as serving, drop shots, clearing, smashing, positioning, and strategy. Each week, we will focus on one area and develop each technique through lessons and fun drills. Afterwards, you will get to use what you've learned practically through exhibition matches (singles and/or doubles) against other players of your skill level. No prior experience needed. All are welcome to join!

D5 - Chess Club:

Unlock the power of strategic thinking and sharpen your mind—join our Chess Discovery Day! Open to students of all skill levels, this DD offers a fun, supportive environment to learn, play, and grow. Whether you're a beginner looking to learn the basics or an experienced player aiming to compete, the Chess DD fosters critical thinking, patience, and problem-solving skills that benefit students far beyond the board. We will learn the rules, analyze games, solve puzzles, and play amongst ourselves. This one-block DD course will be a great place to challenge yourself, build confidence, and connect with others who enjoy thinking a few moves ahead.

D6 - Cribbage and Card Games:

Learn some classic card games to play with your fiends.

Games for 2 people, small groups and more!

Spend some quality time getting to know new people while playing some great games!

D7 - Crochet: \$10 supply fee

Make toy or keychain versions of your favorite animals, characters, or Pokémon. These are fun to collect, and make great gifts that friends and family will treasure. Amigurumi-style crochet is a great skill for people who love cute things, or anyone who likes to work with their hands. You will also learn the basics for crocheting garments and other yarn projects. Since this course is taught by the KLO Farm teachers, it also includes opportunities to help with our hydroponic lettuce farm and school food program!

D8 - Creative Journaling: Words, Doodles, and Colours

In this class, students will explore journaling as a fun and creative way to express themselves. Through writing, doodling, and colouring, they'll design personal journals that reflect their own thoughts and ideas. Along the way, we'll take inspiration from the world around us—including nature—to spark creativity and add unique details. This class offers a chance to relax, be imaginative, and discover new ways to tell your own story. Students will be asked to provide their own journals. If students do not have a journal, they can purchase one for \$5.

D9 - Forest to Fun: Wood Carving: \$10 supply fee

Do you love woodworking but do not have access to power tools? Want a fun hobby to do wherever you are? Same and same. This is the place where you can discover different types of wood carving that can be done anywhere with limited tools! Using some patience, a vision and an eye for detail, we will design and create wooden wonders through whittling and chip carving. There is a \$10 fee for this course to cover materials.

D10 - Game Show Battle:

Do you love the excitement of game shows on TV? Join the Game Show Battle club and step into the spotlight! Each week, students will team up and compete in popular game show challenges like Wheel of Fortune, Jeopardy, Family Feud, and Minute to Win It. Test your knowledge, teamwork, and quick thinking in a fun, friendly competition. Are you up for the challenge?

D11 - Introduction to Weight Training and Sports Performance for Beginners

Come and learn the basics of fitness, weight training and sports performance! In this course, we will be learning basic workouts and exercises that can help in sports, fitness and overall wellness. We will also be discussing topics such as nutrition, supplements, program planning and social media. Designed to be an introduction to the gym and working out, this course is intended for anyone who is keen on fitness and wellness! We are so excited to work with you!

D12 - JEUX DE SOCIÉTÉ & CHOCOLAT CHAUD / FRENCH BOARD GAMES: \$15 supply fee

Parles-tu français? Viens jouer avec nous! / Speak French? Come play with us!

Aimes-tu les jeux de société? Les biscuits? Le chocolat chaud? Es-tu prêt(e) à relever le défi de parler seulement en français pendant tout un bloc tout en t'amusant?

Do you love board games, cookies, and hot cocoa? Ready to challenge yourself to speak only in French for an entire block—while having a blast?

Choisis cette activité chaleureuse et améliore ton français sans même t'en rendre compte! Tu joueras à des jeux comme Loup-Garou, C'est pas faux!, Mots pour mots, BlaBlaBla, et Rien du tout — en grand groupe et en petites équipes.

Ici, on joue, on rit, et on parle français. Rien que le français.

Es-tu game? / Are you in?

D13 - KLO Caring Community:

Be the best that you can be as you give to others! Become part of the team as you use your time and talents to brighten the lives of others. You will be creating handmade birthday cards for seniors in our community, reminding them that they are valued and celebrated. This class is a powerful way to give of yourself. Let's make a difference together.

D14 - Line Dancing: Step In, Dance Out

Get ready to move to the music in this fun and energizing introduction to line dancing—no experience needed! Whether you're brand new or already know a few moves, this session is for everyone.

You'll learn a variety of popular line dances set to a mix of country, pop, and classic hits. We'll show you the basic steps and rhythms, and you'll have lots of chances to practice and build your confidence as you go.

Line dancing is a great way to stay active, improve coordination, and just have fun with friends in a relaxed, upbeat setting. No partner required—just bring your energy and a willingness to try something new!

Materials Needed: Comfortable clothes and shoes you can dance in.

D15 - Mindful Art: \$5 supply fee

MINDFUL ART MANDALAS, ZENTANGLES & MORE!: Do you love doodling and doing art? Are you also looking for a way to calm your busy mind and be more mindful, "present", or in the moment? Look no further! This Mindful Art class is for you! We will begin by defining mindfulness, exploring techniques to be more mindful everyday, and how art helps us be more present. We will dive into our own mindful art practice creating Mandalas, Zentangles, and more!

D16 - Novel Idea: *\$7 supply fee*

Love to Read? Love art? This club is for you! Join a fun-filled and relaxing book club where you can indulge in one of your favorite pass times. This is a space where you have the time to consolidate your thoughts, creativity and imagination. In this club you will get to bring and read your favorite books and book series. We will be sharing our favourite books with each other through group discussion and then seeing where your creativity and imagination takes you! You will get to reimagine and design a new book cover for your favorite book or series, make personalized bookmarks, makeover characters, write and illustrate your own children's book through easy step-by-step instruction and more. Reading and creating. What a novel idea.

D17 - Self-Care: *\$5 supply fee*

Take a deep breath and slow down. Self-Care Discovery Day is all about creating a calm, relaxed space where you can recharge and feel good. We'll head outside for peaceful nature walks, enjoying the fresh air and quiet moments with friends. You'll have time for art outdoors, a chance to draw, paint, or create while surrounded by nature. A yoga session with guided stretching and mindfulness to promote calm, focus, and physical well-being. Warm up with a cozy cup of hot chocolate, then finish with a soothing DIY face mask for that spa-day feeling. This isn't about stress or pressure it's about chilling out, taking care of yourself, and enjoying a calm space to just be.

D18 - Social Deception Games:

Get ready for mystery, strategy, and plenty of laughs! In this workshop, students will delve into exciting social deception games, including Werewolf, The Resistance, Spyfall, Wink Murder, A Fake Artist Goes to New York, and much more! Each game features a team of players working together to uncover hidden roles and expose undercover enemies. Students will take turns playing both investigators and impostors, enjoying the challenge of bluffing, deduction, justifying their perspective, and clever conversation. With every round, students connect, interact, and engage in lively discussions with a wide range of peers, making this workshop as socially engaging as it is fun!

D19 - Storytelling: Creative Writing:

Get ready to dive into the world of storytelling! In this fun and inspiring workshop, students will explore their creativity through games, challenges, and hands-on activities that build strong creative writing skills. Whether you're dreaming up new worlds, crafting unforgettable characters, or plotting exciting adventures, this is the perfect space to bring your ideas to life.

Each session begins with quiet time in the "zen den," where students can relax and read a book of their choice. This helps spark inspiration and gives them a chance to reflect on the writing styles of their favorite authors.

From there, students will jump into a variety of activities, including:

- Building story outlines and learning key elements of plot
- Playing creative games that add twists to mysterious tales
- Tackling writing challenges with surprise characters, settings, and conflicts
- Exploring figurative language and imagery to make stories come alive
- Creating original pieces of writing to share and celebrate

This workshop is open to all students who love stories and want to grow as writers in a supportive and imaginative environment.

D20 - Yoga:

Find balance, focus, and some physical strength with Yoga! No experience needed, students will learn basic vocabulary and poses with the option to challenge themselves during practice. Perfect for students looking to relieve everyday stress and anxiety in a calm, relaxing atmosphere.

D21 – Concert Choir:

Sing with the KLO Bands at our Winter concert! Come join us to sing together at the KLO Winter Concert (Thursday evening Dec. 11)! This is a great opportunity to learn the basics of singing in a kind, low-pressure environment with wonderful people. No experience required.

D22 – Jazz It Up! Improvisation and Theory:

This is an opportunity for young musicians to explore creating their own improvised melodies in Jazz music. This is ideally suited for students who already play an instrument, but students who have just started on their music journey are also very welcome!

FULL MORNING COURSES:

FM 1 - Ball Hockey at Central Sports Dome: \$80 bussing & facility fee

Students will participate in exciting ball hockey activities and games at the Central Sports Dome. KLO will supply hockey sticks however if students have their own hockey stick, they are welcome to bring it. Proper court shoes are required, no other equipment necessary! Come join us at Central Sports Dome for some fun ball hockey!

FM 2 - Bowling Club: \$70 bussing & facility fee

STRIKE up some fun with your school bowling club! We will hop on the bus each Discovery Day, head to the lanes, lace up our goofy shoes, and knock down some pins! Bowling is a fun and ACTIVE pastime. We'll improve our coordination, balance and motor skills. The team dynamics of bowling make it super social. The concepts and importance of sportsmanship and fair play will be reinforced by coaches and volunteers. There is no better way to ROLL than to BOWL!

FM 3 - Climbing- Indoor Wall & Bouldering: \$100 bussing & facility fee

GNEISS CLIMBING: The Gneiss indoor rock-climbing gym is super...nice! This activity offers a unique blend of physical and mental challenges. It's a full-body workout that builds strength, flexibility, and endurance, all while honing problem-solving skills. Whether you're a beginner or seasoned climber, their gym provides a safe space to push your limits. Plus, it's a fantastic way to meet like-minded individuals and join a supportive community. Give it a try, and you'll discover a thrilling and rewarding activity.

There will be a \$100 fee for this course to cover facility costs. We welcome families to reach out to admin for support with program costs.

FM 4 - Dungeons & Dragons:

Come learn and play Dungeons and Dragons! All experience levels wanted! We will be playing the game, learning how to make characters, as well as learning to lead an adventure as a Game Master (GM). In this class we will be using the original 5th Edition Rules, and all students will be able to practice and improve their leadership, improvisational skills, critical thinking, problem solving, creative writing and character creation. Dungeons and Dragons also provides a fun way to practice reading and basic math. Come play with us and enjoy improving your teamwork and imagination in an original world we build together! All three terms focus on different skills and progress over the year. Round 1: Learning the Game & Building Characters, Round 2: Creating, Running, and Playing One-Shots (Short Games), Round 3: Creating, Running, and Playing Campaigns (Long Games) (Alston and Nemet)

FM 5 - H20: \$70 bussing & facility fee

Are you an aquaphile? Would you like to go off campus for Discovery Days and join us as we bus to the H20 center for some fun in the pool? Join us for our morning pool sessions where you can rip down the waterslide, catch some waves, test out the diving board, play pool basketball with your friends, relax in the sauna, soak in the hot tub, or do some laps as you finetune your swimming skills. The total cost for this 7 session course is only \$70, which includes admission and bussing fees. Surf's up!

FM 6 - High Performance Exercise: \$200 bussing & facility fee

Get ready to move, learn, and have fun! In this workshop, students will explore the world of fitness in a safe and supportive gym environment. Each session combines hands-on training with important conversations about setting goals, building confidence, and making healthy choices.

With guidance from an experienced trainer at Global Gym, students will learn how to perform key exercises with proper technique, discover how to structure an effective workout, and see their progress grow over time. We will also talk about body positivity and nutrition in ways that encourage students to feel strong and capable.

This is a unique chance for learners to experience training in a professional gym while building skills, confidence, and healthy habits that can last a lifetime.

FM 7 - Outdoor Odyssey: \$30 bussing & supply fee

Immerse yourself in the great outdoors with Outdoor Odyssey! This hands-on course is designed for adventurers and nature enthusiasts eager to develop practical survival skills and deepen their connection with the natural world. Take part in hiking diverse terrains, mastering the art of constructing temporary shelters, exploring knot-tying techniques, and so much S'MORE!

FM 8 - Shirt Glow-Up Lab: \$30 supply fee

✧ Shirt Glow-Up Lab – Turning Old into Bold ✧

Do you love being creative and want to make something totally your own? In Shirt Glow-Up Lab, you'll take old shirts and give them a whole new life through art and design! We'll explore fun upcycling techniques like bleach dying, tie dying, vinyl printing, and press printing. Along the way, we'll talk about sustainable fashion, thrifting, and the impact of fast fashion on the planet. Students are welcome (and encouraged!) to bring in their own shirts from home to upcycle alongside the thrifted items we provide, and we may also get the chance to go thrifting together to purchase pieces for transformation.

By the end, you'll have your own collection of custom pieces to wear and show off - all while helping the environment and practicing creativity. No sewing or art experience needed - just bring your imagination!

FM 9 - Soccer (Indoor): \$90 bussing & facility fee

Step onto the turf and elevate your game with our high-energy soccer DD! This class is designed for players of all levels, and offers a fast-paced, skill-building experience in a fun and supportive environment. Participants will develop core soccer techniques including dribbling, passing, shooting, and teamwork, all within the dynamic setting of an indoor arena. Led by experienced coaches, each session combines structured drills and organized game time. Whether you're looking to stay active, sharpen your skills, or compete with friends, this class is the perfect place to get out on the pitch.

FM 10 - Take A Hike: \$30 bussing fee

Discover nature, build confidence, and make memories on the trail! In this hands-on program, students will explore local trails, learn about native plants and wildlife, develop outdoor safety skills, and grow a deeper connection to the natural world — all while having fun in the fresh air! Whether you're brand new to hiking or already love the outdoors, this course encourages curiosity, teamwork, and a spirit of adventure. Come ready to move, explore, and enjoy the great outdoors together!

FM 11 - The Eras of Taylor Swift: A Journey Through Music, Identity, & Creativity: \$7 supply fee

This Discovery Day experience offers students the opportunity to explore music, identity, storytelling, and creativity through the lens of one of the most influential artists of our time: Taylor

Swift. By analyzing lyrics, building symbolic representations, and engaging in reflective, creative, and collaborative activities, students will deepen their understanding of narrative structure, self-expression, and artistic evolution.

This is not just a fan club, it's a cross-curricular journey into literature, media studies, music, design, and personal identity.