

Sutton DHS - Summer Institute Electives

****Available to youth entering Grades 4-8 only.**

Ball Sports

Looking for fast-paced excitement? Learn the fundamentals of a variety of ball sports like tennis, volleyball, hockey, football, soccer, and basketball and apply them to game situations.

Coding Robotics

Coding is the way we tell computers to do all the helpful things they do for us. From finding a contact on your phone so you can send a message, to directing a rocket into space, computers follow lists of instructions, a coder, or programmer has written. You can learn to code by starting with a short, simple program. Once you understand the basics, you can build up to bigger projects.

Dance

Participants will enjoy a week full of the latest music while they learn and perform cool dance moves in the si dance studio.

Digital Creative Design

Learn how to create cutting edge advertisements, pictures, and Youtube videos. You will learn beginning areas of Print & Web graphic design, including colour theory, digital images, design, electronic prepress, page layout, web page design, and digital video.

Game On

In GameOn, you will learn a new "high energy" game every day that you can play with your family and friends. Some of the games will range from "Capture the Flag", "Spud", "Frozen Critters" to various forms of dodgeball. Participants will also have an opportunity to create their own games.

Makerspace

Participants can plan, create and manipulate their creative ideas. They will have opportunities to invent, tinker, explore and discover using a variety of tools and materials, and technology. Participants will also experience break out boxes and board games.

Ready, Set, Cook

Continues to offer the basics of food preparation and cooking. Participants will eat their daily creations and take home a recipe book at the end of each session.

Scooter Skills

New to scooting? Learn the basic skills to safely ride a scooter and practice fun tips and tricks while exploring the local geography.

Tournament of Champions

Climb the ranks in structured tournaments including air hockey, foosball, ping pong and other competitive games.

Visual Arts

Bring your artistic side to life! Experience working with various materials and mediums. Project choices are only limited by your imagination.

Wacky Science World

Get ready to enjoy a week jam-packed with discovery and exploration through themed, hands on activities in the wonderful world of science. Developed for budding scientists, participants will learn new and exciting concepts that will excite the scientist at heart.

Yoga

Try this non-competitive physical exercise to build your stamina, concentration and muscle power! You will learn poses and postures to strengthen your muscles and mind while controlling your breathing and movements. No special equipment required, just you!