

S U M M E R P E T R I P S

— SINCE 2013 —

Have fun exploring Utah and Idaho sites while also earning PE credit!

Our top priority on any student trip is the safety of our students and staff. Then, it's to provide a unique experience where students have fun, visit places they haven't seen before, enjoy the outdoors, and earn credit! This trip is one they won't soon forget and will want to take again!

FULL 2-NIGHT CAMPING

Students will earn 1 full credit:

.5 = Fitness for Living **or** Outdoor Recreation 1 **or** Outdoor Recreation 2

.5 = Health **or** Outdoor Skills 1

Stop the Bleed Certificate

DATES: June 7th - 9th

COST: \$1,375 (includes instruction, course fees/materials, transportation, camping fees, breakfast + dinner).

Students are responsible for their camping equipment + lunch/snacks.

***MANDATORY STUDENT & PARENT**

MEETING: May 13 @ 5:15

BEFORE THE TRIP:

- ❖ Students will be given a hiking log & are required to complete 12 miles of hiking within 30 days of their trip (one hike must include *at least* 500 feet of elevation gain).
- ❖ Students will write a two-page paper on an assigned topic and give a 3-4 minute presentation on that topic during the trip.
- ❖ All work is due on (or before) the first day of class to earn full credit; full participation is required to earn credit.

FULL TETON ADVENTURE

Students will earn 1 full credit:

.5 = Fitness for Living **or** Outdoor Recreation 1 **or** Outdoor Recreation 2

.5 = Health **or** Outdoor Skills 1

Stop the Bleed Certificate

DATES: June 11th - 14th

COST: \$1,675 (includes instruction, course fees/materials, transportation, camping fees, breakfast/lunch/dinner).

Students are responsible for their camping equipment + discretionary spending money.

***MANDATORY STUDENT & PARENT**

MEETING: May 13 @ 6:00

BEFORE THE TRIP:

- ❖ Students will be given a hiking log & are required to complete 12 miles of hiking within 30 days of their trip (one hike must include *at least* 500 feet of elevation gain).
- ❖ Students will write a two-page paper on an assigned topic and give a 3-4 minute presentation on that topic during the trip.
- ❖ All work is due on (or before) the first day of class to earn full credit; full participation is required to earn credit.

ALMOST FULL BACKPACKING TRIP

Students will earn 1 full credit:

.5 = Fitness for Living **or** Outdoor Recreation 1 **or** Outdoor Recreation 2

.5 = Health **or** Outdoor Skills 2

Stop the Bleed Certificate

DATES: July 10th - 12th

COST: \$1,375 (includes instruction, course fees/materials, transportation, camping & fees).

Students are responsible for their camping equipment + meals.

***MANDATORY STUDENT & PARENT**

MEETING: May 29 @ 5:15

BEFORE THE TRIP:

- ❖ Students will be given a hiking log & are required to complete 12 miles of hiking within 30 days of their trip (one hike must include *at least* 500 feet of elevation gain).
- ❖ Students will write a two-page paper on an assigned topic and give a 3-4 minute presentation on that topic during the trip.
- ❖ All work is due on (or before) the first day of class to earn full credit; full participation is required to earn credit.

ALMOST FULL 3-DAY DAY TRIP

Students will earn 1 full credit:

.5 = Fitness for Living **or** Outdoor Recreation 1 **or** Outdoor Recreation 2

.5 = Health

DATES: August 5th - 7th

COST: \$1,300 (includes instruction, course fees/materials, transportation, activity/recreation fees).

Students are responsible for a sack lunch/water bottle.

BEFORE THE TRIP:

- ❖ Students will be given an activity log & are required to complete 35 hours of activity within 60 days of the start of class (log to be signed by parent/guardian).
- ❖ Possible group activities include hiking, indoor surfing, indoor rock climbing, golfing, soccer, basketball, or ultimate frisbee.
- ❖ Students will write a two-page paper on an assigned topic and give a 3-4 minute presentation on that topic during the trip.
- ❖ All work is due on (or before) the first day of class to earn full credit; full participation is required to earn credit.

SUMMER PE CLASSES

MOUNTAIN BIKING

Students will earn .5 credits:

.5 = Mountain Biking (PE or elective)

DATES: May 6th-9th 5:30-7:00

COST: \$950 (includes instruction and course fees)

Students are responsible for a sack lunch/water bottle, mountain bike, and transportation to the trailhead.

THINGS TO KNOW:

- ❌ Students will write a 2-3 page research paper on an assigned topic (due the first day of class).
- ❌ Students will attend four class sessions where they learn about cycling, maintenance, safety, trail ethics, and more. They will also learn basic bike mechanics.
- ❌ EA will release a mountain biking schedule in May; students are required to sign up to attend at least three rides. Students must also complete 10 rides on their own and fill out the corresponding log (given to them during class). This log must be signed by a parent, include Strava (or equivalent) logs that map the student's ride, and be turned in on or before August 5th.
- ❌ Attendance and participation is required to earn credit. There will be no make-up classes or rides.

WEIGHT TRAINING

Students will earn .5 credits:

.5 = Mountain Biking (PE or elective)

WEIGHT TRAINING Option 1:

June 17th-20th 3:30-5:00

WEIGHT TRAINING Option 2:

July 8th - 9th 9-12:00

COST: \$600 (includes instruction, course fees/ materials).

THINGS TO KNOW:

- ❌ Students will write a 2-3 page research paper on an assigned topic (due the first day of class).
- ❌ Students will create a weight lifting plan during class. Then, they will complete a 12-week training log following that plan. Logs are due on September 20th (course option1) or October 7th (course options 2) to get full credit.
- ❌ A parent/guardian is required to sign the completed training log in order for the student to get full credit.

FITNESS FOR LIVING

Students will earn .5 credits (PE or elective)

FITNESS FOR LIVING:

June 24th-27th 3:30-5:00

**This course is taught out of our Heber office. Other students may still enroll and either attend in person at that office or virtually through Google Meet.*

COST: \$1,000 (includes instruction, course fees/ materials, and activity/recreation fees).

THINGS TO KNOW

- ❌ Students will write a 2-3 page research paper on an assigned topic (due the first day of class).
- ❌ Students will be given an activity log & are required to complete 30 hours of activity within 45 days of the start of class (log to be signed by parent/guardian).
- ❌ Students will participate in any three of the following activities:
 - Mountain Biking (Heber & Park City options)
 - Golfing (Midway & Park City options)
 - Indoor Surfing (August 5th; transportation provided)
 - Hiking (Heber & Park City options)
 - Indoor Rock Climbing (August 6th; transportation provided)

S U M M E R C L A S S E S

MAY

MOUNTAIN BIKING

DATES: May 6th - 9th

SCHEDULE: Monday-Thursday 5:30-7:00

COST: \$950

**see pages above for details*

JUNE

TRIPS:

2-Night Camping Trip (June 7th-9th)

3-Night Teton Adventure Trip (June 11th-14th)

**see pages above for details*

FINANCIAL LITERACY

DATES: June 10th - 13th

SCHEDULE: Monday-Thursday 10-2:00

COST: \$750

11th U.S. HISTORY

DATES: June 10th - 27th

SCHEDULE: Monday-Thursday - 2:15-4:00

COST: \$975

GEOGRAPHY

DATES: June 17th - 27th

SCHEDULE: Monday-Thursday 9-11:30

COST: \$975

EARTH SCIENCE

DATES: June 17th - 27th

SCHEDULE: Monday-Thursday 12:15-2:30

COST: \$975

June continued

WEIGHT TRAINING

DATES: June 17th-20th

SCHEDULE: Monday-Thursday 3:30-5:00

COST: \$600

**see pages above for details*

FITNESS FOR LIVING

DATES: June 24th - 27th

SCHEDULE: Monday-Thursday 3:30-5:00

COST: \$950

**see pages above for details*

SOCIOLOGY

DATES: June 17th - 24th

SCHEDULE: Monday-Thursday 12-2:00

COST: \$600

JULY

TRIPS:

2-Night Backpacking Trip

**see pages above for details*

GOVERNMENT & SOCIOLOGY

GOVERNMENT DATES: July 8th - July 18th

SCHEDULE: Monday-Thursday 9-11:15

COST: \$750

SOCIOLOGY DATES: July 22nd - July 29th

SCHEDULE: Monday-Thursday 9-11:15

COST: \$600

BUNDLE BOTH CLASSES: \$1,050

July continued

WEIGHT TRAINING &

DATES: July 8th-9th

SCHEDULE: Monday-Tuesday 9:00-12:00

COST: \$600

**see pages above for details*

HEALTH

DATES: July 15th - 18th

SCHEDULE: Monday-Thursday 3:30-5:00

COST: \$600

PHYSICS

DATES: July 8th - 25th

SCHEDULE: Monday-Thursday 9:30-11:30

LAB: Mondays 11:45-1:00

COST: \$1,050

WORLD HISTORY

DATES: July 15th - August 1st

SCHEDULE: Monday-Thursday 11:45-1:45

COST: \$975

ASTRONOMY

DATES: July 15th - August 1st

SCHEDULE: Monday-Thursday 9:15-11:15

COST: \$975

AUGUST

3-DAY DAY TRIP

DATES: August 5th - 7th

SCHEDULE: Monday-Wednesday 9-4:00

COST: \$1,300

**see pages above for details*