



## Fall 2024 Course Descriptions

**Planet Earth #1017** – It's easy being green. This course will examine planet earth, the changes on our planet due to climate change and the benefits of recycling. We will discuss environmental issues from sunspots to pollution and formulate habits we can use to help protect our planet.

**Fit Club #1025** – This class will focus on the body and how our muscles work. For the first half of each class, we will discuss a particular body part and muscle group to learn how our bodies move and flex. After examining this muscle group, the students will learn the best exercise to gain strength and wellness. During the semester the students will learn to design their own fitness program based on their own specific needs.

**Food for Life #1063** – This course will focus on snack and meal options that can be easily made with healthy ingredients. Nutritional information will be discussed, and the value of healthy eating will be stressed. Students may prepare quick and easy snacks in class.

**Graffiti Art #1089** – In this class our students will be exposed to diverse art forms and will design artwork based on their individual creativity. Students will explore various forms of graffiti and use different techniques to create their own unique designs on paper.

**Famous Artists Through History #1122** – Students will explore the evolution of art by studying the individual techniques and styles of the most well-known and transformative artists of our time. Through in-depth analysis and engaging discussions, students will explore the stories behind the art and have a chance to virtually tour exhibits across the world.

**History and Culture of the Hudson Valley #1123** – In this course students will learn about the splendor of the Hudson Valley. We will explore the history, religion, culture, art and industry, as well as famous figures from the area and their contributions to the history of the region.

**History of Superheroes #1129** – This course will explore the history and development of superheroes and the individuals who created them. Students will discuss the relationships between superheroes and their alter-ego, as well as the transformations and character development through the years.

**What would you do? #1143** – In this course, students will examine the societal dilemmas we face every day. We will engage in a vigorous discussion regarding the issues we feel passionate about. Various scenarios will be presented, and students will use research and problem-solving techniques to defend their position. Do we stand up, walk away, voice our opinion, or keep quiet? Who knows what you would do.

**Songs of Broadway #1181** – In this class our students will discuss the songs we know and love from Broadway Musicals. We will explore various eras of Broadway and how the cultural, social, and historical timeframe affects the creation of music.

**Greatest Inventions #1184** – This course will explore the inventors and the inventions that have shaped the world we live in. The students will learn why these objects and tools are important and the reasons we can't live without them.

**Discovering Anime #1193** – In this course we will explore the world of Japanese comic books and video cartoon animation that has taken the world by storm since the 1960s. We will learn what influenced Japanese animation styles, discover the history and genres of animation, create our own animations, and explore why anime frequently trends on social media.

**Science 101 #1196** – This class is an introduction to the main branches of science. Through experimentation and observation, students will discuss how science influences everyday life. We will demonstrate and discuss basic scientific principles such as gravity and density and the interactions between matter and energy.

**Hindu Mythology #2041** – In this course students will learn about the history of gods, goddesses, and heroes of India. Through sacred scripture and folklore, we will delve into the stories of these deities and reimagine them in the modern world.



**It's Puzzling #2043** – This course will offer students the chance to dive into a variety of different puzzle types to test their skills and build their problem-solving acumen. Students will be introduced to a new type of puzzle each week, explore solution methods, and develop their own approach to solving the puzzle.

**Museology #2046** – Join us as we learn about the art, architecture, and preservation of the world's most extraordinary museums. In this class we will discuss the importance of preserving history and learn how objects are acquired, curated, and displayed within their majestic walls. From discovery to exhibition will we immerse ourselves in the living history of the museum.

**Asian Art History #2047** – This introductory culture and art class will examine a vast array of Asian Art. Students will have the opportunity to learn about artwork created in Japan, China, Korea and the Himalayas. By exploring this rich culture through stories, poetry, paintings, calligraphy, silks, and Mandala's, students will gain an understanding of how artists used their talents and techniques to represent their own distinctive cultural identities.

**Founding Fathers #2048** – “*We the people in order to form a more perfect union*”, this beginning to the preamble of the US Constitution establishes the intention of the Founding Fathers to articulate the laws of the United States of America. In this class students will learn about the individual men who strove to articulate their vision and helped draft the Declaration of Independence. Through reading and research, students will learn about the “framers” and discuss the intention, motivation, and obstacles these great men faced as they crafted the long-standing principles for our government.

**Duets #2049** – Duets provide the perfect opportunity for musicians to blend their voices in harmony and participate in group performances. In this course students will discuss the individual vocal collaborations for some of the most famous duos in musical history. Students will discuss why solo artists choose to pair up and share the spotlight with artists from different genres and generations creating new sounds and enhancing their repertoire.

**The Story of Mammals #2050** – In this course students will explore the origins of creatures during the age of the dinosaurs, their survival of the asteroid extinction, and their expansion across the globe. Students will learn about iconic mammals such as whales, horses, elephants, bats, apes, and giant sloths by following their evolution through time. We will examine the past and learn how mammals have adapted, changed, thrived or disappeared over the last 60 million years.

**Women in Sports #2051** – Michael Jordan, Roger Federer, Peyton Manning... when you think of great athletes how many names do you think of before a women's name comes to mind? Women in sports have had a significant impact in the athletic world not just for their speed and endurance but often as fearless activists and game changers. Join us as we look past the men and learn about the courageous women athletes who have triumphed, changed history and encapsulate the true meaning of GOAT.

**Heritage Crafts #2052** – In the art world there has been an age-old debate on the difference between art vs. craft. To some “art” is the idea or design of self-expression, where “craft” is the execution of that idea. In this class we will delve in to the historical origins of the objects we use every day such as pottery, weaving, and woodworking. Students will engage in hands-on activities inspired by talented craftsman and learn about the materials and techniques used to elevate functional everyday objects into impressive works of art.

**French Language and Culture #2053** – *Parlez-vous français?* This fun interactive class will help our students continue their journey through the language, music, and culture of France. Students will practice the fundamentals of grammar and speech using a backdrop of French tradition and customs.

**American Heroes #2054** – According to the dictionary a hero “is a person who is admired or idealized for courage, outstanding achievements, or noble qualities.” In this class students will focus on the men and women throughout our history who have sacrificed, changed, and enhanced the great country we live in. We will discuss what traits and deeds make a person a “hero” and in turn the ramifications for those who fall from grace and fail to live up to their heroic status.