

Eighth Hour Courses
2026-2027

Fall Term

Horsemanship *Sra. Ellsworth*

This year, we will partner with a local horse trainer, Wendy Intrier, who will facilitate our weekly horsemanship lessons at her farm in Cedar, MI. Wendy facilitates both an equine rescue organization as well as motivation based equine training. In this course, students will learn (or deepen their prior knowledge) of all aspects of horse handling and care. This course will include both classroom and field experiences to learn and apply the information and methods. The fee for this course is \$350, which includes the weekly lesson as well as the text. We will need at least 3 students for this course to run, and the class will be capped at 5 students.

Campus Crew *Mrs. Coleman*

This work program provides students with an opportunity to contribute to projects around campus while learning skills related to building, painting, fixing, cleaning, and organizing. The projects will vary and students will have some opportunities to pursue high interest projects. A positive attitude, willingness to get dirty, and a desire to be helpful are prerequisites for this class.

Volunteer - Yoga - Hiking *Mrs. Blondia*

This course provides an opportunity to explore different activities to feed the mind, body, and spirit. Volunteering allows us to interact positively with the community, both on campus and off. Yoga provides a practice to mindfully quiet our bodies and minds to improve focus and bring about a feeling of tranquility and peace. Leelanau County and the National Park offer a vast array of beautiful trails for us to explore and allow us to get fresh air and exercise.

Outdoor Fitness *Mr. Blondia*

The Outdoor Fitness class will endeavor to do our workouts ...outside. This will consist of fun running several times per week, followed by calisthenics and body weight exercises. Rain will not keep us from being outside, but lightning and extreme cold will. Other activities (based on student input and equipment) can include biking, kayaking, and hiking (with or without a weighted back pack). Students will need to be cleared by the Nurse to be in this class and will need to have a good pair of shoes designed for running. The only other requirements to get started will be a great attitude (you can smile while doing hard things) and a desire to improve your stamina and strength.

Martial Arts *Dr. Wolterink*

This course gives students an introduction to several martial arts, focusing particularly on Japanese and Okinawan karate and Chinese kung fu. This year depending upon student interest we will touch on some koryu (ancient Japanese arts) such as sumo, kyudo, and kendo. Students will start out learning basic techniques including blocking, striking, kicking, and stances. We'll move from there to practical self defense and "forms" (*kata/taolu*) - training routines common across all Asian martial arts. Depending upon the progress of the students, we will also do some weapons training, board breaking, and sparring. This class uses traditional training methods in which the mind, body, and spirit are all honed together through combat conditioning, meditation, and strength and flexibility training. *This class is limited to 8 participants.*