

# NextUp River City Middle School

## 2023-2024 Winter Session – Student Scheduler



Rank your top three choices in the grey boxes, 1 being most desired, 3 being least desired; You must attend classes that meet more than once a week.

List your top three career goals \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Check-in, Announcements, and Super-Snack (4:00 – 4:30)			
<b>Block 1 4:30 – 5:30</b>	River City on the Run	Edible Schoolyard	River City on the Run	Edible Schoolyard
	The Nail Room	Game On, Girl!	Extreme Engineering	Game On, Girl!
	Adventure Sports Broadcasting/Soccer	Drone Piloting	Flag Football: Leadership Development (B) (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Recess Remix
	After School Musical! (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Recess Remix	Precision Step Team (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Jewelry and Accessory Making
	Art 180 Studio (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	First Responders Exploration (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)
	Flag Football: Leadership Development (A) (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Boys & Girls Club Baseball (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	Adventure Sports Broadcasting/Soccer	Boys & Girls Club Baseball (1 <sup>st</sup> and 2 <sup>nd</sup> Block)

	STEAMulate Sport and Game Design		Broken Men Foundation				Master Chef	
Transition (5:30)								
_____ 5:30 Dismissal (Put a check mark if you will be leaving at this time, do not select Block 2 classes)								
Rank your top three choices in the grey boxes, 1 being most desired, 3 being least desired; You must attend classes that meet more than once a week.								
<b>Block 2 5:30 – 6:30</b>	Art 180 Studio (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Flag Football: Leadership Development (B) (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Outdoor Adventure Club (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	
	Flag Football: Leadership Development (A) (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Boys & Girls Club Baseball (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		First Responders Exploration (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Eureka Workshop	
	Cut Above		KICDRUM		Balance Your Crown		Culinary Arts	
	Gaming Esports		Cory Alexander Basketball		Precision Step Team (1 <sup>st</sup> and 2 <sup>nd</sup> Block)		Cory Alexander Basketball	
	Walk with Confidence		Cricut Corner		Airbrush		Boys & Girls Club Baseball (1 <sup>st</sup> and 2 <sup>nd</sup> Block)	
	After School Musical!		Youth Braid and Business Academy				Empowered to Jump	

	<b>(1<sup>st</sup> and 2<sup>nd</sup> Block)</b>					
<b>_____ 6:30 Dismissal (Put a check mark if you will be leaving at this time)</b>						

<b>Program</b>	<b>Career Cluster</b>	<b>Description</b>
<b>Adventure Sports Broadcasting/Lacrosse</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Prime Evolution Group believes in restoring the entrepreneur business mind set among today's youth in the Richmond area. Our company prides itself on empowering youth to learn and participate in a trade or skill that will enable them to pursue future employment.
<b>After School Musical!</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Join the fun! Singing, dancing, acting, painting, designing, crafting – it's all musical theater!
<b>Art 180 Studio</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Join professional artists as we explore creativity and joy through the practice of making, drawing, sculpting, painting, digital art, performance and much more. This will be your studio time to create art that best represents you and your community.
<b>Balance Your Crown</b>	<b>Human Services</b>	Balance Your Crown teaches teen girls that we can't be our best selves without self-awareness and self-care. Our program equips teens with the tools they need to identify who they are, set concrete goals, build self-confidence, and make better decisions.
<b>Boys &amp; Girls Club Baseball</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Learn leadership skills while playing baseball
<b>Broken Men Foundation Youth Academy</b>	<b>Education and Training</b>	We will provide tutoring to enhance academic performance, trauma, gun prevention, life skill building, mentoring, college tours and more. Give them emotional support our young men desperately need to overcome some of their past obstacles, empower them to be more productive citizens and leaders with a family support system.

<b>Cory Alexander Basketball School</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Cory Alexander Basketball School's program is designed to provide a safe, effective, challenging, and fun environment to help students improve skill level, build confidence and self-esteem, develop focus and a love for sports. Our program will target middle school students, who often struggle to find meaningful and structured activities outside of the classroom.
<b>Cut Above</b>	<b>Human Services</b>	Cut Above is a unique program that combines barbering instruction with valuable mentoring for young boys
<b>Cricut Corner</b>	<b>Marketing, Sales and Service</b>	To enhance and develop creativity with designing custom items for entrepreneurial lessons
<b>Drone Piloting</b>	<b>Transportation, Distribution and Logistics</b>	Teaching Drone Piloting, videography and photography.
<b>Edible Schoolyard</b>	<b>Agriculture</b>	Join us as we transform the school's outdoor space into a tasty garden where you will learn to dig it, grow it, and eat it! Learn all the steps to creating and maintaining a bountiful garden, then learn how to turn plants into tasty dishes. Lots of tasting and eating in this program!
<b>Empowered to Jump</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Have fun, learn cool tricks and show us your moves in our double-dutch ropes. No experience needed; we'll teach you how to jump.
<b>Eureka Workshop</b>	<b>Science, Technology, Engineering and Mathematics</b>	CodeVA's Eureka Workshop program builds student engagement in computer science and STEM with hands-on activities that go beyond coding. By integrating CS with the arts, we remove barriers to STEM and CS involvement and encourage children to use and understand technology as both a useful and creative practice.
<b>Extreme Engineering</b>	<b>Science, Technology, Engineering and Mathematics</b>	The Virginia University Preparatory offers comprehensive online career pathways that integrate business, engineering, and sports into practical projects. Students oversee athletic competitions, promote athletic events, create podcasts and broadcasts for those events, assess athletic programs, and help athletes create academic progression plans.
<b>Flag Football: Leadership Development</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Moving up the developmental ladder, we have our 7 v 7 format with rule modifications and increased play complexity making it a program for all ages. Played within a 30 x 70 yd field with enhanced safety features like no-run zones, players will experience incremental skill development both focused on the individual and team dynamics, a deeper understanding of positions and roles, and teamwork

<b>Game On, Girl!</b>	<b>Arts, Audio/Visual Technology and Communications</b>	How does it feel to have the CONFIDENCE to lead an ACTIVE and HEALTHY lifestyle? Come find out at Game On, Girl where you will work with empowered women to play a variety of fun games and sports in a girl-centered space where students of all abilities are welcome!
<b>Gaming Esports</b>	<b>Arts, Audio/Visual Technology and Communications</b>	This introductory course provides students a digital framework
<b>Jewelry and Accessory Making</b>	<b>Architecture and Construction</b>	You can explore your creativity by making jewelry and accessories from conventional and unconventional materials. You will explore different techniques for making items like pouches, earrings, wallets, and more!
<b>KICDRUM</b>	<b>Arts, Audio/Visual Technology and Communications</b>	KICDRUM is a fun and interactive musical experience. You will learn to create rhythms and music using individual drums, computers, and games.
<b>MasterChef</b>	<b>Agriculture</b>	Like to cook, bake or want to learn how to make some awesome dishes? Learn how to make meals, desserts & all about kitchen safety!
<b>Outdoor Adventure Club</b>	<b>Science, Technology, Engineering and Mathematics</b>	Join the Blue-Sky Fund Outdoor Adventure Club for exciting activities including canoeing, rock climbing, hiking, and more! Every meeting, we'll venture out into parks and explore the natural environment in and around Richmond, while practicing our outdoor skills, ending the session with an overnight weekend camping trip!
<b>Precision Step Team</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Precision Step Teams introduces students to body percussion, synchronization, focus, leadership skills, acting and performance through the art form of step
<b>REAL Girlz</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Learn something new, have fun & step into your greatness as a R.E.A.L Girlz. We take Girl Power to the next level.
<b>Recess Remix</b>	<b>Arts, Audio/Visual Technology and Communications</b>	Recess is back! It's the time for students to take their pick from a menu of awesome physical activities, like kickball, basketball, and more. This class is all about igniting some serious movement, refueling those energy tanks, and having an absolute blast in the great outdoors after a day of serious brainwork. But it's not just play; it's also a chance for students to level up their teamwork skills and master the art of conflict resolution.

<b>River City on the Run</b>	<b>Arts, Audio/Visual Technology and Communications</b>	See how far your body can take you by joining the run club! As you build your endurance and push yourself past your limits, you will be training to participate in a local race. All abilities and experience levels are welcome!
<b>STEAM Team</b>	<b>Science, Technology, Engineering and Mathematics</b>	Students will participate in fun and engaging hands-on activities and experiments to discover the awesome world of science, technology, engineering, art, and mathematics!
<b>STEAMulate Sport and Game Design</b>	<b>Science, Technology, Engineering and Mathematics</b>	This innovative STEAM-based program joins together STEAM, and design thinking to provide student-driven opportunities to engage in STEAM-related content in authentic and interactive ways. The curriculum is designed to walk youth through five weeks of discussing core STEAM-related competencies and five weeks of game design based on design thinking principles.
<b>The Nail Room</b>	<b>Human Services</b>	A nail tech will help you develop the skills to design and make nails.
<b>Walk with Confidence</b>	<b>Arts, Audio/Visual Technology and Communications</b>	This class is a self-esteem, self-awareness, and moral booster; you will learn to walk and pose like a runway model.
<b>First Responders Exploration</b>	<b>Law, Public Safety, Corrections and Security</b>	Have you ever wanted to learn and experience the activities and events that you see on television shows like CSI, and Law and Order? Well come on in and be ready to become the next Crime Scene Investigator!
<b>Youth Braid and Business Academy</b>	<b>Human Services</b>	Youth Braid and Business Academy is an enrichment program that provides hair braiding and entrepreneurship training to youth ages 11-17.