

DVD MONDAY/WEDNESDAY SEMINAR OPTIONS

Zen Teens Fitness	Zen TEENS program teaches functional and athletic movements encompassing all ten general physical skills (cardiovascular endurance, strength, stamina, flexibility, power, speed, balance, coordination, agility, accuracy). Students will learn the foundations of programs such as: The Brand X Method, CrossFit & StrongFit.
Design Experiments: Architecture & Picasso	This seminar will approach design and architecture with an experimental and fun approach. Each week we will create a 'design experiment' using different materials and techniques. These 'design experiments' will investigate the unique relationships between the artist Pablo Picasso and contemporary architecture. Picasso's use of abstraction, cubism, and form has made a major impact on how we understand and design architecture. This class should be a fun and interesting look at the relationship between art and architecture.
Cake Decorating	In this seminar students will learn the art of frosting and fondant. Students will learn the difference between American Butter cream, Swiss Meringue, Italian Meringue, Royal Icing, Fondant and Gumpaste and their purpose on a cake. A wide range of piping skills will be taught, from simple borders to decorative writing to complex rose and flower formations. Students will get the opportunity to make a variety of themed cakes including holiday, celebration, children, and wedding cakes.
DIRECTV Coding and App Development	Learn computer programming and coding with DirecTV engineers – at the DirecTV offices. This seminar will meet Tuesdays at DirecTV, and Thursdays here on the DVC/DVD campus. Students will learn the fundamentals of programming and create programs and apps – come start your path to becoming the next tech innovator!
Work Experience	For 11th-12th graders, or 10th graders with administrator's approval: Da Vinci Design students have the opportunity to participate in the Work Experience Program, whereby they spend a semester working after school at a local business two days a week (unpaid). This assignment teaches students the discipline and professionalism needed to seek and succeed in a first-time job, and gives students real world learning to include on their college applications and resumes. Businesses include large corporations, retail stores, hotels, small businesses, medical facilities, schools, and non-profit organizations.
SAT Prep: Verbal	This seminar will focus on preparing students for the English/verbal section of the SAT/ACT. We will discuss test-taking strategies, complete practice tests, and build vocabulary. Open to 11 th and 12 th graders.
Sustainable Design & Green Living	What is green living? At the outset of this seminar students will be asked to define what they think, living sustainably is. This definition will be tested through a semester of research based on the collaboration of the built environment, current environmental policies and organizations that are being used to help define exactly what "sustainable" means. The ultimate test of the student's definition will be conducted through a project where they design something new or retrofit a current space or idea to support or possibly defy their original definition. To conclude the seminar the students will resubmit a definition with support from their semesters work.
Film & Documentary	Explore social, cultural, historical, political, and economic issues of the world through thought provoking film and documentary. Each week we will explore and critique various topics of the world.
Dance Team	This seminar offers a healthy, fun, energetic way to express yourself and let off some steam! It will boost your confidence, and you'll be part of a team of skilled performers. Be prepared to perform at CD and other community events! Bring water and clothes you can move in.
Senior Seminar	In the Senior Seminar, 12 th grade students will be able to use the seminar time for additional college applications work time, one on one meetings with counselors, and support for personal statements and college prompts. This is a seminar dedicated to students who need additional support that otherwise would be difficult to achieve outside of school campus. This seminar will be selective and only for serious 12 th grade students who need assistance.

WoodShop Design	This course provides entry level of woodworking. Instruction includes safety on all equipment, machine operations, and maintenance of equipment. Proper use of hand & power tools. We will be designing a skateboard deck and using a wood burning tool and stains to add designs to the board.
Life Drawing	Life Drawing is a studio based course for serious artists looking to build their portfolio for college submission. Life Drawing introduces students to drawing the human figure. Coursework will include direct observation and subsequent drawings from the model with emphasis on achieving correct form and proportions. Other figurative subjects (students, mannequins, skeletons, etc.) will also be used as references for drawings. Types of drawings to be done in class will include gestures, short studies and prolonged drawings. Slide lectures featuring figurative artworks that relate to coursework will be given throughout the semester. Critical assessment of drawings will be offered through individual instruction and class critiques. Students will be expected to draw during class time.
The Flow: Spoken Word	If you've seen <i>Brave New Voices</i> or <i>Def Poetry Jam</i> then you've seen the power of spoken word, an art form older than hip hop with roots deeper than words. The Flow goes beyond jams, slams and battles into a deeper way of listening to yourself, learning to speak and express your story in your voice, and finding the courage to share with heart. The Flow focuses on the spoken word experience. This is an active, hands-on workshop where you will get immediate feedback on your work in a safe, respect filled environment. Some techniques to help the Flow include: The Rite of 'Riting 'Rong, Beyond freestyling: a multi-dimensional Flow, Breath and Beats: live drumming and breath work for focus, Overcoming FOPS: fear of public speaking, Mic Technique, and Coffeehouse Style Presentations. <i>Adwin David Brown (course teacher) is a Billboard Top Ten spoken word recording artist, author and speaker. He created flowskool to help reimagine education and learning as creative adventures of discovery where all are free to find their Flow.</i>
Soccer	This course is designed to introduce the basic fundamentals of soccer - passing, dribbling, shooting, and communication. Students also learn the rules, strategies, and proper etiquette as well as an appreciation for a lifetime activity. The scientific foundations of strength training will also be included in this course. The ability to perform the fundamentals will be demonstrated in game situations.
Volleyball	This course is designed to introduce the basic fundamentals of volleyball - passing, setting, hitting, and blocking. Students also learn the rules, strategies, and proper etiquette as well as an appreciation for a lifetime activity. The scientific foundations of strength training will also be included in this course. The ability to perform the fundamentals will be demonstrated in game situations.
Blanket and Quilt Making	Come learn how to make beautiful blankets and quilts! Whether you have been sewing for years or have never used a sewing machine this seminar is for you!!! You will get to choose your own pattern, fabric and make a blanket or quilt you can snuggle with all winter. We will be learning how to piece quilt tops, bind blankets, and have fun while sewing.
Rock Band	In "Rock Band," students ranging from absolute beginners to budding rock stars, will be provided group instruction on the various instruments comprising the modern rock band-guitar, bass, drums, vocals, and keyboards. Students will garner and understanding of basic music theory and technique, as well as participate in regular classroom and public performance showcases.
Couch to 5K Running	Have you ever wanted to run, but haven't been really sure how to start? This is the seminar for you! This beginning running class will help transform you from a "couch potato" to a runner, getting you running three miles (or a 5K) in just two months.
Ultimate Frisbee	An active way to stay healthy and have fun while getting an awesome workout, Ultimate Frisbee is non-contact team sport great for anyone who is willing to give their best mental and physical effort. Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of ultimate is played by two teams with a flying disc (Frisbee) on a field with end zones, similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Recently recognized by the International Olympic Committee, Ultimate Frisbee is eligible to compete for inclusion in future Olympic Games and is one of the fastest growing team sports in the USA. One of the most unusual elements of Ultimate is the concept of Spirit of the Game (SOTG). SOTG makes Ultimate unique because it allows for self-officiating rather than the use of referees, as in most other sports. This promotes a mutual respect among players and allows for development of conflict resolution skills.
The Art of Motivation	Jump right in with the best attitude as we discuss topics, clips, and films created to inspire and motivate. You'll have the opportunity to share your story as well as listen to others