



Riverview Middle School CTF Options 2026-2027



General Information

- Junior High students will be assigned two option courses per term (4 terms) according to individual choices and class size
- Effort will be made to place students in their top choices but this is not guaranteed.
- An effort will be made to expose students to a variety of courses for each term, rather than repeating selections. As such, courses have been divided into two categories (Arts and Non-Arts).

Arts Options

Course Name	Cost	Description	Prerequisite?
Art (General)	\$5.00	Are you curious about creating art and expressing yourself visually? In this option, you will draw, paint, sculpt, and work with a variety of materials while learning new techniques and developing your own artistic style. You will plan, create, and improve your artwork while building creativity, confidence, and problem-solving skills.	
Band: Beginner	\$25.00	Feeling the groove? Do you want to learn how to play a brass, woodwind or percussion instrument? If so, then the Beginner Band is for you! No musical experience necessary and everyone is welcome! This two term course is primarily designed for students who are new to a particular band instrument. In Beginner Band you will have the opportunity to learn instruments like the flute, clarinet, saxophone, trumpet, horn, trombone, snare drum, bass drum and xylophone (we have rentals available if you don't have an instrument). Plus, students in this course will have the opportunity of performing in at least two concerts during the year.	
Band: Intermediate	\$25.00	Do you have a bit of musical knowledge? Ready for a challenge? Intermediate band is a two term course designed for students looking to take their skills to the next level. The instruments offered in this course will be flute, clarinet, saxophone, trumpet, trombone, snare drum, bass drum, drum kit and xylophone. In addition to more advanced material, there will also be chances for solo and small group performances. Students will perform in at least two school concerts during the year, travel to Camp Nakamun for an amazing overnight band camp and be featured in community performances.	Beginner Band
Cartooning	\$5.00	Ready to create your own animated worlds? In this class, you'll learn the core techniques of cartooning using traditional drawing tools. You'll explore shape theory, exaggeration, and how to script and sketch your own original heroes and sidekicks. Grab a pencil, bring your imagination, and get ready to get sketchy!	
Cosmetology A	\$10.00	Students are given the opportunity to learn the basics of doing manicures and nail art. Along with hair styling techniques such as braiding and curls. In addition, students dive into the basics of face color theory and make up applications.	
Cosplay Prop Shop: Cardboard Construction	\$20.00	The Cardboard Architect! Discover how professional prop makers use the simplest materials to build the most epic gear. In this Level A course, you'll master foundational skills like blueprinting, structural layering, and "cardboard-smithing." You'll learn how to turn recycled materials into sturdy, detailed props	
Dance	\$0.00	Ready to step to the beat and express yourself through movement? In this class, we'll break down core dance techniques into easy, approachable exercises and routines. You'll explore musicality, body awareness, and how to feel the music as you learn to move with confidence. Absolute beginners are completely welcome—just bring your enthusiasm and get ready to move!	
Design a "Mario Style" Video Game	\$10.00 (depending on license cost)	Level Up! Step into the shoes of a game designer and build your own 8-bit universe using Bloxels. From designing custom characters to building challenging levels and epic storylines, you'll bring your "Mario-style" side-scroller or top-down adventure to life!	
Digital Scrapbooking	\$5.00	Love capturing memories but hate the sticky glue, expensive paper, and glitter explosions? Welcome to the future of memory-keeping! In this creative option class, we are taking traditional scrapbooking into the 21st century using Canva, the ultimate online design tool. You'll transform your favorite photos into a professional-looking, personalized digital scrapbook. Whether you want to document your junior high highlights, your pets, family vacations, or your favorite hobbies, this class will help you tell your story in style.	
Foods	\$45.00	Welcome to Grades 7–9 Foods! In this hands-on class, students learn essential kitchen skills, proper hygiene, and safe food handling while working together to cook delicious recipes. Build teamwork, boost your culinary confidence, and master the basics of cooking in a fun, collaborative environment.	
French	\$5.00	Bonjour! This introductory level French class will help you with the basics. We will also explore French history and culture as it relates to Canada and the world.	
Greek Mythology	No Cost	Step into a world of gods, monsters, heroes, and epic adventures! In Greek Mythology, you'll explore the fascinating stories of ancient Greece and discover how they continue to influence books, movies, language, and popular culture today. Through creative projects, storytelling, art, and discussion, you'll uncover the secrets of legendary figures like Zeus, Athena, Medusa, and Odysseus. If you enjoy adventure, imagination, and great stories, this is the class for you!	
Knots & Needles (knitting)	\$20.00	Want to learn how to turn a ball of yarn into something useful? In Knots & Needles, you'll learn how to read knit patterns, describe the characteristics of knitwear fabrics, and learn the the basics of knitting while creating fun, useful projects and building a skill you can use for life!	
Painting A	\$5.00	Want to add a splash of color to your life? You will be playing with acrylics, watercolors, and more as you get the hang of color theory and different brush styles. By the end of the class, you'll know exactly how to brainstorm and paint your very own original pieces. Zero artistic background is required; just show up with your imagination ready to go!	
Photography A	\$5.00	This course introduces the fundamentals of digital photography by teaching students how to move past "Auto" mode and use a DSLR camera in manual mode. Participants learn the core secrets of lighting, experiment with creative photography techniques, and practice how to frame shots perfectly.	
Psychology	No Cost	Introductory course to psychology. Including the history, personality, Intelligence, social psychology and disorders.	
Stop Motion Animation	\$5.00	In this class you'll explore bringing objects to life frame by frame! You'll create your own characters and sets, design captivating stories, and use photos and software to animate your scenes. Get ready to dive into the art of stop motion and see your ideas come to life in this hands-on class!	



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Non-Arts Options

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Course Name	Cost	Description	Prerequisite?
3D Printing and Design - Level A	\$15.00	Explore the power of 3-dimensional modeling using simple shapes to create virtual objects limited only by your imagination. Bring your originality and creativity to life with 3D printers! This is open to anyone who has not taken a Jr High 3D print Option.	
Basketball	No Cost	How can I develop my fundamental basketball skills and train to become a better all round player? Whether you are new to the sport or want to hone your skills, this option is for anyone who wants to improve at basketball. Emphasis will be placed on perfecting fundamental skills and pushing beyond your comfort zone. Be prepared to sweat it out on the court!	
Bikeology 101	\$20.00	In Bikeology 101, students will be exploring cycling as an interesting and exciting life-long physical activity. Weather permitting, the course will focus on safety, individual, and group riding skills. Also, students will learn about bicycle advocacy and community cycling infrastructure. We will also focus on basic bicycle maintenance, repair, and exploring various disciplines within the sport of cycling, both competitive and non-competitive. Participants must have a functioning bicycle (preferably a mountain bike) and bicycle helmet.	Participants must have a functioning bicycle (preferably a mountain bike) and bicycle helmet.
Community and School Leadership	No Cost	Students will learn what it means to be a leader by working on real projects that help their school and community. They will build skills in teamwork, communication, planning, and problem-solving through hands-on activities. Students will have the chance to plan and lead activities and events that make a positive difference for others.	
Construction - Level A	\$20.00	This option provides the student the opportunity to study and explore a few major material areas and to witness processes found in the construction and fabrication industries in Canada. Along with important career information this hands on option will help students develop a degree of skill mastery in the three areas of plastics, sheet metal and earths (ceramics). Strong emphasis will be placed on safety and working cooperatively in a CTF multiple activity lab setting. Students will also participate in a design component learning basic drafting principles. Students will have an opportunity to identify and incorporate cross-curricular connections in a more practical setting.	
CSI (Crime Scene Investigation) A	\$10.00	Master the art of the investigation! Go behind the yellow tape to learn the technical skills real forensic experts use. From lifting latent fingerprints and analyzing handwriting to mastering forensic photography, you'll build a high-tech toolkit used to document the truth and build a rock-solid case.	
Environmental & Outdoor Education	\$10.00	This outdoor activity-based course provides students with opportunities for in-depth, practical studies and experiences. This approach should appeal to all students, particularly those who learn best from physical involvement. Through a variety of outdoor experiences, students will be required to assume many responsibilities for their learning by building personal outdoor skills and through assuming responsibility for individual and group welfare. Examples of activities in the course include: orienteering/GPS route finding, mountain biking, Nordic skiing, basic sport-climbing, shelter building, fly tying & casting, outdoor cooking, etc.	
Exercise Science / Fitness	No Cost	Taking a deeper dive into athletics and how to reach your potential with nutrition, working out and overall wellness.	
Exploring the World: A Journey Through Travel	No cost	Are you looking to discover new ecosystems, cultures, climates, and experiences around our amazing Earth? Through a combination of independent activities, project-based learning, group collaboration and digital media, students will discover the basics of travel and gain an appreciation for the global community. Topics could include ecology, geography, logistics, navigating public transportation, budgeting, exchanging currency, language tips and more. Get ready to travel the world!	
Film & Media Studies	No Cost	In this course, we will examine some familiar films and some that you may not have seen before. The goal of this enterprise is to learn how to view films critically, meaning how to interpret what is shown. Films can be more than just entertainment, they can inform and change the way we see the world. They help us to understand the world using images, words, and interactions that we view collectively. Topics will include: film history, film technique, plot diagrams, genre, sound and special effects, and careers in film.	
Financial Management	No Cost	This course introduces students to the essentials of personal finance. From creating their first budget and tracking expenses to understanding smart consumer choices, students will gain the confidence and practical skills needed to manage money.	
Games, Games, and more Games!	\$5.00	Step away from the screens and dive into the ultimate unplugged experience! The Games option class is designed for students who want to explore the diverse, fast-paced world of tabletop gaming. Whether you're a seasoned strategist or just looking for a fun way to challenge your mind, this course offers a dynamic environment to play, learn, and connect. No prior gaming experience is required. Just bring your curiosity and your competitive spirit!	
Indigenous Studies	No Cost	Want to better understand the people, histories, and cultures that have shaped Alberta and Canada? Indigenous Studies offers an exploration of First Nations, Métis, and Inuit perspectives through stories, traditions, land-based learning, and real-world connections. You'll learn about treaties, reconciliation, and Indigenous contributions past and present while developing a deeper appreciation for diverse ways of knowing. This course builds cultural understanding, critical thinking, and respect for others—skills that will benefit you in school and beyond. Join us to discover new perspectives and strengthen your understanding of the world around you.	
Life Skills	No Cost	This Life Skills CTF course helps students develop practical skills for everyday independence, including budgeting, meal planning, communication, organization, and personal responsibility. Through hands-on, real-world projects, students learn to plan, create, appraise, and communicate while building confidence in managing personal and future living situations.	
Pickleball	No Cost	Come learn the basics of pickleball, and enjoy experiencing North America's fastest growing game in a cooperative, recreational setting!	
Sports Leadership / Coaching	No Cost	Students explore leadership through sport by developing teamwork, communication, and decision-making skills while planning activities, leading peers, and applying coaching and officiating strategies, including learning through National Coaching Association courses.	
Sports Med/Kinematics	No Cost	Students will learn how the body works in the process of movement in sports and play. The focus will be on anatomy and how the use of force exertion leads to movement such as throwing, walking, running and efficiency. Student will learn how to use force principles in different motions to allow growth and understanding in multiple sports and activities.	
Sports mix	No Cost	Students will explore game and sport foundations through the background and history exploration of each sport through the process of play and coaching techniques.	
STEM	\$5.00	Students will explore the intersection of science, technology, engineering, and mathematics through collaborative challenges, problem solving, and experimentation. Students will use the scientific method to design and conduct experiments and learn how to properly report their findings through scientific write-ups.	
Volleyball	No Cost	When played at a competitive level volleyball is a dynamic and exciting sport; however, it can also be played at a recreational level as well. To participate at either level players need an understanding of the rules and some basic skills. In this course, students will receive training to enhance their individual skills as well as team play. This will be of benefit to beginners as well as experienced players. Sometimes will be devoted to the physical conditioning required to play the sport. Other elements of the course will include team systems of play, aspects of coaching, sportsmanship and leadership.	