



Lutheran High School Northwest
Interim Program Description
April 2-5, 2024



**LUTHERAN
NORTHWEST**

A-SWIM-NOMY

Description: Want to train yourself to endure the weightless, airless void of outer space? There's no better place to start than in the pool! The term "A-swim-nomy" is a combination of the words "swimming" and "astronomy." In the swimming part of A-swim-nomy you will learn the fundamentals of the sport of swimming, including the four strokes, diving off a starting block, not drowning, as well as some fun pool games! In the astronomy part of A-swim-nomy you will learn all kinds of things about our solar system, stars, galaxies, the universe, and will even have the opportunity to witness the most sublime celestial event known to man: a total solar eclipse.

Cost: ~\$25 + lunches and transportation.

Leader: Mr. Halboth

Daily Experiences

Day 1:

Students will learn about Earth's place in the solar system, why the seasons happen, eclipses, and what else is in our solar system. At the pool we will learn about the strokes freestyle and backstroke, learn how to do a set from a timeclock, and will be introduced to the game "Ultimate Torpedo."

Day 2:

We will leave the solar system and talk about stars, constellations, and calculate interstellar distances and the speed limit of the universe. The students will be introduced to the strokes butterfly and backstroke, learn how to dive off a block, and play "Sharks and Minnows."

Day 3:

At this point the class will go intergalactic, seeing what other galaxies look like compared to our own, and exploring the wonders of the universe, all while constructing a timeline thereof. At the pool we will learn different drills and exercises to hone the technique of the four strokes, then play team building games.

Day 4:

Students will learn about astrophotography and what it means to be an amateur astronomer. They will get the chance to look through my telescope and focus it on far away objects. We will then head to the pool to conduct a mock swim meet where students will compete in a series of individual swimming events as well as relay races and earn awards for their placement.

Monday April 8th (optional):

Drive down to Ohio to catch a glimpse at the view of a lifetime, a total solar eclipse. We will leave campus at 9:00 to drive into the path of totality, somewhere where the sky is visible. We will stop for lunch at some point on the way down. The eclipse is set to reach totality at roughly 3pm, after which we will drive back up to school.