

Enrichment Courses



MAKE!

Bring your laptop and your curiosity and the limitless possibilities of hands-on design in our dynamic Make! course, in the Gilder Center's cutting-edge makerspace.

You'll explore design-thinking and fabrication, combining analog and digital techniques in a safe, collaborative, and fun environment that celebrates risk-taking and emphasizes support.

Our "high-tech to no-tech" approach incorporates a wide range of materials and tools, allowing us to meet students where they are as they grow in competency and confidence. You'll dive into hands-on projects ranging from drawing and 3-D modeling to laser-cutting and wood engraving. Projects include drawing, woodworking, small-motor robotics, digital design work using a Glowforge laser cutter, and 3-D modeling and printing.

No prior experience required.

Additional fee:

Two weeks: \$275

Three weeks: \$525

Five weeks: \$775

Available as an afternoon class in period 2. Grades 7-8

Available as an afternoon class in period 1. Grades 9-12



Leadership, Education, Adventure, and Discovery (LEAD) Program

In NMH's LEAD program, you'll navigate the great outdoors, conquering new heights as you rock climb, canoe or raft New England rivers, or mountain bike through forests and woodland trails.

A partnership with outdoor experts Earthwork Programs and Wild Med Adventures, LEAD will plunge you into nature, teaching you hands-on wilderness survival skills and first aid. From crafting shelters and foraging for edible plants to mastering the art of fire-making, stone tool crafting, and wood carving, you'll emerge not just as an adventurer, but as a confident, resilient leader with the confidence and tools to survive.

Prerequisites: Because of the nature of the activities, students must be ready for physical exertion, able to understand and willing to follow safety instructions. Students must be able to swim at least 50 meters unaided.

Required equipment: a backpack, a hat, closed-toed shoes/hiking shoes, bug spray, sunscreen, a water bottle, and a waterproof jacket. Water shoes are encouraged but not required.

For health and safety reasons, international students must have an intermediate level of English or TOEFL B1 level or above (writing: 15; reading: 15; speaking: 16-20; listening: 17-21).

Additional fee:

Two weeks: \$450
Three weeks: \$650
Five weeks: \$995



SAT Prep: Boost Confidence and Scores

Taught by the SUMMIT Educational Group, this course employs a three-pronged approach to standardized testing success, a proven combination of academic skill-building, test-taking strategy, and ongoing practice testing. Working with smart, caring tutors who know how to make learning fun, students gain the knowledge and confidence to reach their true potential on test day.

For over 30 years, SUMMIT has provided personalized guidance, expert tutors, and effective teaching methods in one-on-one tutoring programs designed to reduce students' anxiety and build their confidence. In addition, SUMMIT's vast network of resources — including proven proprietary course materials — is accessible to you along the way.

Schedule options:

Five-week SAT math and verbal: 1-2:15 pm or 2:45-4 pm, four days per week
Five-week SAT math only: 1-2:15 pm or 2:45-4 pm, Monday and Thursday
Five-week SAT verbal only: 1-2:15 pm or 2:45-4 pm, Tuesday and Friday
Three-week SAT math and verbal: 1-2:15 pm or 2:45-4 pm, four days per week
Two-week intensive SAT prep: 8:30-11:30 am Monday through Friday

Additional fees:

Five-week test prep, four days: \$950
Five-week test prep (math or verbal), two days: \$475-
Three-week test prep, four days: \$575



Lifeguard Certification

Lifeguard Certification

Train to become a certified American Red Cross lifeguard. Through practical lectures, hands-on training, and practice, you'll learn the basics of water safety and protocols for responding safely, efficiently, and professionally to emergencies. You'll hone your surveillance techniques and learn how to use rescue equipment and how to manage a suspected spinal injury.

Participants must attend all classes and pass a written and skills test to receive certification.

Upon successful completion of this course, you'll receive an American Red Cross Lifeguard/CPR/AED/First Aid certificate that is valid for two years.

Prerequisites: Must be 15 years old by the completion of course.

Must be able to proficiently:

- Swim 300 yards (12 lengths of pool; no time limit) continuously, demonstrating breath control and rhythmic breathing using front crawl or breaststroke. Goggles are allowed.
- Tread water for two minutes using only your legs.
- Complete within 1 minute, 40 seconds: From shallow end of pool, swim 20 yards, surface dive to retrieve a 10-pound object from the deep end of pool, return to starting point holding object with both hands while keeping face out of water, and exit water without using ladder or steps. Goggles are not allowed. You need to open your eyes underwater. (Contact lens wearers, please be aware of this)

Optional two-week Lifeguarding Certification offered July 22- August 2.

Additional fee: \$300