

HIGH FIVE 2025 • JUNE 23-27

HIGH FIVE ELECTIVES

AMAZING RACE – If you love a great adrenaline rush, this is the elective for you! This exciting adventure race features teams of two racing in competition with other teams. Teams complete a variety of fun mental and physical tasks at multiple stops along the course. “Teamwork” is the key skill as each challenge requires the involvement of both racers. This elective involves running, so be prepared to sweat! You might even get a little dirty and wet too!

BATTLE ZONE – Everyone loves Nerf guns! And Laser Tag! This elective combines two battle favorites in order to compete with the best of the best. You will battle your way to victory during team vs. team combat while you demonstrate speed, accuracy, and other hardcore parkour tactics. Want to hone your skills? We’ve got you covered — you’ll definitely level up during tactical course training. Our battlefield is fast-paced and competitive, and we work to promote honesty, good sportsmanship, and teamwork in a safe environment. Nerf guns, Laser Tag guns, and shields are provided.

BLACK BELT – Can you say TAEKWONDO? This elective offers beginning instruction in the Korean form of martial arts characterized by punching and kicking techniques. Not only will you learn some methods of self defense, but you will also focus on courtesy, integrity, perseverance, and self-control. Taekwondo professional, Tony Linnabery, from All Family Taekwondo, is bringing his team of martial arts masters to hone your skills in balance, strength, and endurance. You might even get to break a board! *(This elective will be off-site at Bettendorf High School. Transportation will be provided.)*

BLOCK BUSTER – Do you love LEGO? I mean, REALLY love them? Then this elective is for you! You’ll get your brick on while you build your very own LEGOLAND of Awesomeness. See you there, Lego Masters!

BOYS CLUB HOUSE: DUDE PERFECT EDITION – Calling all dudes who love a challenge! This year, we’re taking inspiration from the epic fun of Dude Perfect. If you’re into trick shots, friendly competition, wild stunts, and creating your own over-the-top challenges, this is the place for you! Get ready for an action-packed week of teamwork, laughs, and unforgettable moments! *(This elective will be off-site at Bettendorf High School. Transportation will be provided.)*

DANCE FOR HIM – Do YOU love to dance? Because at High Five, we LOVE to dance! Work together to practice new techniques as you bring glory to the Lord through dance. A showcase will be held on Friday so you can show off your new moves! Dance to the rhythm and move your feet because we are dancing for HIM!

DAUGHTERS OF THE KING – Ladies, listen up! Treat yourself to this royal elective. Learn the true secrets to inner and outer beauty. Be a “girly girl” as you discover the importance of belonging to the King of all kings. Discover the fine points of serving others with a heart centered on Jesus! And yes... there will be face painting, nail polish, flowers, sparkles, dress-up, and of course, lots of glitter!!

ELEVATE! – Catch some major air in this fun elective! Held off-site at Elevate Trampoline Park in Davenport, kids will jump the day away on high energy equipment such as wipeout, performance trampolines, a trapeze bar, rock climbing wall, and a battle beam. Trampoline basketball and dodgeball are also included! With over 30,000 square feet of total space, Elevate continues to be a high energy elective option for our High-Fivers! ***(An additional fee of \$50 will be added to each child who registers for Elevate! Socks are included. Online waivers will be required in advance.)***

EXTREME STEAM – Do you love science and creating your own projects? Then this hands-on elective is for you! You will use simple science experiments to create various crafts, art projects, and innovative structures. Come explore and create with us! This elective gives you permission to think outside the box utilizing the arts within S.T.E.A.M. education (Science, Technology, Engineering, Arts, and Math).

FINISH LINE (3rd – 5th grade only) – Embark on your running journey and run with joy, strength, and purpose with friends and followers of Jesus in this new 2025 elective! Our qualified coaches have years of experience running, training, and leading running clubs in the Quad Cities. Not only will you focus on distance running and sprinting, but you will also play fun games that incorporate strength training and stretching. This elective is for all levels — novice runners to experienced racers. Join us for a fun week of running relays, playing ultimate frisbee, conquering obstacle courses, and cooling off in the heat with the occasional water balloon! *(This elective will be off-site at Forest Grove Park. Transportation will be provided.)*

FIRST AND TEN! – Hut one..., hut two..., hut three..., HIKE! Football season is just around the corner! This Flag Football elective teaches sound fundamental offensive and defensive football skills to young athletes. Individual and group drills will be demonstrated to teach basic techniques. Proper warm-up, physical conditioning, skills, drills, and review will be incorporated into each training session. The focus will be on core skill development, proper play execution, understanding situational roles, and of course, game action! Players will be encouraged in sportsmanship and glorifying God on and off the field. See you at the 50-yard line! *(This elective will be off-site at Bettendorf High School. Transportation will be provided.)*

GAME ON – If you’re a sports fan, you belong here! Get your GAME ON by playing all kinds of recess and gym games. Giant Foosball and Dodgeball are some fan favorites!

GAME, SET, MATCH! – Anyone up for a game of tennis (OR PICKLEBALL)? This beginner tennis and pickleball elective teaches kids the fundamentals of the game: proper grip, racquet preparation, forehand, backhand, volley, serve, return of serve, overhead, footwork, and basic scoring. Our experienced instructors will focus on balance and agility while instilling confidence, healthy competition, and a love for the game. Racquets and balls will be provided, but feel free to bring your own! Get ready for pickleball free play, water balloons, and so much more! *(This elective*

HIGH FIVE 2025 • JUNE 23-27

will be off-site at Kiwanis Park. Transportation will be provided.)

GIRLS CLUB HOUSE – Why should boys have all the fun? We are bringing our club house elective to the girls! Do you like to get messy? Do you like the water? Do you want to have loads of fun while getting in some girl time? Then GIRLS Club House is for you! Archery, slip 'n slides, and color wars aren't just for boys! C'mon, girls, and get ready to rival the boys in these fun activities! *(This elective will be off-site at Bettendorf High School. Transportation will be provided.)*

HOLE IN ONE (2nd – 5th grade only) – FORE! Beginning and experienced golfers are welcome! This elective teaches some of the basics of golf in a fun environment at Palmer Hills Golf Course in Bettendorf. Kids will build on golfing fundamentals utilizing professional golf pros with age-appropriate instruction. And of course, they will have lots of opportunities to hit the ball driving range style! Golf balls, tees, and clubs will be provided, but feel free to bring your own!

IN THE WOODSHOP (2nd – 5th grade only) – Come on, kids! Grab a hammer, step up to the workbench, and get ready to measure, saw, drill, and make cool things! In the Wood Shop is an exciting elective for today's kids that teaches an age-old tradition: building with wood. Our trained carpenters will provide step-by-step instructions in a safe environment. Woodworkers will learn essential skills such as how to drive a nail, use a power drill, "measure twice, cut once," and saw correctly. They will walk away with their own handcrafted items to showcase at home. *(All power tools will be handled by adults. This elective will be off-site at Bettendorf High School. Transportation will be provided.)*

MEGA MATCHBOX – Are you a car guy? Or gal? This elective will make your Hot Wheels cars fly! Create a ramp that sends your favorite ride careening through space. You will engineer, design, crash, and test all things Hot Wheels to prove the science of force and motion. Cars will be provided, but feel free to bring your own!

ON THE FARM (3rd – 5th grade only) – Old MacDonald had a farm! Ee-i-ee-i-o! And on that farm he had... lots of amazing things! In this elective, you will discover the wonderful world of agriculture at a local family farm. You will experience a traditional life of farming and all its grandeur through hands-on activities with crops, gardens, insects, livestock, baby animals, chickens, and so much more! The importance of "farm to table" will be explored, while glorifying God for His beautiful creation. You might even get to hold a pig! Oink!

QUAD SQUAD – The Quad Cities! Fun, friendly, and oh so much to see and do! From museums and John Deere, to parks, waterways, and ice cream, there is always something happening in the Quad Cities! We would love you to join us as we explore what the QC has to offer! This off-site elective will visit a charming Quad City claim to fame each day. Your child will be transported via shuttle bus to various locations throughout Davenport, Bettendorf, Rock Island, and Moline and will experience what it means to be a true Quad Citian where new adventures await!

ROBOT RALLY (4th & 5th grade only) – Robotics and computer programming for kids! A programming-based elective that will make STEM concepts exciting for kids by letting them build their own computer and use it for hands-on programming projects. Kids will use their computer to program their own robots with technology that is super fun and engaging! You will have a blast exploring the world of computers, programming, and robots!

ROOTED – Do you love God's beautiful creation? And digging in the dirt? This new 2025 elective is a hands-on experience where kids will learn the basics of gardening, discover how plants grow, and connect with nature while exploring biblical themes of growth and stewardship. From cultivating vibrant flowers to growing your own delicious produce, kids will engage in fun, garden-themed crafts and activities. Taught by an experienced horticulturist, you will learn about seed planting, gardening, landscaping, flower arranging, and more! It's time to unlock your green-thumb potential! Let's get GROWING! *(This elective will be off-site at Bettendorf High School and includes various field trips. Transportation will be provided.)*

SIMPLY MADE – Make your own arts and crafts out of the most unusual materials! This elective will incorporate hands-on crafts, painting, paper crafting, and much, much more. Creativity is welcomed and encouraged!

SKATEBOARD MANIA – Do you like to skateboard? Would you like to learn? This elective allows you to learn the basics of skateboarding while practicing skateboard safety. You will also have the opportunity to master new skateboard tricks and progress through tricks at your own pace. Skaters, bring your boards and get stoked! *(Proper skateboard attire required including helmets and pads; skateboard optional. A notarized waiver will be required in advance. This elective will be off-site at Skate Church. Transportation will be provided.)*

STITCHES – Learn and practice all the basics of sewing, knitting, and other great things! You will even walk away with personalized projects! You will sew on a real sewing machine and fashion your own creations from various fabric, textiles, and materials.

SURVIVAL SCHOOL (4th & 5th grade only) – Journey back in time and learn basic survival techniques like building a fire, finding water, selecting edible plants, and living off the land. This elective will feature instruction and demonstration using a bow and arrow, fishing, and target practice with BB guns. *(This ALL-DAY elective will be held off-site to give kids the ultimate outdoor experience! Any child who chooses this elective must bring their own lunch each day.)*

TOP CHEF (2nd – 5th grade only) – Are you a pro in the kitchen? Show us your skills in Top Chef! Every day you'll cook and bake homemade creations made by YOU! Enjoy a taste of your own recipe and take some home to share! *(Due to the complexity and scope of recipes used, we regret that children with food allergies are not allowed to participate in Top Chef. We value your child's safety.)*

REGISTRATION OPENS APRIL 29 AT 12PM • \$200 PER CHILD • LEARN MORE AT [CORAMDEOBIBLE.CHURCH/KIDS](https://coramdeobible.church/kids)