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## 500 GREAT PROGRAM IDEAS

Compiled by  
**Recreation and Leisure Studies Students**  
**Gordon College**

Presented at  
Massachusetts Recreation and Park Association  
State Conference  
October 23, 2007

### **Workshop Presenters:**

Dr. Peggy Hothem  
Professor of Recreation and Leisure Studies

Students:  
Christine Arruda, Christine Scanlon  
and Kendra Spotts

# **Adult:**

## **Let's Talk**

An open forum for parents to exchange ideas, learn how to cope with ups and downs of parenthood, and acquire useful information from local guest speakers. Childcare and refreshments provided for participants.

## **Where are Your Teenagers ----- on the Internet?**

Facebook, MySpace, IM, Textmessaging, and what is coming next? Learn to communicate in their language. (Best Buy and other technology retail stores can be a resource for providing an instructor – usually free of charge)

## **Understanding Japanese Culture**

A course designed as an introduction to Japanese cuisine. Participants will learn Japanese cooking techniques, ingredients, quality brands, shopping tips, and how to locate Japanese grocers. Also you will prepare entrees.

## **Fit Fitness in your Schedule**

Various fitness classes to choose from; Coed Body Sculpting, Exercise for the Early Bird, and Ultimate Step and Tone are only a few offered. Shorter sessions allow for greater flexibility for those with tight schedules

## **Digital Camera Club**

Learn the newest techniques. Meetings consist of presentations by professional photographers, field trips, photo contests and photo demonstrations.

## **A Mile In My Shoes**

A walking club offering the guidance and direction to start walking into shape! Tally sheets to keep track of walking distance, instructional handouts and fitness instructors will be provided. Each participant will record his/her mileage and receive prizes upon reaching goals. (see Volksmarch Clubs at <http://www.ava.org/>)

## **Big Band Swing Workshop**

An informative and interactive one-day workshop. No dance experience necessary, but a fun outlook will be a mandate. (contact local churches and temples to see if their adult singles groups are interested in co-sponsoring)

## **Introduction to Free Weights for Women**

Women will learn the basics of working out with free weights with emphasis on safety, form and fun. Any questions or concerns about using free weights will be addressed. (target specific groups such as new mothers, working moms, empty nesters, retirees, etc)

### **Everything Parents Need to Know About the College Process**

Helping your child choose the right college can be a frightening and stressful process. In this workshop, you'll learn how to find the best college, understand the impact of the SAT and ACT, along with lots of additional valuable cost-saving information that will make the college search process much less stressful.

### **Design your Child's Room**

Decorate your child's room to create a comfortable, functional, attractive, and fun space. Explore a variety of color palettes, mix old and new furniture, and create multifunctional and shared rooms. Bring pictures of the room from different angles.

### **Time for Me**

A class for women that will involve make up, hairstyles, wardrobe planning, etiquette and a motivational speaker. (option: mother/teenage daughter event. Also an opportunity for local nail salons, spas, hairdressers to co-sponsor. Maybe a fundraiser for local cause)

### **Cosmic Skate**

Saturday evening skating with that someone special, the mood is set by turning down the lights and playing some oldies favorites.

### **Computer Illiterate?**

Calling all Adults! If you ever feel lost when navigating around the computer workshop is for you. Whether you're a complete beginner or have computer experience, come check this program out in a very informal setting. (Co-sponsor with local computer retail store)

### **Be Your Own Boss**

Ever thought you'd like to start up your own business, but didn't feel adequate enough? Check out this informative entrepreneurship class and develop business skills. FREE information regarding classified ads, web sites, and e-mail addresses. (Good opportunity to bring in retired business men and women)

### **Bridge, Anyone?**

Learn the rules and strategies of Bridge. Challenge opponents and even enter in the spring tournament. (Suggestion: encourage grandparents to bring a grandchild and teach him/her how to play)

### **Landscape Design**

Create your own landscape with professional guidance. First class will be an overview of the landscape design process. The second class we will discuss various plant types, remember to bring in pictures of your current landscape. The third class is you working on your own design with instructor. (Contact local garden center for the instructor and co-sponsor)

**Paperwork... Organize it Now**

Do you lose paperwork, resist filing, miss appointments, pay bills late, or have files and piles all over your desk? Start now to get on your way to living a more organized and productive life.

**Survival Cooking for the Single Person**

Just because you're single, doesn't mean you have to live on frozen pizzas and cold cuts. Learn how to make healthy and delicious meals quickly, easily, and for a fraction of the cost of buying pre-made fixings. (Suggestion: market this program through singles groups, churches, and temples)

**Single Volunteers**

Join other altruistic singles at our monthly local projects such as Habitat for Humanity, Food Pantry, Homeless Shelter, HAWK, etc

**Flower Arranging 101**

A great way to learn the basics of floral design. The course will cover bow making, beautiful corsages and boutonnieres, floral head wreaths and bud vases. Learn important skills to improve your flower arranging technique.

**Organic Gardening and Composting**

Learn how to garden the organic and environmentally safe way. This class teaches you how to make a compost pile, and offers new ways to fertilize using organic matter. Discover insect and disease control that won't hurt the environment, pets, or children.

**Self-Defense for Women**

Anticipating an attack is the best type of self-defense. Learn safety tips needed for handling various attacks 'on the streets' using the opponent's weaknesses instead of your own strength. Practice using pressure points, getting out of holds, basic countering to weapons, and self-defense.

**Wine Appreciation**

Increase your knowledge of wines and how they are made. Each workshop is independent and geared to beginning and intermediate les amis du vin (friends of wine). (Great opportunity for local winery to co-sponsor)

**Wheel Pottery**

Beginners learn how to throw pottery on a wheel, develop skills and create basic forms. Those with some experience will expand on basic throwing skills and focus on refinement of forms: i.e., foot design, handles, lids. The fee includes clay, glazes, and a firing of 25 pounds of clay

**Financial Fitness**

This class enables adults to become more efficient managers of wealth and assets. (Classes can be targeted to young adults, parents saving for college, pre-retirement)

### **Cycle Crazy**

Get an amazing workout and get in great bike shape just in time for springtime bike rides. Upper and lower leg toning as well as a full cardio workout every time you show up.

### **Let's Get Organized**

Do you misplace keys, or forget appointments? Do you run out of milk, time, space, or patience? Feel overwhelmed or procrastinate? Stop! Let's discuss 20 ways to organize and create structure for a more efficient, productive, peaceful, household, work place, and life. (Suggestion: Is there someone in your community who is starting this as a new business? Great way for them to get exposure)

## **Fitness/Wellness/Nutrition**

**Children – C, Teens –T, Adults – A, Parents and child – P/C**

### **Jumpin' Jack and Jills (C)**

Children practice basic fitness techniques through dance, small games, and other activities.

### **Pre-Post Natal Fitness (A)**

Designed for pre or post-natal women. Low impact fitness for during and after pregnancy to keep new mothers in shape.

### **Fit 'N Fifty (A)**

A gentle mix of aerobic exercise and toning to help maintain a healthy lifestyle. Meet new people and socialize in a positive environment. For ages 50+.

### **Golf Fitness (T,A)**

A course designed to teach stretching and strengthening specific to the sport of golf.

### **Yoga for your Back (T,A)**

This yoga will teach various yoga techniques, poses and breathing that can help you relieve stress and back tension.

### **Exercise Benefits for all (T, A)**

This class will allow **special needs** patrons to strengthen, tone, and stretch their muscles while enjoying music and weights. 13+ with a special friend for assistance.

### **Cardio Kickboxing (T, A)**

Cardio kickboxing is a fun and exciting way to lose fat, reduce stress, and tone the entire body. This program takes music, excitement and energy from aerobics and adds important self-defense techniques, punching, and kicking from kickboxing and karate. No physical contact or uniforms, only fun!!!

**Jazzercise (T, A)**

A dance and exercise program that features energetic dance routines with new and exciting choreography. Emphasizes flexibility, coordination, balance, and cardiovascular endurance.

**Body Composition Testing (T, A)**

Schedule an appointment with a fitness supervisor for a body fat analysis by a bio-electrical impedance.

**Classic Cardio Blast (T,A)**

Using the step, slide, ball, and traditional low impact and aerobic movement patterns that are fun yet easy. Some dance and kick boxing moves make this a high energy, yet basic, cardio workout.

**Women's Free Weight Clinic (T,A)**

Weight training is not just for men. Learn the basics of strength training for women and receive helpful tips on starting your own free weight program. (Option: Encourage participants to purchase their own hand weights so that they can continue at home)

**Deep water Exercise (T,A)**

A great low impact workout. A buoyant belt will keep your head comfortable above the surface as you perform dry-land exercises in deep water

**Aqua Exercising (T, A)**

A water exercise program to trim and firm, plus enhance cardiovascular conditioning. Exercise this spring and summer in our heated pool with no swimming abilities needed

**Inline Hockey (C, T, A)**

In-line skating and hockey two days a week to hone skills and the fundamentals of in-line hockey. Equipment not provided, but pads encouraged.

**Bride Boot Camp (A)**

Come join the brides to be and get those bodies in shape ready for the best day of your life.

**Walk to Fitness (A)**

A walking club for senior citizens. An opportunity for everyone to enjoy the warm sun, and meet some friends while getting fit. Choose a fast or slow pace and whatever course to meet your own fitness level.

**Water Walking (A)**

Whether you're young, old, in shape or out of shape, you can experience the pleasures and benefits of water exercise. Providing freedom and strength of movement in many ranges of motion, water exercise enables participants to walk farther and hold an object longer. This will lead to greater success in daily activities and increased enjoyment from leisure time.

**Skin Care Fair (T, A)**

A fair full of informational booths and speakers to raise awareness about the importance of skin care. (Suggestion: Invite representatives from Avon, Arbonne, Mary Kay, etc)

**Ocean Kayaking Class (T, A)**

This class will instruct participants to safely maneuver a kayak in the ocean. (Suggestion: invite local kayak retail stores to give a free demonstration and lessons)

**Aqua Pre and Post Natal (A)**

This course designed with the needs of women who are currently pregnant or recently have delivered their child. This low-impact class will help keep you fit during and after your pregnancy.

**Arthritis, Fibromyalgia, TBI, MS, Stroke (A)**

These classes are designed for those suffering from the above conditions and are geared towards increasing muscle strength, flexibility, range of motion, endurance, increasing cardiovascular system and pain reduction. (Option: could co-sponsor this with local hospital)

**Smoke Free? Way to be (A)**

This course/support group will hopefully enable people addicted to nicotine to quit using.

**Mom's Home Herbal Remedies (A)**

This class will teach effective home remedies and how to administer them.

**European Hot Stone Foot Massage (A)**

A relaxing way to give your feet the break they need after a long day. Learn to give yourself a hot stone treatment. The warmth of the stones helps the feet muscles and fascia to relax and increases the benefit of your massage.

**Parent Child Yoga (P/C)**

This yoga class is for children ages 3-5, accompanied by a parent. Parent and child are taught basic yoga skills.

**Mommy and Me Yoga (P/C)**

Ages 2-12 months, bond with you and your baby, tone that body, soothe your spirit. Mommy and me yoga involves traditional posture and breathing techniques to meet the physical and mental needs of the new mom and offers an opportunity to connect with their baby in a unique way.

**Father's Day Fun Run (P/C)**

A 5K fun day run for fathers and sons with free t-shirts provided. For all ages able, grandfathers welcome. Extra prizes are awarded if three generations run.

**Infant Massage (P/C)**

Baby massage involves listening to baby, tuning into their cues and responding with loving words and touch. Learn basic communication and comfort measures for baby and a set of message strokes and routines to help relax the baby.

**Stroller Strides (P/C)**

Stroller Stride is a total body fitness program that moms can do with their babies. Includes power walking and intervals of body toning using exercise tubing and the stroller.

## **Senior Citizens:**

**Creative Writing Club**

This congenial group of developing writers congregate weekly at the Senior Center. Assignments cover a range of topics, and are read and critiqued by the members. Some write poetry, fiction or non-fiction, humorous or serious.

**Foot Care**

Come in for a free foot massage, toenail trimming and painting. (Suggestion: Invite a local podiatrist as well as nail salons to participate)

**AARP 55 Alive Driving Course**

Based on the AARP Alive Driving course, participants will learn how to sharpen their driving skills and recognize signs that they may not be able to drive anymore.

**Wellness Screenings**

Provide screenings for:

Blood sugar, blood pressure, osteoporosis, hearing, cholesterol, prostate, balance, pulmonary, vision, posture, and mammograms.

**Dancing to the Heart Day**

Join us in our senior citizens Valentine's dance. Bring yourself and a friend, or just come alone to enjoy the presence of other fun folks wanting to enjoy laughter, music, refreshments, and a dancing floor. (Option: Encourage grandparents to bring their grandchildren)

**Breakfast Club**

A breakfast group that meets at a restaurant with a group room. Fun socializing, and great food!

**Gardening Club**

Design a 4 season garden using perennials

**Genealogy group**

Like a great mystery novel, follow clues to unlock the history of your family.

**Pickleball for Seniors**

This exciting paddle sport is a mixture of tennis, badminton, and ping-pong. It is played on a court the same size as a conventional badminton doubles court with a three foot high net. It is easy to learn and equipment is provided. If you have never played the game, a nice friendly group of senior participants will teach you.

**When You Were Young**

What games did you play as a child? Jacks, Hopscotch, Marbles, I Spy? This will be a day of remembering and playing the games that made your childhood rich and entertaining. (Suggestion: great program for grandparents and younger grandchildren)

**Veteran's Benefits**

This informational session will inform you of both the federal and state benefits and resources available as well as time for questions.

**Antique Tools**

At this one-day program, you are invited to bring your favorite antique tools and try to stump your friends on what they were used for.

**Book Club**

A club where seniors read a selection and meet to discuss the text. Groups for different types of books are offered.

**Senior/Student Shuffle off**

A student is paired with a senior citizen and the team competes in a shuffle board tournament

**Hooked On Fishing**

This is a great time to bring a bag lunch, socialize and hopefully hook the "big one". Transportation will be provided to local fishing sites.

**Cross-country Ski with Me**

Enjoy the serene beauty of the winter woods as we stay fit on the ski trails. Geared for senior beginners. Instructions include information on skis, clothing, and lessons on the trail. We'll have lots of fun discovering this great way to stay active.

**Golden Singers**

Sing-a-long in harmony to tunes of the 30's, 40's, and 50's. No prior music instruction needed.

# **Arts/crafts**

## **Share-A-Craft**

If you like doing crafts, please come and meet Share-A-Craft! This friendly group gives hours of their time making crafts to sell to benefit local charities. They would love for you to join them and share your crafty ideas and talents!

## **Knitting 101**

A class for those who have never knitted before or have forgotten how. It covers fundamentals of knitting.

## **Summer Art Blast for Kids**

Looking for something fun and creative for children ages 5 to 13 to do this summer? Then the Summer Art Blast is the answer! Enjoy painting, collage, clay and drawing.

## **Darkroom basics**

Learn the basic darkroom methods required to produce black and white photographs.

## **Fun with Messy Play**

This activity is for children from ages 1-2. This class is designed for the children to play with sand, water, bubbles and finger-painting. Most of these activities are too messy to do at the house.

## **Clay Fun "Finding Nemo"**

Instead of just working with clay your child can create their favorite characters from the movie.

## **Kindercraft**

Preschoolers and their mothers participate in one session a week for one hour. They complete one craft a week ranging from hand puppets to lunch mats.

## **The Artist in Everyone**

This program is geared to different levels of abilities and ages, with unique activities designed to engage everyone, bringing out the artist in everyone. Children will be encouraged to think and experiment with materials. (Grades 1-4)

## **Grown up and Child Craft Night**

Share quality time experiencing the fun of creating delightful arts and crafts designed around a special theme each night. Together you will enjoy designing several wonderful works of art to proudly take home. Come with one or all of your children! (Ages 4-10 with an adult)

## **Giant Wall Mural**

Young and old alike are invited to join in painting a giant wall mural. Ideas for the picture are discussed and then voted on by the participants.

## **U bead 2**

A bead and jewelry class for mothers of all ages. Allow some 'you' time and be creative.

## **Speedy Scrap Booking!**

Come learn some great formulas that can help you create simple, fun and FAST scrap booking. Use these same formulas over and over; looking different each time! This class is a must for new scrap bookers and experienced ones alike!

## **O My Gosh Origami**

This class teaches the ancient Japanese art of Origami

## **Creative Memories Scrapbooking**

If you are frustrated with the condition of your photos or feel you lack the time or creativity to put together beautiful scrapbook photo albums, this course is for you! Learn how to preserve your family photos and why photo-safe materials are so important. Discussion will be held on advanced scrapbooking techniques and tools. We will learn fast, fun and creative ways to display your photos and memorabilia. An acid-free album page, safe mounting materials and decorating materials will be provided at each class, as well as detailed instruction in their use.

## **Cartooning For Kids**

Get those creative cartoon ideas down on paper. Learn to draw expressions and basic body positions, explore new movement, animals, comic strips and the art of caricature.

## **Animal Art**

Create a zoo using different mediums. Learn a skill, have fun and experience art in many forms. You will create so many animals you could start your own zoo. (Ages 6-8)

## **Toy Factory**

Aspiring junior wood workers will have fun making take-home wooden toys, puzzles, and more. There are many practical experiences measuring, drawing, nailing, gluing, and painting. (Ages 5-8)

## **Paint your Pet**

Take and choose photos of your pet and turn it into a beautiful painting

## **Sea Glass Magic**

Those beautiful sea glass pendants and necklaces from Cape Cod boutiques can be quite costly. Learn to make your own unique jewelry, class covers, essential wiring techniques, materials and tools will be provided. You will take home at least three completed pieces.

**Save on Soap**

Make your own! Come learn how to make quick and easy decorative glycerin soaps. This type of "melt and pour" soap is very easy. We will be spending time scenting, molding and packaging our soaps to make sensational gifts.

**Cool Kids Art**

Explore and learn about art as you create fun works using plaster, tie dye, glue, paint and much more.

**Funky Furniture**

Students will learn to combine ready-made wooden pieces to paint with acrylics and collage for a fun and functional form of art to add to the decor of your room.

**Creative Wall Finishes**

Learn color theory and practice choosing site appropriate colors. Learn sponge, painting, stenciling, ragging, color washing and other fun, textured techniques. Discover the secrets of designer walls and how to do it yourself.

**Mommy's Memories**

If you are a mom who loves scrap booking but can't find time for it, this class will provide you with the opportunity. Meet and scrapbook with other mothers while creating wonderful children-themed layouts and mini-albums.

**Beginning Calligraphy**

Enrich memory book pages, envelopes, certificates, place cards and all your written projects with the beautiful Italic alphabet. Students will learn the formal italic letterforms, capitals, and variations on the basic form as well as provide basic introduction to the use of the broad-nib pens and the techniques and materials of the calligrapher.

**Bezel Stonesetting**

Adding beautiful stones to your designs can take your jewelry to a whole new level. Students will learn how to design, construct, and set a bezel.

**Design IT!**

T-shirt designing for elementary-aged kids. Free plain white t-shirts provided, along with paint, dye, and any other decorations. Prizes for the funkiest, most creative, and most artistic.

**Poet, Don't You Know It?**

A poetry class aimed to provoke the inward self and challenge your creative potential.

**Doll Sculpting Class**

This class teaches the basics of doll sculpting using polymer clays. The class will cover introduction to dolls and clay, sculpting legs and arms, heads and shoulders. We will attach legs, arms and heads to a soft, cloth doll body, paint the face and add hair to the doll's head. Dressing and accessorizing the doll will be introduced.

### **Bangles and Beads**

Make your own jewelry from colorful polymer clay! In this class participants will complete at least one 24-inch necklace (in the color scheme of your choice) and learn basic skills and techniques that will enable you to enjoy this fun material at home. You will learn about rolling, piercing, texturing, marbling, baking considerations and an introduction to the Millefiori process.

### **Stepping Stones and Mosaics**

Learn how to create beautiful and functional pieces for garden walkways and patios. Stepping stones and bricks are durable and withstand the elements year round. Mosaics are small pieces of glass which have been arranged to create pictures and designs. Learn to decorate your walls with colorful mosaics, a new way to use stained glass.

### **Fusing With Glass**

Begin learning about glass in a new and exciting way by working with a kiln, some colored glass and gravity. Artists can produce new colors, shapes, textures, and forms in glass that cannot be achieved using regular stained glass or glass-blowing techniques. This class is designed to teach kiln skills and to give you a working knowledge of how to melt glass.

### **Cable Sachet**

Have you always admired those intricate cabled sweaters and thought them to be too complicated to knit? This class will show you just how simple and fun it can be to twist a cable! We'll explore the various tools available for knitting a cable, how to read and keep track of a cable pattern chart, and how to correct errors- all while creating a pretty little sachet!

### **Looney Tooneys**

Come and explore the world of cartoons! Create your own cartoon characters and walk away with new ideas for faces, feet and bodies. Also, learn how to draw some of your favorite characters.

### **Me, Myself, & Art**

This studio art class will explore the portrait genre in a variety of mediums and styles. Through exposure to both historical and contemporary masterworks, young artists will develop an understanding of portraits within their historical contexts. Students create in paint, clay, and mixed media.

### **Hand Painted Floor Cloth**

Canvas floor cloths have been around since the 18th century, but are now experiencing resurgence in popularity. Not only are they versatile, durable and economical, but more importantly, they allow you to express your creativity in a form that makes a practical "artwork" to be used every day! Students will each make a 2'x3' welcome mat. We will discuss and explore different ways of applying the designs, such as stamping, stenciling, and collage.

### **Chinese Brush Painting**

During this class students will study the art of ancient Chinese brush painting. Participants will use these methods to create their own pictures. This form of art is used in various Chinese cultures for decoration in the home.

### **If you can write your name, you can draw!**

Connect with your right brain, and bring out your inner artist! Learn perspective, shading and shape work for use with pencil, charcoal and pastel drawing in a variety of techniques.

### **Art History Class**

Participants will learn about the history of art, styles and the great artists of history.

## **Teen:**

### **After School Skateboarding**

Drop off program for 2 hours of skateboarding at the local skate park. Helmets and pads are a must.

### **"I'm taking Care" Babysitting Class**

Youth will learn the skills they need to be first class babysitters. Class covers infant to early elementary care and development. Tips to manage behavior, responsive play, emergency and prevention, home alone skills, and how to secure safe jobs.

### **Girls: Come One, Come All!**

It's the HOT new look! How do you make it work for you? Learn about clothing personality, coloring, body types and shopping on a budget. You will also sort through what's fact and fiction when it comes to having great skin and beautiful nails while pampering yourself with a full facial and manicure. And you can't look good without great posture and a positive attitude! Bring a friend and let's have some fun!

### **Dancing with the Stars**

Local civic and government "stars" will partner with teens for a dance competition as a fund-raiser for \_\_\_\_\_

### **Fashion 101**

This is an introductory class to fashion! Learn all about fashion, poise, posture, effective speech, self-confidence, make up wardrobe planning, hair care, color and more! Learn how to apply these techniques to every day life.

### **Instant Piano for the Busy Teen**

If you yearn to experience the joy of playing piano, but didn't take years of weekly lessons, this absolutely beginning class in chord piano is for you. In just one enjoyable evening, you can learn all the chords needed to play any pop song, along with a healthy dose of insider secrets and how to embellish songs.

### **Beginning Belly Dance**

Belly dancing, a feminine tradition, has an ancient history. It was started in the Middle East as a series of motions to strengthen the pelvic and abdominal muscles in preparation for childbirth. Our class will consist of basic belly dance folk steps along with floor exercises and the use of veils.

### **Make Us Laugh**

Calling all stand up comics. You think you are funny – let us be the judge. Try out your comedy routine in the theater. All material must be original, clean and no longer than 15 minutes. (Ages 10-17)

### **Teen Modeling with Fashion Cents**

This modeling class, designed especially for teens, will cover everything needed to prepare for an audition, how to walk, stance, and smile. Students from the class will be featured models in our Holiday Fashion Show. (Suggestion: a local boutique might want to co-sponsor this event)

### **Stomp the Yard Contest**

Bringing the movies to life. Seen the latest "stomping" movie? Come and show us what you've got. Prizes will be given to the top dancers.

### **Teen swaps**

Do you have video games, books, or CDs that are in good condition but you don't use them anymore? This program will give you an opportunity to exchange those used items for different ones at no charge. For each item you drop off, you will be given one ticket that can be used to exchange for a different game, book, or CD.

### **PASSage**

Gives students the opportunity to strengthen social skills, improve confidence, elevate physical and academic accomplishments, and make new friends. It's free and provides a number of challenging and exciting activities to accomplish the aforementioned goals.

### **80's mystery dinner**

A group of students go to the thrift store. Guys pick out outfits for the girls and vice versa. They then wear these outfits out to dinner. A fun icebreaker for a new group.

### **Teen Valentine's Day Treasure Hunt**

A fun day to hang with friends while solving riddles and clues which lead to treasures hidden downtown.

### **Mystery Supper**

Choose what kind of food you will serve (Chinese, Italian, Ukrainian, etc.); then write out the menu in that language. List 12 things including fork, knife, spoon, water, juice, etc. Have people fill out an order form with three courses of four things. They get those four things, and after a certain time take it all away and bring the next course. You might get only cutlery or all food and no cutlery. After it's over let everyone get seconds so they end up getting a full meal.

### **Mud Bowl**

If you have a piece of land that is not being used, use a tiller to soften the dirt. Use sprinklers to wet down the area beforehand. Mud Football; Mud Wrestling; Mud Duck, Duck, Goose. It usually turns into a mud fight but it is a great amount of fun. Be sure to have several hoses set up to wash the mud off! (Suggestion: Encourage kids to wear swimming goggles)

### **Ultimate Cantaloupe**

This is just like Ultimate Frisbee . . . but with a cantaloupe! Divide into two teams, each trying to get to the opposite end zone. Instead of a kick-off, just have one team start on their side of the field. When a player catches the cantaloupe, they can take only 3 steps then they must throw/toss it. An added twist: if one team busts the cantaloupe, the other team automatically scores (have extra cantaloupes available; pumpkins can also be used)

### **Broom Hockey**

Reserve your nearby ice rink and go play hockey wearing mere tennis shoes, using brooms as sticks, and a small ball as a puck. (Suggestion: great activity between fathers and sons)

### **Sledding by Candlelight**

Join us for a night of romantic sledding at \_\_\_\_\_ hill. (Candles in luminaria bags are space down the hill at a safe distance from the sledders)

### **Bowling Baboons**

A fun night of bowling with a contest for the craziest and wackiest bowling. They will be judged on creativity and also highest scores.

### **Rocks, Papers, Scissor, Shoot!**

This ultimate rocks paper scissor showdown is for any teens who thinks they have what it takes to compete in several intense rounds for the ultimate ROCK of Champions! Check out <http://www.worldrps.com/> for a variety of worldwide competitions and start a community tournament.

### **The Standard Challenge**

A class that teaches teens how to drive manual transmission cars.

**SLAM: Science, Logic, and Math**

An academic club concentrating on these areas of study with field trips and weekly meetings to discuss ensuing topics.

**Girl's Talk**

Girl's Talk will build self-esteem while exploring girl issues including health and safety issues, personal grooming, and participate in special activities.

**Teen Boot Camp**

In 8 weeks teens will see what they are made of! Teen Boot Camp introduces full body dynamic workouts including pushups, cardio circuits, use of medicine balls, and field drills. Participants will notice an improvement in strength, agility, and overall fitness. Class length is 40 minutes

## **Sports**

**Indoor Pee Wee Tennis**

The first taste of tennis for future stars. Children will develop hand-eye coordination, motor skills, and a sense of sportsmanship while having fun.

**Wee Kicks Precision**

Precision skating performing in unison, circles, lines, and various formations. Precision skating is a team sport and a fun way to compete and skate.

**Kickin' It**

Kick it with this inclusive, just for fun soccer program. This program is designed to help people with, and without disabilities participate together in a fun recreational activity.

**Community Track and Field Day**

Local schools, families, church groups, etc. are invited to participate in a variety of Track and Field events. Individual or team competitions with prizes not only for the winners but also for fun categories.

**Rock Wall Basics**

Beginner rock climbing skills and safety seminar at local sporting store which has a rock wall.

**Home Run Derby**

Participants from youth to adult pay small fee to compete in a Home Run Derby. Proceeds go to benefit a special needs organization.

### **Short and Tall Basketball**

You don't have to be tall to play basketball. Here is an adaptation of basketball that includes ALL. This is becoming a popular sport on college campuses and can be used with any population. Start a tournament. There are rules and suggestions at [www.bbtwo.org](http://www.bbtwo.org).

### **Tenni-ball**

Similar to baseball or softball, but using a tennis racket as the bat, which is easier for all ages to hit the ball successfully

### **Powder Puff Basketball**

Your little one will enjoy the weekend with some exercise and fun! Learn the very basics of basketball-dribbling, passing, and shooting, but more importantly, socialization, team work, and good sportsmanship. Lower hoops for younger children.

### **Mini cheer**

Learn all aspects of cheerleading in this class. Participants will learn motions, jumps, tumbling, stunts, and dance. Ages 4-6

### **Play Ball**

Enjoy a fun energetic workout as you play whiffle ball and develop a variety of skills from catching and throwing to hitting and base running. There are national whiffle ball tournaments <http://www.whiffleball.org/>

### **Tumbling and Tramp**

Participants learn basic tumbling skills such as forward and backward rolls, handstands, cartwheels, round-offs, walkovers and back handsprings, if ready. Emphasis placed on coordination, flexibility, and strength.

### **Aim for Archery**

Learn the basic techniques in target shoots. Participants will learn proper shooting form, safety rules, and will enjoy learning archery games. (Suggestion: contact your local outdoor sportsman club who will probably be very happy to help teach the class)

### **Fancy Fencing**

Learn basic fencing skills of footwork, blade-work and bouting. Students will be fencing by class's end. Information on fencing can be found at <http://www.fencing.net/faq.html>

### **Double Dutch Jump Rope Sport**

Double Dutch is a competitive sport and demands discipline, hard work, skill and teamwork. Learn the techniques of acrobatics, dance routine and stunts. Check <http://www.nationaldoubledutchleague.com/> for information on skills, videos, and festivals

### **Fly Fishing**

Back to the basics of fly-fishing. This is a half-day program designed to teach the basics of fly-fishing. Join us to learn how to cast, tie knots, identify fishing areas, and understand what equipment to purchase. (Suggestion: Maybe the local Boy Scouts would like to co-sponsor)

### **Women's Synchronized Swimming**

Join us and combine swimming and exercise at the same time. This exiting class will teach you water movements and the strokes you need.

### **Croquet/Bocce Tournaments**

Sign up in pairs to play in either a Croquet or Bocce Ball Tournament. Multiple course layouts for both games and double-elimination. Rules can be found at <http://www.croquetamerica.com/> and <http://www.bocce.org/rules.html>

### **Rhythmic Dance/Gymnastics**

Learn dance and gymnastics combinations with the use of balls, ribbons, hoops, and ropes.

### **Jedi Dodge Ball**

This modified game of dodge ball has a designated person or "jedi" who can bring back people after they have been hit by a ball. Each team doesn't know who is the other team's jedi. National tournament information for various dodgeball competitions can be found at <http://www.dodgeballusa.com/>

## **Family Programs**

### **Teddy Bear Parade and Picnic**

Parent/Grandparent/Guardian and child join us in our stuffed animal parade. Teddy bears are not mandatory. Bring your favorite stuffed animal(s). Stories, arts and crafts project and decorate your teddy bear cookie.

### **Family Tug-o-War**

This is an event where families compete in a tug of war tournament

### **Parking Lot Picassos**

Annual chalk drawing contest for families. Come and create your very own chalk masterpiece.

### **Mommy/Daddy and Me Kayaking**

Learn the basics of kayaking w/ your family and while you meet other families.

**Father/ Daughter date night**

For fathers and daughters; line dancing, crafts, and more!

**Family Olympics**

Families join together and compete against other families in such events as a road race, swimming, Frisbee throw. For a twist or for younger children, three legged races and water balloon tosses can be thrown in.

**Not So Boring Board Games**

Come join our Friday nights of family fun with several varieties of board games from Cranium, Apples to Apples, Scrabble, and so much more.

**Show the Earth Some Love**

A family program emphasizing clean up and recycling throughout the entire week. Coloring contests and lawn care workshops are held on Earth Day for families of all ages.

**Capture the Flag Cookout**

A family game night with a cookout dinner followed by games of Capture the Flag, Hounds and Hares, Gold Rush and more. A great way to share some camp fun with your children or bring a neighborhood together.

**Family Canoe Nights**

Enjoy a peaceful evening canoeing with the family. Great opportunity to practice an old skill or learn a new one.

**Father/Son Olympics**

Events include three-legged race, shoe kick, father/son obstacle course. Also will provide hot dog lunch and an award ceremony.

**Family Flight**

Family Flight will turn your original art kites into high-flying masterpieces. First build a kite and then fly it. Prizes given for different categories.

**Toy Lemonade Stand**

This children's indoor lemonade stand can be rolled outside on sunny days for sidewalk sales! Build in chalkboards and add custom flair they can also be used for puppet shows. Learn basic furniture construction as you complete this project with your son or daughter.

**Children's Book Swap**

Do you have children's books that are in good condition but your family has lost interest in them? This program will give you an opportunity to exchange those well-read books from different titles at no charge at the Book Swap. For each book you deliver, you will be given one ticket, which you can use to exchange for another book on Swap Day.

### **Parent Child Fencing**

Learn this exciting Olympic sport in a fun and safe setting that will challenge parent and child mentally and physically. Instruction will include basic footwork, blade work, and rules of foil fencing. All equipment provided.

### **Twilight Softball League**

A league for families, co-workers and friends looking for some fun without the stress of competition, scorekeeping, awards or umpires. Games are played at twilight on non-lighted softball diamonds so as to enjoy the beauty of the evening in relaxation.

### **Father Daughter Church Bake Off**

Come compete and make the most creative and tasty cake depicting biblical stories of your choosing. Get creative and messy.

### **Family Regatta**

This all day event will include Sand castle building, paddle boat races, tug of war, and fishing derby.

### **Family Picnic**

Every Sunday afternoon on the commons bring your family and a picnic basket full with a delicious lunch. Entertainment will be provided such as a band or clown.

### **Pie Baking Contest**

Here's a chance to bake your favorite pie and win terrific prizes! Enter in one of three categories: apple, pumpkin, and berry. All ages are encouraged to enter. Prizes awarded.

### **Fishing Frenzy Fantastic Birthday Parties**

Join a naturalist for an exciting fun day at a lake. We'll provide all of the equipment, bait, expertise, birthday cupcakes, beverages and party favors. A minimum of three adults must accompany the group.

## **Seasonal/Holiday**

### **Brunch with the Bunny**

Come have your picture taken with the Easter Bunny, and stay for a light continental breakfast.

### **Kid's Night Out**

Elementary-aged students enjoy an evening of chaperoned fun and activities in a local gymnasium while their parents have a few hours to catch up on Christmas shopping

### **Mother's Day Tea**

Bring your friends, family, and a hat to our beautiful gardens. For all ages! Tea, coffee, juice, and light refreshments will be served. Light entertainment, casual conversation, a craft corner, a hat contest, and prizes will be provided

### **Bunny Hop Celebration**

Celebrate the coming of spring by hopping to (local park name inserted here)  
That's when the City will host its annual Bunny Hop Celebration featuring egg-citing activities for the entire family, including games, pictures with the Bunny, educational displays, train rides, special visits by famous costume guests and giant inflatable amusements.

### **Ceramic Pumpkins**

Paint your own clay Jack-o-Lantern and spread some Halloween cheer that will last for more than one season.

### **Christmas Around the World**

Ever wonder how different countries celebrate this special day? Then come on out and let us show you the different traditions. (Great event to include the senior citizens who can tell their stories)

### **Pumpkin Carving**

Have the best pumpkin on your street this year. Learn how to create body parts, scary mouths and eyes. Bring your own pumpkin.

### **Flashlight Candy Cane Hunt**

On \_\_\_\_\_, Santa will have hidden candy canes around the park (or recreation building). Bring your flashlight and help us find them. First, we'll decorate a bag for collecting the candy canes and then hunt for them. Santa will make a visit to enjoy the cookies and hot cocoa after the hunt.

### **Pumpkin Festival**

Everything pumpkin from bake-offs of pumpkin bread, soup, pies to lighted pumpkins along main street. Biggest pumpkin, smallest pumpkin. Pumpkin costumes. Carry the pumpkin races.

### **Trash to Treasures**

Trash to Treasures is a seasonal series using recyclable materials to produce seasonal crafts.

### **Snow Sculptures**

Sign up in teams of up to four people to build a sculpture that best represents a specific theme. A judged event with prizes to be given out to the winners. (\*snow is a necessity for this one\*)

### **Scarecrow Build-off**

Community members convene on the town commons in autumn for this fun build off. The town supplies hay and a frame in the shape of a T made out of tomato sticks for the citizens to build around. The citizens bring old clothes, accessories and their imaginations to create the best scarecrow ever.

### **Best in "Snow"**

Citizens convene on the commons for a snowman build off. The town provides a carrot and two buttons which must be used on the snowman. The townspeople provide the rest and are judged for best in "snow".

### **Forest of Fright**

Halloween freaky event, a dark pathway is set up through forest. Participants make their way through following a rope tied to trees. Event planners stage items along the way such as strobe lights, opening coffins, spider webs, spooky sounds, and ghouls. For older crowds remove the chain from a chain saw for a real fright.

### **Ladies "Pie" Night Out**

No, it's not a trip to Bakers Square to eat pie. Better than that, we'll make our own 9-inch pie from scratch. Yes, from scratch! You'll impress your family at the big Turkey Day dinner. It's a fun way to prepare for Thanksgiving. While our pie bakes, we'll make a craft.

### **Autumn Pasta Verde**

Seasonal cooking makes it possible to serve the best-tasting, freshest meals possible. Learn to utilize the harvest from your garden by preparing an exciting vegetarian menu. Enjoy rigatoni with roasted eggplant, sun-dried tomatoes, and goat cheese; farfalle with wild mushrooms, radicchio and mascarpone; herbed linguine with sweet potatoes, butternut squash and pesto; baked penne with Florentine sauce, and for dessert, a luscious Italian torte.

### **Sand Castle Competition**

Come to the beach for a competition in the sand! Teams have six hours to plan and build the biggest and best sand castle.

### **Country Christmas Gathering**

Round up your kinfolk and friends, and come join in on the fun of an old fashioned Country Christmas Gathering. Kick up your heels and chow down on hot dogs, chilidogs, pizza, nachos with salsa and popcorn. Door prizes will be awarded. Complimentary square dance lesson will be provided.

### **May Day Celebration**

The first day of May is celebrated in many European countries. Join us as we welcome May (first sign of summer) by learning the May Day Dance and decorating our May Day pole. Girls are particularly invited to wear their favorite spring dress and we will make a crown of flowers.

### **Underwater Egg Hunt**

Start the Easter Holidays with a refreshing splash. Search for eggs and other prizes hidden underwater. Must be a good swimmer and children of like ages in the pool at the same time.

### **Christmas in July**

Celebrate Christmas July 25th. Fun activities like secret Santa, snow ball fights with socks filled with flour, and sledding on large blocks of ice bring the joys of winter to the summer.

## **Dance**

### **Tap Dancing**

Join in and learn the basics of tap. Tap is wonderful exercise and guaranteed to get you "singing in the rain."

### **Super Swing Night**

An event in which teens can come and learn how to swing dance in the first hour and then participate in a dance for the remainder.

### **Celtic Love**

Beginners Irish Step Dance. Students will learn to dance lively jigs and reels. This aerobic dance will develop your lower leg strength, balance, and coordination. Come express your creativity with amazing dance and exercise.

### **Latin Dance Workout!**

A fun, low impact-intermediate workout with Latin inspired dance moves and music. This Latin heat workout is sure to burn fat, reduce stress, and make you feel young and fit. Complete with instruction on the Latin dance classics such as the Mambo, Cha Cha, Salsa, and Meringue!

### **Jazzercise**

Work your entire body by stressing cardiovascular training, flexibility, stamina and toning. Easy to follow movements. Mats and weights used for support and for building strength.

### **Hawaiian Hula**

Come and experience the beautiful folkdance of the Hawaiian people. You will learn basic feet, hip and hand motions that interprets the language behind this exotic dance. Hula is a relaxing way to work your mind, body and soul.

### **Step of the Irish**

Its the fiery fury of the feet and the icy stillness of the body that makes Irish dancing mesmerizing to watch and even more fun to do. Students of all ages will be trained to master the fundamentals of Irish dance and will begin to learn group dances as well as solo steps.

### **Street Dance for Teens**

This class is loaded with fun and excitement! Learn the latest cool and funky moves, including hip hop, funk, “pop-n-lock” just to name a few. We will tone and strengthen as well as learn dances to the latest R&B sounds.

### **Scottish Country Dancing**

This form of dance involves traditional Scottish footwork and formations set to stirring Celtic music. Scottish Country Dancing is the social dance of Scotland, where young and old alike enjoy vigorous set dances for fun and exercise. This class covers all aspects of the traditional form. By the end of the session, dancers will have a foundation of footwork, formations and a repertoire of dances. If you have ballet slippers or soft-soled dancing shoes, bring them.

### **East Coast Swing**

This All American dance is one of the most versatile ones you can learn. From medium to fast music, we've got it covered. It's perfect for clubs, weddings, parties and more.

### **Night Club Hip Hop**

Feel the rhythm and groove to the beat! You will learn the hottest and latest dance moves for night club hip hop. This is a great class for making you feel comfortable on the dance floor and coordinate yourself with your own style. Have fun and get a workout! Lots of fun and laughter.

### **Sweatin' to the Oldies**

Come get some evening aerobic exercise dancing to your favorite music. This class will get your heart rate up while listening to some good old-fashioned upbeat music! This is open to people of all abilities. Wear some comfortable clothing and athletic shoes.

### **Break Out**

This would be either a one time event or several sessions in which people would be taught to break dance and then have an opportunity to try out what they learned

### **Snow White and Friends Dance Party**

Hi-ho! Hi-ho! It's off to the park we go for music, dancing and refreshments. We'll meet Snow White, the dwarfs, and the stepmother. Come and see who the Magic Mirror calls the "Fairest in the Land" and what adventures may unfold.

### **Roller Dance**

Test your talent; can you roller skate while dancing? Hold a roller skating party at a local gym or roller rink. Have a disc jockey and dancing contests.

**Shimmy Shimmy**

Shake it for all you're worth in this high-energy aerobic class. Learn more than the basic middle-eastern hip shimmy as we explore muscle control and skeletal work, and how to layer shimmies over any dance move.

**Bollywood Indian Dance**

A program for youth who wish to learn East Indian Dancing. Learn basic steps and skills to eventually perform full routines of this dance. Information can be found at <http://www.bollywoodwest.com/Instructor.htm>

**Barn Dance:**

Gather in the biggest barn in town with some good old fashion country music and dancing, great for the whole family. Get a live band or square dance caller for even more fun.

**Battle of the Bands:**

Local bands gather in a large venue and have ten minutes to rock out and show off their stuff. No judges at this show, the crowd decides the winners.

## **Special Events/Fundraisers**

**Love Notes**

The Recreation Department hires a group of teens and college students to serve as Cupids. The public sends in love notes for a set fee and the teens dressed as Cupids deliver the notes to their recipients, reading aloud the note and sprinkling them with love dust (cherry Jello).

**Roller Skate Party**

This is a great event to celebrate a loved much loved past time. Simply rent out a rink, or decorate based on a theme like 80's or 70's disco.

**Golf Away**

A 100 hole golf day, the entrance fee could be either raised by using sponsors or a flat rate for entry.

**Cycling Fundraiser**

Host a cycling race around the community area to raise money for a local hospital or organization. Shorter distances are established for children. Food provided with prizes for winners. (Entry fee or sponsors)

**Activity Night!**

Food, Music, Games, Crafts, Movies, Prizes. Fun-filled evening specifically designed for those with special needs.

**Juggling Club!**

Meet up with other folks, both young and old, who share the same love for tossing things around! Learn the basic steps involved in juggling, pick up new tricks, or juggle with a partner.

**Soap Box Derby**

Father and son team up to design and build their own soap box racer. Each entry is judged for creativity, then raced, with awards and prizes to be given. Various age categories.

**Street Drawings**

Join us for a day of decorating Main Street! Sections of the street will be closed off and each participant will be able to reserve a spot on the road for their own creative chalk drawing. Food and music, too!

**Holiday Fashion Show**

Come see what's hot for this holiday season. The latest styles and trends will be modeled by students from the youth and teen modeling courses.

**Serving Those Who Serve Us**

Help pull together and ship out care packages to soldiers serving our country. Donate food, clothes, money, etc. as a way of saying "thanks". Open to all ages.

**Locks of Love Fundraiser**

Donate your hair to help support Locks of Love. Locks of Love is a public non-profit organization that provides hairpieces to financially disadvantaged children under age 18 suffering from long-term medical hair loss. To participate in this great cause, your hair must be 10 inches in length or more and free of damage from any chemical processing.

**Toss Your Boss**

Fun event for company picnic. A manikin or balloon doll is dressed in a business suit and a throwing pitch is set up. Each employee gets a try at grabbing their "boss" by the ankles and tossing him as far as they can.

**One Fish, Two fish, Red Fish, Pool Fish?**

In this outdoor activity a pool is kept free of any chemicals and aerated, then stocked with a number of trout at the beginning of the fishing season. Participants pay to get in and for each fish caught. A great way to get excited for the fishing season!

**Career Day for Kids**

The recreation department invites middle schoolers from the area to come participate in a career day. All varieties of occupations will be represented to give the students a chance to see first-hand what jobs might interest them in the future.

### **Get to Know Your Town Officials Day**

An all-day event where citizens compete against town administrators and business owners in various competitions. Anything from relay races and one-on-one tournaments to sports matches. Food, Music, Awards.

### **24-Hour Walk-A-Thon**

Participants (either in teams or individually) get sponsors and the money raised goes to \_\_\_\_\_. Open to anyone interested in helping to make a difference.

### **The Perfect Pizza**

A fundraiser for anything using local pizza vendors. This event is created to raise money, support/advertise local pizza places, and enjoy an all you can eat pizza lunch for just \$5. Representatives from different pizza places come and cook the best pizza they can offer and cook lots of it. People pay to eat all they can eat pizza and try as many different pizza's as they can. Those eating have 3 votes and can vote for whatever three pizzas they enjoyed the best. Awards are given out at the end of the day. There are many full people, and many pizza places advertised. You can get creative with this idea by giving out all different kinds of awards, having a silent auction, or raffle.

### **Star Search**

Bringing back the highly loved television show, this event allows those with all sorts of talents to join and compete to be the ultimate star.

### **Pretty Pet Show**

Enter your dog in the county contest that will give recognition and prizes to those that win the variety of categories provided.

### **U Tube Competition**

Bring your best short video, and we will vote the best based on creativity, effort, and humor... Several categories. If you don't have a video, come watch and enjoy some popcorn.

### **The Taste of \_\_\_\_\_ (town name)**

This will be a weekend in which the restaurants of the town have an outdoor bizarre in which samples of each restaurants cuisine are sold at reduced prices.

### **Fall Formal Again**

Formal and prom dresses are usually worn only one time, so why not send that dress to the dance again. Dresses suitable for prom or homecoming dances will be bought and sold at our fall Formal Again sale. Bring in your cleaned formals to the sale. You set the asking price. Please limit to three dresses. If your dress sells there is a \$3 fee.

### **Bike Rodeo**

Obstacle courses for kids of all ages, carnival games, bicycle safety workshops and more. Get your kids involved safely in biking.

### **The Great Pumpkin Launch**

Youth, teens, families, groups, businesses, are invited to launch their pumpkin as far as it will go and win great prizes for the longest distance, closest target, and the most creative launching device. Categories and entry fees are: groups and families: \$10, businesses: \$25. Other activities include a pumpkin carving and decorating contest. Entertainment, seasonal activities, and family games are planned.

### **Women's and Girls' Health and Fitness**

This one day event for women and girls (ages 5 and older) will focus on health and fitness related issues such as holistic health, fitness and nutrition, safety, body image, eating disorders, self-defense, specific girl's and women's health issues. Screening, lectures, demonstrations, activities and fitness classes will be offered throughout the day. Exhibit booths will be open for the duration of the event to distribute information, samples and answer questions.

### **Wedding Bells Mystery**

Mystery and Mayhem take place during the wedding that you don't ever want to happen to you, where anything that can go wrong, does. Come and laugh with the family and friends of the bride and groom and also meet some uninvited guests.

This event includes a dastardly deed, a clue hunt and a chance to win prizes. This is a team activity. Participants may form their teams in advance or use this as an opportunity to meet new people. Join the other would-be-sleuths for an evening filled with laughter, drama, intrigue, and mystery.

### **Car smash**

Get an old car from the junk-yard and a sledge hammer and charge per swing.

### **Fish Funds**

A day long fishing competition to see who can catch the biggest fish. First, second and third place will receive prizes. This could be a fundraiser for an organization.

### **Haunted House and Hay Rides**

This could be a fundraiser for a local police department or fire department. Create a "haunted house" and have hayrides to the house.

### **Bake Walk**

Everyone must bring a baked good to participate. Also, charge a small fee (2 or 3 dollars) to get in. Play large games of musical chairs and other simple games. Winners pick a baked good. This is a great fundraiser for elementary schools.

### **Auction**

Auction off goods to make money for your program. Basketball teams can auction off jerseys or shoes.

**Win a date with a star**

Participants can bid on a date with their favorite hometown hero. Proceeds go to the team the star plays on.

## **Theatre/drama arts**

**Family Master Piece Theater**

This could be a weeklong event where Actors and Screen writers are brought in to help families write their scripts. Practice and produce a play that would be performed at the end of the week for the rest of the group.

**Come One, Come All!**

Talent show open to all High School students. Acts may include (but not limited to) dancing, singing, acting, comedy, unique skills, etc. Performances judged by audience and prizes to be given out.

**Creative Dramatics**

An acting class for children in kindergarten through 5th grade. Children will participate in theater and improvisation games geared to stimulate the imagination and to develop communication, listening and memory skills as well as physical expression. Children will perform improvisations based on established stories or stories created by the children.

**All About Broadway**

Learn all about Broadway and how the biggest shows start out, from the writers, producers, and directors, to the choreographers and stars.

**Baton Twirling**

Recreational and competitive baton twirling skills for all ages. Training available for parades, high school majorettes or competitive solos.

**Clown Camp**

Learn the basics of clown makeup, costumes, parade participation, principles of juggling and magic, and develop clown skits and balloon animal-making skills!

**American Girl, theatre**

Fans of American girl dolls now have the chance to act out the lives of their favorite characters! Students will read selections from the American Girl books and then decide how they will structure their very own play. There will be a final production presentation at the end of the session in our classroom space.

### **Stage Combat**

Learn the basics of hand-to-hand combat for the stage. Stage falls and rolls will be covered along with unarmed fighting. A choreographed portion of the combat will be performed at the end of the class.

### **Friendship Theatre**

Enjoy acting, singing, dancing? Be a part of a program that allows you and your friends to explore all of these wonderful things. This class will teach and help improve those fundamental skills needed for the stage.

### **Mystery Theater Class**

Discover the things that go bump in the night as we explore the world of mystery and suspense. This interactive theater class provides basic acting techniques, improvisational skills, character development and team building while exploring the skills needed to keep an audience at the edge of their seats.

### **Act It Out**

A fun activity that involves acting out scenarios while others have to try to guess the situation. Allows free expression and a safe environment to become greater artists of acting.

### **Way Off Broadway**

Be an entertainer! Theatre games, character make-up, magic, mime, comedy, and clowning may be part of this "variety show!" Perform in front of family and friends on "Opening Day" held at the end of each session. General recreational activities also are a part of the day.

## **Preschool Programs**

### **Tiny Tot Olympics**

Little Olympians ages 3-5 are invited to participate in a wide variety of fun and silly games. The cost includes mock Olympic torches, super stickers after every event and a yummy treat from Baskin-Robbins. Bring the camera to this event as we watch young winners exhibit their athletic ability.

### **Mother Goose Tales**

Favorite tales of long ago are brought back to life in this whimsical class for ages 4-5. Participants will take turns acting out these treasured tales of a time gone by.

### **Preschool Prom**

Get all dressed up and come to the Preschool Prom. Enjoy dancing and dining (sweet snack) with all the other little kings and queens. Bring a sippy cup!!!

**Alphabet Daze**

Each week explore a different letter of the alphabet through arts, crafts, music, stories, and play. Ages 24-48 months.

**Marching Rhythm Band**

Early musical training and musical creativity combine to make this band a favorite of any parade. Each week we will make a new instrument to take home. Ages 3-6

**Baby Bubblers Swim Instruction**

A class designed with an emphasis on safety, skills, comfort, fun and parent participation. Bring a fun toy to each lesson. Ages 6-18 months.

**Rootin Tootin Toddlers**

This event will build on water exploration and basic skills. Bobbing, floating, gliding, and locomotion with the assistance of a parent will be the focus, with new skills of rhythmic breathing, back sculling, and treading water introduced. Ages 3-4, one parent per child.

**Totally Totlot**

Childhood learning program emphasizing creative, social, and emotional development through a variety of recreational setting such as art, music, language, and motor skills activities. Ages 3.

**Terrific Twos**

This class is specially designed for toddlers of the age of 2 and their parents, including a wide variety of activities such as parachute play, crafts, flannel board, and fun fun fun with Mr. Clown.

**Creepy Crawlers**

Learn all about spiders, caterpillars, butterflies, moths, ladybugs, ants, bees, worms, and other creepy crawlers in this fun, educational class. Each class will begin with circle time, and some activities will include songs, finger plays, creative movement and games. The session will conclude with an Ant Picnic on the last day. (ages 3-5)

**Read-Aloud Crowd**

Join us for fun in reading short stories, singing songs, reenacting stories, and playing circle games.

**Potpourri of Fun**

Experience with your child the wonderful world of shapes, numbers and colors through crafts, songs, experiments, movement and finger plays. For ages 2-3.

**Bumper Bowling**

Bumper bowling is a new, exciting way to bowl with no discouraging gutter balls and pins getting knocked over every time. It's a great tool for learning to bowl!

**Little Ninjas**

Introduce your child to Karate. Each class will begin with stretches followed by exercises and fun games to help children learn the basics while improving their strength, flexibility, and coordination. Ages 3-6

**Spanish for Fun**

(For adult and child) Learn Spanish with your 2-6 year old. Instructor new and familiar tunes, Latin music, dancing, stories, visuals, and more.

**Fairy Tale Fun**

Each week we'll read a different classic Fairy Tale and watch it come to life through crafts and activities. Bring your imagination and experience this Once Upon a Time

**Autumn Adventures**

Fall is in the air! Join us to celebrate the season through songs, finger play, books, and crafts. A fun-filled morning for parents and toddlers

**Animal Antics**

Featuring a different animal theme each week, this class consists of animal crafts, animal songs, animal stories and of course, acting like animals. Children will work on developing fine and gross motor skills.

**Paint, Paste, and Play**

Children will explore a variety of craft and movement activities, all exploring color and following directions.

**Busy Bees**

This fun-filled class will focus on a different theme each week and will really keep you moving. Enjoy your favorite stories, games, ooey-gooney arts, tummy-yummies, and FUN!

**Twilight Tot**

Working moms, dads or busy daytime parents, come along with your child to learn some new moves and polish up on some old ones too. Each class we will have circle time songs, crafts, large and small motor skill moves, experiments and more.

**Mom and Me for Tea**

Tea, coffee, punch, sandwiches and sweets will be served. All preschoolers are encouraged to wear their Sunday best for the holiday tot fashion show that's part of our program.

**Toddler Time**

This is a FUN-FILLED class designed to get your child moving and work on their gross motor skills. Parachute play, climbing, jumping and song included.

### **The Little Pre-Fessor**

If your child is curious, he/she will love this hands-on science class as we explore the fun things you can do with everyday household items. We'll make a wingless airplane fly, clean pennies in magic solution, watch bouncing eggs, make our own volcano erupt and even see ice cubes turn over.

### **3-2-1 Blast Off!**

Calling all future astronauts! Let's read about space, make space mobiles, telescopes, space crafts, decorate planet cookies, eat freeze dried space food, and visit our very own planetarium. This program is designed to help your child increase his/her attention span and learn to follow simple directions. 5-4-3-2-1- blast off for fun!

### **Turtle Tots Martial Arts**

A martial arts class designed for children to help improve balance, flexibility, coordination, self-confidence, respect and self-discipline.

### **Tootsie Rollers**

An 8-week program for preschoolers that will they learn tumbling, large motor skills and balance. It's a great class to introduce gymnastics and social skills.

### **Ooey Gooney Art**

A craft class for preschoolers (ages 3 to 5). Children will create a new project each week. They should be prepared for messiness. A snack will be provided each week.

### **Parent-N-Tot Ski**

Your preschooler can learn to cross country ski with your help! Lessons will be offered weekly on Thursday mornings. The cost includes equipment, a lesson and a cup of hot cocoa for your child. Parents must accompany their child.

### **Wiggle, Giggle & Go**

Music and movement spice up this preschool class. The children will enjoy dancing, and playing, and laughing until their socks come off.

### **"It's a Start Smart"**

A perfect opportunity to expose your preschooler to a variety of different sports. Very basic skills are taught, and lots of fun is always guaranteed! A parent/guardian must remain onsite. In some activities we encourage both parent and preschooler participation, but it is not required.

### **Paint My Wall**

This event would allow preschoolers to hand paint/draw/create on a wall covered with plexy glass that they could take home after the event

# Camp/vacation week themes

## **Flag Football Camp**

This camp teaches the fundamental skills of flag football using fun games and exercises. Through small group activities and scrimmages, players gain new skills and strategies. Players finish the week with an exciting flag football tournament. Campers receive a football, T-shirt, and player evaluation. Bring water, lunch, and a snack each day. Ages 7-14

## **Ed"zoo"cation**

Mark your calendar for 2 hours on the second Saturday of each month. Children in grades 3-5 will participate in animal presentations, crafts, games and activities focused around a particular animal theme.

## **Mom's Sticky Fingers and My Messy Hands:**

All the activities kids love, but moms hate to clean up. Activities like Play-Doh, finger painting, plaster art, face painting and cake decorating are offered. All the mess with no clean up!

## **It's a Small World**

"Travel" around the world with us. Each day children will make a flag, do a craft, read a story and lots more. Who knows, they may learn to say "please" and "thank you" in another language.

(4-6 yrs old)

## **Dr. Seuss week!**

Each day can be a different book of Dr. Seuss!. Have dress up and story telling, food (like green eggs and ha) and art projects and games. Go crazy for Dr. Seuss!

## **Everything that Flies**

Each day, we will explore something that flies from airplane, to birds, to kites, to butterflies, to helicopters, to fireflies

## **Crime Scene Investigation Camp**

Team up with the local police department to give children a positive camp experience. Train the children to be like the people on the CSI show and then at the end of the week set up a real investigation to test the children's learning for the week.

## **Archaeology**

Campers will learn the history and techniques of this science and then participate in a "dig" on a historical site.

### **Mad Scientist**

Open to ages 11-15 - Bring your lab coat and go “mad” with the staff. Camp becomes your lab as you create amazing concoctions and cool experiments you can replicate at home!

### **Wings, Wheels, and Sails**

If you enjoy model kits and putting things together, then give this a try. Build vehicles, boats and airplanes and then modify them.

### **Water Camp**

A whole week devoted to the water. We will spend time in the pool with noodles, tubes, and much, much more. We will go to the beach for a day and learn how to surf or skim board. We will have all kinds of water races another day. Come join us to cool off!

### **Destination: Outdoors**

Enjoy a different outdoor adventure every day in this exciting end-of-the-summer program. Each morning you'll head out in a different direction to go canoeing, tubing, biking, hiking, or rock climbing.

### **The Amazing Agents of Architecture ...**

Design your dream house or even a fantastic fort. This school vacation you can learn in one week the activities of an architect. Creativity and problem solving skills will be exercised in this week of amazing creation. Campers will enjoy creating blueprints for their design, as well as planning out the construction for their design.

## **Music**

### **Music for Me**

Children (ages 2-3) will be given their first taste of the wonderful world of music. Each week your child will make a musical instrument and be able to take it home.

### **Rhythmkids: Rhythm and Song Music**

(Age Toddler to Pre-K with an adult) Younger children and a parent/caregiver will explore global rhythms and songs from around the world (Africa, South America, North America, etc.) Experience cultural diversity and the joy of music while working on listening skills, singing, audition, rhythm patterns, right and left hand coordination, and counting in English and Spanish, plus much more!

### **Fun Smart Songs**

(Ages 3-6 with Adult) Children learn through playing drums, tambourines, and shakers. Within the framework of recorded and live music, children will learn to play some basic rhythms, counting and singing their way through songs both familiar and new. Lessons are given in the form of games that are intended to develop skills in listening, teamwork, and creative thought. A little bit of social studies is added as well.

**Jazz Jam**

This could be a once a week event in which a professional Jazz musician is brought in to facilitate an informal jazz jam group of teens interested in learning Jazz music

**Jam N Java**

Come have some espressos while participating in an open mic night for all ages...

**Karaoke Sing-A-Long**

Do you like to sing? Well, now is the time to show off those musical talents. If you don't like to sing, but enjoy music, come dance along to the music!

**Joyful Jammin'!**

This is a group which gets together once a week to learn and sing all different types of music. From African, to French cultures, an appreciation will be gained through the music of different countries. Instruments welcome.

**Blues Harmonica**

Some days it just feels good to play the blues. Find out how to wail your inner blues on a "blues harp". We will touch on technique and what is involved in bending a note and lip and tongue blocking to get a single note, how a harmonica works and what makes a melody sound bluesy.

**Keys for Kids**

This is a total music experience in a classroom. Each child will learn keyboard skills, note reading, rhythm and improvisation. Each child will be equipped with an electronic keyboard during class.

**Basic Guitar 1,2,3**

Three consecutive guitar sessions to help students learn chords, strums, rhythm, finger-picking styles, and tabs.

**Steps in a New Direction**

This is an exciting opportunity to learn jazz, African culture dance and ballet techniques for ages 8-18. Expand your horizons and experience new culture and learning.

**Mini Pops!**

Love to sing along with your favorite pop songs? Harbor aspirations to be the next Idol? Or maybe you're just looking to improve your singing for the shower? Mini Pops is for you!

**Sing - Yes You Can!**

In this eight-week class you'll learn the basics of singing in a relaxed, non-threatening group environment.

### **Drum Circle**

Drumming and dancing are wonderful forms of creative self-expression within a community. This is a great place to express ourselves together. Feel free to express yourself with your voice as well. Chanting blends well with rhythm. Rhythms are kept simple, so novice and skilled drummers can play together. Bring a drum or percussion instrument of your choice, store-bought or homemade.

### **Music for the Very Young**

This class introduces children to the joy of music by teaching listening, vocal development, movement, and ensemble work, playing instruments, ear training and musical games. This unique program nurtures each child's total development by promoting language development, symbolic thinking, coordination and social interaction while awakening the child's imagination.

## **Elementary Age Youth:**

### **Make Someone's Heart Go Pitter Patter**

Share a Valentine with a senior! We invite children, ages 4 and older, to make a homemade valentine and drop it off at [location]. Valentines should measure 8 1/2" x 11" and can be decorated with whatever your heart desires. Include the name, address and age of your child on the back of the valentine. Each child who participates will receive a special treat. Valentines will be distributed to our local seniors the week of February 7.

### **Let's Have a Tea Party**

Dress up, bring your favorite doll or teddy bear, listen to a story, play a game, have tea and cookies.

### **Gross Goodies**

Want to freak out your friends or family? Serve a meal with worms, vampire veins, and monster eggs. Learn these gross but good-tasting recipes in time for Halloween dinner.

### **Monster Bash**

All-ghouls night! Dress up in your scariest costume and join the fun, games and entertainment at this years Halloween Bash!

### **Railroad Trip**

Hop on board to take a tour through (you pick the town) and have a great experience learning the history and culture of your town. Have fun activities for children to participate in while on the train.

### **Games from Around the World**

Learn about children in other cultures by how they play. Each week, we will focus on a different country or region and the games they play.

### **Midnight Madness Overnighter**

Join us for midnight swimming, water relays, flashlight tag, and movies. Late night snack and breakfast provided. A full day of activities then planned for that day.

### **Touch a Truck**

This is for elementary school aged children who want to know more about their favorite truck. There will be fire trucks, construction vehicles and public works trucks among others.

### **Magic for Muggles**

A wizard from Hogwarts will teach you magic tricks. You will also get a magic wand, props and a certificate of completion at the end.

### **Children's Shopping Spree!**

Local shops and vendors set up around a centralized location and offer gifts priced at under \$5. This is organized around Christmas time to offer kids a supervised place to shop for Christmas gifts away from their parents.

### **Dig Those Dinosaurs**

Discover how these creatures really lived and how big dinosaurs really were. Enjoy dinosaur crafts and activities.

### **Life as a pioneer**

Experience some of the daily activities of a pioneer youth. Grind wheat, churn butter, use a washboard, and hear stories about the wild west.

### **Water Balloon Carnival**

All games involve water balloons. Encourage children to make up their own games.

### **Polar Expedition**

Let's imagine the things we might see if we went on a polar expedition! The ice glaciers, arctic animal life, and all the cool snow covered colors. We will use crayons, colored pencils, and markers to create an arctic polar adventure.

### **Nest Making**

Children will weave a nest from twigs, moss, paper and other fibers. They will paint a few small eggs and perhaps before class ends a bird or two will hatch!

### **Wacky Olympics**

No special skills needed for this wacky version of the Olympics. Come prepared to have some crazy fun with activities such as leapfrog relays, shoe kicks, potato sack races, and a fish toss.

**Fancy Feet**

A toe tappin', shoe slidin', foot flyin' class. This class will introduce the basic movements of a variety of styles of movement and dance. Some possibilities include jazz, modern dance, Hokey Pokey and lots of wigglin' and jigglin'.

**I Spy....Creative Children Around The World...Mexico**

Explore the diversity that makes our world so wonderful. In this class children will take an imaginary journey to Mexico to create clay pots, tissue paper flowers, and try basket weaving.

**Funny Faces**

You will study faces from many points of view and then travel a creative path from cartoon faces to actually using your own face in works of art. You'll create a piece that looks like three faces, but magically transforms into six!

**Weird Toy Lab**

Use our stockpile of toys (or bring some of your own) to take apart and then reinvent by combining and changing (using lots of special glue and ingenuity) to come up with a unique personal toy.

**Kids in the Kitchen**

This class will cover the importance of measuring properly, how to handle kitchen equipment and how to pack a balanced, but fun lunch! Students will participate in hands-on food preparation and enjoy eating their creations. A large dinner for friends and family will be cooked by the students at the end of the class.

**Gingerbread house workshop**

The sugar plum bakery will host this holiday workshop where children ages five and up can build their own gingerbread house

**Colorific!**

Ages 6-9. Learn to use crayons, markers, pastels and paints in a colorific way. Study color and famous art and artist's work.

**Party Manners**

Boys and girls will practice how to meet and greet others, give and receive gifts, neatly eat birthday cake and create their own thanks you notes. Ages 5-7

**I Scream, You Scream, We All Scream for Ice Scream.**

An old-fashioned ice cream making party. Kids will get a chance to crank the wheel and see how ice cream is really made. Many different kinds will be made and children will have activities and games to participant in to learn the history and fun facts about ice cream.

### **Bring your Webkinz to LIFE**

Come and create your own Webkins and their environment for you and your friends to enjoy. See <http://www.webkinz.com/>

### **Scooter Race**

There are running races, bike races, but now we are having a scooter race. Bring your own scooter. You will get a prize if in the top three and all participants get t-shirts.

### **The Art of Sleuthing**

Interested in learning how private investigators solve crimes? Make a crime lab kit, learn finger print identification, find clues through play and games. Solve crimes, make disguises, and learn to read and write coded messages

### **Our Galaxy**

Gather after the sun sets to participate in star-gazing, and learn about our universe, planets, and constellations. Meets once a week for about an hour depending on the lunar pattern.

### **The Never ending Night**

A night that the group stays out all night and goes to places like ice skating, bowling, go carts, and McDonalds for breakfast

### **Cars, Cars and more Cars**

Disney's Cars movie is a big deal right now so why not take it and put a twist on it. Have an event that you bring in some racecar drivers and have them show the kids their car. Maybe give rides and show them the different parts of the car etc. Also, have a showing of the Cars movie to end the event.

### **Superhero Bash:**

Kids dress up as real or made up super heroes and come to the super hero bash. Kryptonite candy and drinks (green rock candy and any green drink) are provided. Participants show off their costumes for judges and compete in leaping over buildings in single bounds (jumping over boxes painted like buildings) and creating theme songs in superhero team groups.

### **Luau Theme Bash:**

Get into the summer mood! This night starts off with a Hawaiian themed dinner with pina colodas, pork, fruit salad, pasta salad and pineapple upside down cake, with background tropical music. Small "tribes" compete in events such as dressing up their chief in the traditional dress (using toilet paper, face paint, and any other available items), hula-hoop competition, limbo, and tribal chant.

### **Habitrax**

Not everyone hibernates in the winter! We'll explore the woods to find winter critter tracks and see whose active...and what they are doing. (ages 5-8)

### **Robotics**

Participants will discuss the central concepts of robot technology and gain an appreciation of how that technology fits in with human society. Children will then build a sound and gear-driven gorilla robot (which can either walk or climb) of their own to keep.

### **Street Games/Activities**

Back to the basics with four-square, double-dutch jump roping, knockout, hop scotch, stickball, capture the flag, jacks, marbles, sidewalk chalk, etc. Snacks, drinks, music provided.

### **Fantasy Reader**

Children will be read classic Fantasy novels, with the story teller "doing the voices"

### **Mental Warriors**

This Club teaches 4th grade to 6th graders strategic board games, and the strategies behind them, and then they have a short tournament

### **Ping Pong Bonanza**

Teaches older elementary aged children the rules and strategy of table tennis!

### **Wells Fargo:**

Old fashioned game where one team has golden bricks and has to get them into a designated area in the opposing teams territory. For a twist play around some of your towns monuments to teach kids about town history.

### **Capture the Flag**

Have a town wide game of capture the flag. For a twist, make the flags mattresses so teamwork is a must.

### **Live Clue**

Kids must figure out "who did it" in this mystery. Characters are dressed up and placed around prominent places in town and each given one clue. Participants must perform a task before the characters give them the clue. The first one to figure out "who did it" wins!

## **Outdoor/Nature/Adventure**

### **Adventure Summer Camp**

This program will be designed for middle school aged children who do not get the opportunity to experience nature and all that the outdoors has to offer. Activities include fishing, hiking, rock climbing, snorkeling, and canoeing. This program could be adapted to service urban youths who do not routinely have the opportunity to experience nature.

### **Wild Edibles and Native American Survival**

This class will take you to the local woods to learn about food that grows in your back yard. You will learn about the various ways that the Native Americans used it.

### **Cranberry Bog Explorer**

You'll visit a once active cranberry bog that is returning to the wild, and you'll pick cranberries with an antique scoop. Other sights include a tree swallow colony, wren houses, muskrat burrows, a crow rookery, and the flora and fauna of the bog. At this time of the year, you'll be able to enjoy early swamp maple foliage. Wear waterproof boots and dress for the weather.

### **Crab Catching**

Learn a fun, easy, low cost method to catch and enjoy cracked crab virtually year round. There are rock crabs, sand crabs, king type crabs. Join us and bring home dinner! Rain or shine, wear waterproof boots.

### **What is that Tree I See?**

Do you often wonder what kinds of trees are towering above you as you walk through the woods? If so, come join us for a leisurely hike as we discover the world of trees. We will be working on identification skills, so bring along a field guide, if you'd like, and enjoy the beautiful fall colors. (Suggestion: contact a local arborist who will be glad to lead a tour)

### **Experience the White Mountains**

Weekend backpacking trip to New Hampshire's White Mountain region to teach middle schoolers the basic techniques of hiking and camping. (Geared for a smaller group of students.

### **Orienteering Challenge**

This could be a family team building activity event where families learn basic orienteering and then apply it together in a local state park.

### **Great Mistakes in Science**

What happens when scientists make a mistake? Cool things are invented. Join us after school to learn about the famous mistakes we take for granted.

### **Sole Search'n**

Fall in step with us! Enjoy the grandeur of the season as you walk through local and neighboring conservation areas and scenic roads. Soak up well known, and some not so well known, local history. Bring your friends and meet new ones as we explore a host of trails and off the beaten track roads.

### **River Rats**

Plunge into the wettest camp imaginable! Use sea kayaks and canoes to identify animals and plants on field trips to different rivers.

### **Little Scientists Camp**

Be a part of interactive projects, entertaining demonstrations and simple experiments that introduce the thrill of scientific discovery. For middle school ages interested in the wonders of the world.

### **Nature Nuts**

Hike forests, fields and wetlands. Get buggy in the meadow, collect and observe insects. Meet snakes, turtles and amphibians. Nature crafts, games and songs for the entire family!

### **Full Moon Paddle**

Explore the wonders of the water at night. Starting at sunset and into full moonlight in either a kayak or canoe, explore the world in a different light.

### **Sledding Extravaganza**

All day Saturday every hill will be open on the golf course for families to go sledding. Some sleds and tubes will be provided, but bring your own if you have one. Invite all your friends! Hot coco and cookies will be provided.

### **Keeping It Clean**

Volunteer a few Saturdays to participate in a trail cleanup. Enjoy the time outdoors with friends while clearing out unmentioned trails.

### **Map and Compass Orienteering on Snow**

Discover the fun of navigating your way through the woods with a map and compass while traveling on snowshoes. We'll review map and compass skills prior to traveling to points throughout the mountain range.

### **Living Tree Program**

This program is designed for those persons or organizations desiring to commemorate a particular event by the planting of a tree. The tree will be planted on public property.

### **Mucking**

Explore and learn about one of the coolest and most important ecosystems around... the marsh!

### **The AT**

Sign up to join a team of experienced backpackers for a week of hiking a section of one of the most popular trails, the Appalachian Trail. Learn camping and hiking tips while practicing low-impact techniques.

### **Beach Combing**

Grab a shovel and metal detector and up for a day of combing the beach for buried treasures. Hear a little history of treasure hunting in the area. Collect drift wood and make a center piece.

### **Canoe Crew**

Every week once a week, go explore different lakes and rivers to canoe and have a picnic.

### **Windjammers**

Join this program if you want to learn how to sail. At the end of the summer there will be a chance to enter the windjammer sail race.

### **Sail away**

This class teaches first how to maneuver a sun fish sail boat and works up to catamaran sailing. It also teaches sailing safety.

### **3.2.1 Snorkel**

These ongoing sessions allow for people to inexpensively experience the under water world

### **Leaf it to Me**

What do you know about leaves? Why are they changing colors? We are "leafing" if up to you to find out! We will hike to find the brightest, most colorful leaves to use for our craft project. Games will help us better identify leaves and trees.

### **Bug-a-thon**

Get up close to those amazing creatures called bugs! Observe metamorphosis, sort and classify arthropods, compare spiders to insects, and discover what makes all bugs so incredible. Use insect nets to capture and observe live insects. Get a super up-close view of bug eyes, wings, legs, and more with a video microscope. Learn how to safely release the bugs back to their meadow habitat.

## **PETS**

### **Beginning Dog Obedience**

This class will cover the basics of good dog behavior, including how to walk, on a leash, sit, down, and stay. Bring your dog on a collar. Class will also cover the proper use of different collar types.

### **Smooch with your Pooch**

You and your dog are invited to a party with games and food. Events will include a talent show, look-alike, best-dressed, musical spots and other challenges.

### **Reptile race**

See how your turtle does against other reptiles in the great reptile race!!

**Puppy preschool**

Your puppy will learn basic commands. You will receive advice on house training, chewing, how to help puppies at the vet, etc. All family members invited to join.

**Pet First Aid**

This is a class on first aid and CPR for your animal. Learn how to splint broken bones, stop bleeding and how to handle sudden illness.

**Canine Quest**

This is a dog obstacle course, where a dog and owner compete against other dog-owner teams. The course will test the connection of the owner with the pet and hopefully build a better relationship between them.

**FRISBEE FUN**

A competition in which dogs compete in different categories on how well they can catch a Frisbee

**Top X-Country Dog**

In this trail race dog-owner teams compete against each other in a 3k race.

**Mouse maze**

This one day event will challenge elementary aged children to create a maze and then send mice through them. Prizes given for different categories.

**Pet Portraits**

This would give owners a chance to photograph their pets in different poses, also they could be photographed doing different activities with their pet.

**Most Beautiful Bird**

This is a beauty pageant for assorted chickens and other domesticated fowl.

**Patriotic Pets parade**

Owners will have the opportunity to parade their pets dressed in red white and blue to commemorate the 4th of July.

**Groovy Grooming**

Come learn how to give your pets a good groom job. We'll provide the tools necessary all you need to do is come with your animal! The instructor will show you techniques that you can use at home. We'll also provide pretty bows for you to decorate your animal with.

**Fishy Business**

Fish party! Bring your fish and we'll not only have a "Pretty-Fish-Pageant" with prizes awarded to the winning fish, but we'll have "fishy" crafts, "fish" snacks and a quiz on you fish knowledge - prizes awarded.

# **People with Special Needs**

## **Adaptive Movement and Dance**

Our adaptive class promises to combine popular age-appropriate music with movement and dance techniques. Those in wheelchairs will roll to the beat and everyone else will move their feet. Participants will use scarves, parachutes, balls and ribbons to enhance their movement experience in a latex-free environment.

## **Finger Lickin' Good**

Show off your summer cooking talents and explore wondrous cooking creations. The instructor will guide you step-by-step through creating a well-balanced summer meal. This class is open to all persons with disabilities ages 18 and older.

## **Wheelchair Basketball Exhibition**

A twist to March Madness, local university wheelchair basketball team play local celebrities in a regulation wheelchair basketball game.

## **W.A.T.E.R**

(Water Activity Time Encouraging Recreation)

One on one swim instruction for individuals who are physically or mentally challenged. Designed to provide the participant with a positive water acclimation experience

## **Painting With a Purpose**

Come decorate park benches with your very own design! Benches will be placed at various locations in the city of Boston. Open to all ages for those with special needs.

## **See Something New!**

Join us for four consecutive Saturdays as we take you to unique locations around the Boston area. Participants vote on those locations that interest them the most (sites of the city, local park, seaside town, etc.) Offered for those with disabilities/special needs.

## **Wheel Chair Tennis**

Organized league, open play and instruction

## **Walk-N-Talk**

A program for children with special needs to develop and/or improve fine and gross motor skills, articulation and expressive language skills.

## **Batter up**

This Baseball league partners a developmentally disabled person with a non-special needs person and they play a game of modified baseball.

### **Paralyzed Parachuting**

This program will enable people who have experienced accidents that have left them disabled to fulfill life long dreams of skydiving.

### **Animal Leaf Art**

By combining nature's bounty of color you can create beautiful animal leaf pictures. There are many types, colors, and sizes of leaves that can be used to create animal prints. Come join the fun - we'll provide all the materials. Program is designed for children with disabilities.

### **Adapted Archery**

Have you ever wanted to try archery? Well, now is the time! All are welcome to join in the fun! Facility is wheelchair accessible. Program is designed for children/individuals with disabilities. Prizes are given to all.

### **Popcorn Plus**

Have you ever tried different ways to eat popcorn? We have recipes for chocolate, caramel, fiesta, and seasoned popcorns. Try our different recipes then together we'll make a craft to take home. Family fun is a plus! Program is designed for individuals with disabilities and their families.

### **Masquerade Halloween Dance**

Calling all ghosts and goblins! Come out and dance away the afternoon. Costumes are required, of course. Awards will be given for scariest and most creative costume. Groups are welcome, but are required to provide a chaperone. Concession stand will be open.

### **Beginning Mountain Bike Ride**

Think you might like to try bicycling off road? Then join us for an introductory ride. This family-oriented cycle trek will wind down the gravel and dirt roads. Bring your mountain bike. We'll stop along the way for a picnic. This program is designed for individuals with disabilities.

### **Special Olympics Bowling**

Strike up some bowling fun! Join your friends one night a week and learn bowling skills, sportsmanship and motor development. All athletes are responsible for paying a three dollar weekly bowling fee and must have a current Special Olympics medical form on file. The emphasis of this program is non-competitive practice and fun. Facility is wheelchair accessible.

### **Harvest Moon Hike**

September brings us the harvest moon as the last of summer's bounty is collected from the fields. Join us for a stroll under the full moon as we take in the beauty of nature at sunset. We'll share a tasty snack at the conclusion of our hike! Program is designed for individuals with disabilities.

### **You and I make Pumpkin Pie!**

When was the last time you made a 9-inch pumpkin pie from scratch? It will be lots of fun to make and eat! While your pie bakes, we'll make a nature craft to take home. Program is designed for individuals with disabilities, and their families.

### **Adapted Jazzercise**

Welcome to Jazzercise, a body-conditioning program that teaches coordination, motor development, muscle toning, and fun. Participants leave feeling relaxed, refreshed, and revitalized. Wear comfortable clothing and supportive shoes. Program designed for individuals with disabilities.

### **Fall Flour Creation Baking Series**

Create a tasty treat to sample and take home - yum! Dress to get messy! We will learn a few baking tips as well as give prizes to an individual who brings the most creative, yummy recipe. This program is specifically designed for individuals with disabilities.

### **Alphabet Adventures "J" is for Jack...**

"H" is for Halloween, "O" is for Orange. What do these words have in common? Don't let the black cats of Halloween scare you away from creating your own jack-o-lantern. Pumpkins and all decorating supplies will be provided. "T" is for Treat; what treats did the witch leave for you? Parents are encouraged to hike along. Program is designed for children with disabilities ages 5-12.

### **Wheelchair Fencing**

Limited mobility fencing is designed for the physically-challenged who wish to learn the sport of fencing.

## **Culinary Arts**

### **Candy Making and Cookie Exchange**

Learn to make candy from suckers to chocolates! Also get out your favorite cookie recipe, make 2 dozen cookies, bring them and the recipe to exchange with others in the class. Put your homemade candies and cookies together, decoratively wrap the plate and create a great gift.

### **Hors D'oeuvres and desserts**

Learn the techniques for making baked stuffed mushrooms, baked stuffed shrimp, a flourless chocolate walnut cake or other treats and desserts.

### **Me & You Fondue**

When was the last time you went dipping for your dinner? Bring your favorite dip - or rather, your favorite significant other - or come by yourself and create a meal fondue-style. We'll start off with a cheese sauce to dip bread, apples, and a few vegetables. Next, we'll move to the main course of meat and various dipping sauces. Last, but certainly not least, is chocolate, and the foods you can use with this delicious "dip." Fee includes supplies and materials.

### **You, Me, and Chocolate**

You and your child (6+) will work together to create a chocolate masterpiece. You learn how to melt, pour, unmold and decorate chocolate! After you have learned the process, it will be up to the two of you to decide what you will create! Participants will get to take home a candy mold and a candy writer so that you may continue to make chocolate masterpieces at home!

### **Sushi, Sushi, Sushi**

Sushi, a host of beautiful Japanese dishes, is a simple, nutritious, yet intensely decorative way of eating. If you love sushi and wish you could prepare it on your own, here is your chance. Learn how to make the best sushi rice, select the best flavorful nori (dried seaweed for wrapping sushi rolls), learn the shaping techniques, ingredients, garnishes, hints, and tips. You will learn how to make California rolls, nigri (hand formed sushi), miso soup and much more.

### **KIDZ CLUB Rack-O-Snacks**

You can make fun and easy after-school snacks! During this program you and your friends can learn to create delicious and 'mostly' nutritious snacks. No cooking involved, at the end, take home your own recipe book.

### **Cake Decorating Easy as 1-2-3!**

Ever seen a decorated cake in your local store bakery and wished you could do that? Well, here's your chance. Designed as a class for beginners who would like to learn a few basic cake decorating designs, enabling them to create relatively simple, though beautiful cakes.

### **Freezer Friendly**

Learn to prepare a month's worth of entrees and side dishes in one day, and watch your grocery bill shrink! We will review planning, shopping and preparation for this cooking technique. Recipes such as Cheese Potato Casserole, Dijon Chicken with Apples, Super Simple Manicotti and Shepherd's Pie will be prepared and shared. Additional freezer friendly recipes will be included in your handout. Come hungry!

### **Wannabe Chefs**

This course focuses on teaching the basics of cooking delicious meals from scratch. Participants will learn to make a different dish each week and by the final class will have learned to make an entire 4 course meal!

### **Fruit or Vegetable Parties**

These parties are two-hour special events great for holidays, vacation weeks, or Saturdays. A fruit or vegetable is picked to be the theme of the day (Amazing Apple Day, Big Banana Bonanza). The event is themed around celebrating this food. Crafts and cooking dishes centered on the food are provided and awareness is raised about the benefits of the food.

### **Fusion Cooking Adventure**

A course that covers the changing palates in today's society through cooking skills. Participants will learn how to cook Indian, Schezuan, Tai, and Indonesian food.

### **Bubble Tea and Desserts**

Make a delicious drink from black tea, green tea and other amazing ingredients to participate in the latest craze of specialty drinks!

### **Jazzy Jello Jigglers**

Join this fun event for one evening of Jello making. Lots of fun shaped cutters, make any flavor Jello and cut it out into a variety of shapes and forms.

### **Decadent Chocolate on Valentines**

An introduction to the world of chocolate! Learn about the variety & quality of chocolate from around the world. Students will make a batch of "outrageous" brownies, learn how to melt chocolate, make nut bark & take home sinfully delicious chocolate sauce!

### **Sweet-n-Spooky Treats**

Create a haunted house out of graham crackers and other yummy treats. The best part is that once Halloween is all over, you can eat it...if you are brave enough. Refreshments will be served and if time allows, we will construct a fun and easy Halloween craft to add to the holiday spirit.

### **Hearty Soups**

There's nothing more satisfying and warming than a bowl of piping hot soup! Learn how simple it is to make soup from a variety of seasonal ingredients. Students will make a big pot of vegetable soup, learn how to make creamed soups, the importance of herbs & spices and "surprising" ways to serve soup!

### **Risotto**

Learn how simple it is to making risotto, the delicious, creamy Italian rice dish! Students will make a classic cheese risotto, learn about adding a variety of seasonal ingredients, techniques in simplifying preparation & even serving risotto as a dessert!

### **Book and Bake**

Bring your used books to sell and look to buy others. A bake sale will also be provided.

### **Gourmet Cooking**

Create great food with the same techniques professional chefs use in hotels and restaurants. Learn to be creative with a minimum of time and effort during this 4-week class.

### **Coffees of the world**

Many great relationships have started over a cup of coffee. In this program we will explore the process that transforms a lowly bean into a noble brew. This course will also touch on cultivation and commerce, roasting and preparation methods, and also current health concerns. To keep the discussions perking right along, participants will roast and sample a variety of coffees.

### **Winter's taste of...Dream Dinners**

Make and Freeze Meals- Dream Dinners is a unique meal-assembly store. The meals are delicious, the process is fun and it makes dinnertime so much easier during the week. Dream Dinners does all the shopping and chopping so you can assemble your selections with ease (and you don't even have to clean up after yourself). Learn how to save money and time with this unique opportunity to create three restaurant-quality entrees (4-6 servings each) you can take home to freeze and cook later for considerably less than \$4 a serving!

### **The Magic of Crock Pot Cooking**

The Crockpot is the ultimate slow cooking vessel. What could be nicer than the aroma of chicken roasting when you get home from a hard days work? Or chili? Or beef stew? Come and learn the secrets of using your crockpot to create delicious, convenient, one-pot meals. There are many cookbooks written that are dedicated to Crockpot cookery with plenty of fun ideas. Remember, the variety of menu items you can prepare with your Crockpot is limited only by your imagination. Learn how to make 3 new recipes that will stimulate your taste buds will giving you time to experience life not in the kitchen.

### **Tea Anyone?**

The appreciation and Tasting of Tea: So you have heard about all the health benefits about tea and would like to be a happy tea drinker, but are still confused when trying to tell the differences among Black, Green, White, Red, and Herbal Tea? Join us for this informative and entertaining session that covers the history and culture of tea, tea preparation, and a hands-on tea sampling.

## **Other**

### **Home Gardening 101**

Covers basic indoor plant care topics such as transplanting, types of soil, fertilizing, pests, illnesses, symptoms, causes, cures, and prevention. By the end of our 4-week session you will bring home a plant and have an opportunity to transplant your own.

### **Polaroid Scavenger Hunt**

Participants get in groups of about six and are given a Polaroid camera. The object is to take pictures of objects on a list; these items are given a point value and tallied up at the end of the day. There are two rules:

- 1) Everyone must be in the picture
- 2) The group can not tell anyone about what they are doing.

### **Infant Sign Language**

Attempting to communicate with your infant or toddler can be frustrating. Learn simple techniques and gestures that will assist with effective communication and language development. You do not need to bring your child to class; learn the concepts to take home.

### **Intro to computers**

This class is for the pure novice. This is a hands on user-friendly class that teaches all of the basics to operating your computer.

### **Computer Viruses and Spam Emails**

Discover which free of charge software will protect your computer against viruses and Spam E-Mails. If you use High Speed DSL Cable connections, learn about the best free-of-charge software designed to block pop-up ads. Learn how to restrict your kids' time on the internet and more.

### **Sunset Beach Dinner/ Sunrise Beach Breakfast**

Bring breakfast to the beach after watching the sunrise or bring dinner to the beach and eat while watching the sunset

### **Classic Car Cruise-in**

The public is invited to enjoy old fashion food (15 cent hamburgers, root beer floats, and fries); DJ will play 50's, 60's and 70's music; and vintage classic cars will be on display.

### **New Media Arts**

This introduction to video arts will help students learn about the many different aspects of making a video for television. Students will review and learn the use of video equipment, different camera techniques, and create an original project (including a short movie, commercial, music video or an interview).

### **Amazing Race**

Teams from compete in a three-day race as a take-off from the TV show, "Amazing Race". Participants travel around the town and local area attempting to complete a series of tasks, with updates posted on cable station throughout the weekend.

**Lincoln Park**

A history debate team that comes together once a week bringing a topic of desire to debate and discuss thoughts and ideas while enhancing ones understanding in a historical realm.

**Life or Something Like It**

A class that teaches the essential things about life including finance, conflict resolution, religion, nutrition and wellness, social interaction, and so much more.

**Wardrobe Therapy**

Most great dressers are made, not born. Busy people need effective wardrobes that are complete, coordinated, versatile and current in style. This program will provide tools for you to assess your wardrobe and help you build outfits with items that are already in your closet. You will also learn of any "wardrobe gaps" and ways that you can build your wardrobe according to your lifestyle, fashion type, and budget. See your wardrobe in a new light with a dose of fresh perspective and some hands-on intervention. Sample outfits will be on display and light refreshments are provided.

**Intro to Esthetics**

The Art and Science of Skin Care: Ever wonder what product or spa treatment will keep your skin at its best? From Botox and body wraps to facials and microdermabrasion, learn the latest techniques, products and treatments for your skin. Take the mystery out of skin care and put your best face forward.

**Hebrew Crash Course**

Don't know your alph from you bet? Reading is guaranteed by the end of the 6 week session!

**Make Your Trash Someone Else's Treasures**

A town-wide garage sale day. Have a central location where there can be gathering happening throughout the day. Help sponsor businesses around town by visiting the town's green. There will be games, food, auctions and much more. Get the family together and let's go GARAGE SALING!