

PROGRAM DESCRIPTION

Spring-Summer 2012

Yoga

In this program, Asanas (yoga poses) are presented systematically and sequenced to safely open the body and to provide a specific energetic effect and health benefits. This class explores the principles of alignment in the classical yoga postures and flowing movements called Vinyasas. Students will explore the link between breath and movement, along with building strength and flexibility. Prior Yoga experience is helpful, but not required.

For Yoga classes a mat/towel, comfortable clothing and a water bottle is recommended.

ZUMBA-ZUMBA-ZUMBA

This spicy & sassy workout is tops! Zumba combines high energy and motivating music with unique moves and combinations that provide a fun dance workout. Zumba is a fusion of Latin and International music dance themes that create a dynamic, exciting, and effective fitness system. The routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You are getting fit while your energy levels are soaring. Take your pick with 24, 16, or 12 classes.

Gentle Yoga

Gentle Yoga is performed in chairs and mats. This is an energizing program of yoga exercises and breathing, designed for individuals who want to work on flexibility and strength without standing for long periods or sitting on the floor. Gentle Yoga is also beneficial for those recovering from injury or illness. Please bring a towel and water bottle.

Computer Animation

Join us for three sessions of fun creating original Computer Animation! A drawing tablet will be used to draw an original cartoon. This will be animated using Flash, a popular animated tool used on the web. All participants will receive a flash drive with their animation to keep. Bring

your cartoon ideas to the first class. Due to program format class size is limited.

Spring Fun Multi-Sports Camp Week

It's Spring recess and fun – Yea! Lets play. Blairstown Recreation in cooperation with US Sports Institute is offering to kids ages 5 – 14 a week of outdoor sports camp activities. Participants can have fun with their friends while getting exercise and socializing too. They will experience a variety of sports from around the world, group building games and fun activities. T-shirt is included. Registration is through US Sports Institute by contacting 866-345-BALL.

T-Ball Squirts

This is the perfect introduction to T-Ball for our pre-schoolers. T-Ball Squirts in cooperation with US Sports focuses on the fundamental skills of baseball. The progressive T-ball curriculum enables each child to learn core components of the game through a series of games and activities designed to capture imagination and ensure learning and most importantly fun! Children will learn and experience the fun of throwing, running bases, hitting, team work and more. Registration is through US Sports at 866-345-BALL.

Belly Dancing

Unleash your inner Goddess with Belly Dancing! Learn sizzling shimmies, hip lifts & drops, snake arms, figure eights, veil dancing & other exotic movements that characterize the world's most ancient dance. Students will learn the basics of the dance with a blending of modern dance forms. This fusion adds excitement and creativity. Unlock the mysteries within yourself. The dance is a great way to get fit, increase flexibility and reduce stress while having fun and socializing.

Soccer Squirts

Our Pre-schoolers will have fun while learning the fundamentals of soccer through a program of structured activities and fun based games designed to stimulate a child's imagination and develop motor skills. Registration is

through US Sports by calling 866-345-BALL. Each child will receive a certificate.

Cupcake-A-Licious

Here is a new and exciting cooking experience by Chef-it-Up. Our boys and girls will decorate cupcakes using fondant and gum paste creating awesome and adorable designs. They will make a deliciously different frosting each week and stuff it! Sculpting sweets and spring designs will fill our kids up. All supplies, pastry bags, decorators tips included.

Yoga for Youngsters

Yoga for Youngsters offers children a unique opportunity to connect mind and body, learn centering exercises, build character, learn to relax, and stretch for flexibility and strength. Classes are designed to offer a nurturing, supportive, and non-competitive environment. Our youngsters will learn to stretch while energizing their bodies, explore creative expression through music, stories, and art. They will explore Yoga postures to help them feel grounded, find balance, and learn the power of mindfulness, all while having fun with friends. A great way to end the school week!

Summer Day Camp

Our very popular Summer Day Camp is back!!! We offer summer days of socialization and fun. The Camp format includes arts & crafts, special events, games, crazy contests and more. Campers go home with special projects, surprises, and smiles on their faces. Our campers make good friends and great memories. Registration opens June 7th – Mark your calendar. Children must be completing Pre-1st (K) through 4th grade at the time of registration.

Sports Squirts

This mini-camp for our pre-schoolers is offered in cooperation with US Sports Institute. The program will introduce a variety of sports designed to work on hand/eye coordination, balance, agility and movement. All sports are developed through a series of games and activities to ensure learning and most importantly: fun, fun, fun! Registration

is through US Sports at 866-345-BALL. T-shirt and certificate are included.

Beginners Golf

In cooperation with US Sports Institute this program is the perfect introduction to the sport of golf. Children will learn the basic techniques such as the swing, grip, and ball striking, using unique and fun training methods. Equipment is supplied and t-shirt and certificate are included.

Mr. Ben's Science Den

The summer is not complete without Mr. Ben and his sensational science experiments. This two day workshop will have a variety of science tricks that will not only educate, but will provide hours of fun. Due to a full enrollment we offer two sessions, please make sure you list which session you are registering for.

Chess for Children

This five day Chess Camp will be instructed by Blairstown Elementary School teachers. We will offer a beginner and intermediate level based on participant's knowledge of the game of Chess. Students should bring their own boards and chess pieces. Medals will be awarded to the winners of the tournament play; all participants will receive a certificate of participation.

Multi Sports Camp

In this fun-filled Multi Sports Camp participants will get the opportunity to experience and learn a variety of sports from around the world under the supervision of US Sports experienced coaches. Campers will receive technical instruction in each sport then experience the sport in a realistic game situation as well as participating in the exciting USSI World Cup Competition. Campers will receive a t-shirt and certificate.

Field Hockey

This camp is ideal for players wishing to learn or develop in this increasingly popular sport. Campers will be

taken through all phases of the game, thoughtfully integrating technical and tactical components in a fun, innovative way. Skills covered are: ball control, dribbling, push passes and drives, shooting, stick skills, flicks and lifts. Equipment is provided. Participants must bring their own shin guards. Registration includes t-shirt and certificate.

Lacrosse for Beginners

Beginner Lacrosse players will have great fun learning this exhilarating game. Face paced and full of action, Lacrosse is a unique combination of skill, speed, agility, and finesse. This camp is for beginners, no previous experience necessary. Registration includes t-shirt and certificate.